

TBI TODAY

News, Ideas, and Resources from the Virginia TBI Model System

THE VIRGINIA TBI MS TEAM

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I'D LIKE YOU TO MEET WHAT'S-HER-FACE: STRATEGIES FOR REMEMBERING NAMES, PART II

In our last issue, we introduced you to the new book from the National Resource Center for TBI (NRC TBI) called *Memory Matters: Strategies for Managing Everyday Memory Problems*. In Part I of the chapter "I'd Like You to Meet What's-her-face: Strategies for Remembering Names," we talked about things you can do to remember names of people you have met. Paying careful attention during introductions, using the person's name in conversation, visualization techniques, repetition, and note taking were methods presented in the chapter. A reprint of the article in its entirety is available to download free at the NRC TBI Website: www.neuro.pmr.vcu.edu, as an "Article Reprint". In the "NRC Store" you will also find a description of the book, including a table of contents, in the "Practical Ideas" section.

REMEMBERING NAMES OF PEOPLE YOU MEET IN GROUPS (e.g., meetings, social gatherings)

- Make an acronym, using the letter of each name to spell a word. (e.g.: Randy, Amy, Nat, Kendra = RANK)
- Make an acrostic, using the first letter in each name to make a sentence (e.g., Albert, Lois, Chapman, Lester, Alice = All lobsters can live alone)
- Keep a file of each of your activities with a list of names and your notes on each person. Review the list before you go to each activity.

WHEN YOU CAN'T RECALL THE NAMES OF PEOPLE YOU KNOW

- Don't fret – you'll forget. Getting upset will only make it harder for you to recall the person's name. Remember, those chemicals that make your stomach all queasy when you get worried also affect your brain! Instead of asking yourself "what's his/her name" over and over again:
- Ask yourself *other* questions about the person *besides* their name. For example:
 - ◊ **Who** is this person's _____ (e.g., husband, wife, child, sister, uncle, etc.)
 - ◊ **What** does this person do _____? (e.g., for a living, for fun, etc.)
 - ◊ **When** did I _____ (e.g., last see, first meet, etc.) this person?
 - ◊ **Where** does this person _____ (e.g., live, work, go to church, etc.)?
- Once you can recall other details, their name tends to come to mind.
- ◆ **Say the alphabet from A to Z** under your breath. Sometimes saying the first letter of their name will trigger your memory.

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◆ **Ask again.** If you run into someone whose name you forgot, ask them again. Remember: Most people would rather that you ask their name again than for you to feel badly that you forgot.

◆ **Have a “I-forgot-your-name” speech** on hand “just in case.”

Here are a few sample sayings. You can try one of these, or come up with your own. Practice your “speech” by saying it to yourself several times. Review your speech before you go to a social gathering.

- “Of course I remember you, but your name seems to have escaped me.”



- “I’m so sorry. I’m drawing a blank on your name.”
- “Would you please refresh my memory? Your name is....”
- “Hi! I don’t know if you remember meeting me before. My name’s [say your name]. And yours?”

*With the authors’ permission, this article was taken from the new book **Memory Matters: Strategies for Managing Everyday Memory Problems** by Deborah West and Jan Niemeier. For more information about this book and other helpful resources, visit the National Resource Center for TBI Website at www.neuro.pmr.vcu.edu or call (804) 828-9055 to request a catalog.*

RESOURCES TO THE RESCUE

INDEPENDENCE HOUSE

Richmond’s first community-based group home for survivors of traumatic brain and spinal cord injuries opened September 29, 2005 in the city’s Fulton Hill neighborhood. Located at 1725 National Street, Independence House is operated under a partnership between Virginia Supportive Housing and High Hopes.

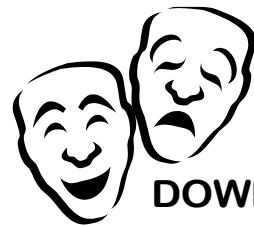
Virginia Supportive Housing is a nonprofit organization providing permanent housing and comprehensive support services to individuals and families who are homeless or who have disabilities. The goal is to promote transition to productivity and independence. High Hopes is an organization dedicated to the design and construction of affordable, accessible and supportive housing to promote independence for adults with acquired brain and spinal injury.

Independence House provides independent living with training and affordable, wheelchair-accessible housing and support services for 6 individu-

als with TBI or SCI as well as one resident manager. The house offers an activity room, a kitchen, a parlor, a sitting room and 7 bedrooms. Design features, including a kitchen with an open counter, sink and range top, encourage independence and mobility for wheelchair users. Macon Sizemore, director of rehabilitation services for the VCU Health System, serves as president of Independence House.

Virginia Supportive Housing used a \$306,000 grant from the Department of Housing and Urban Development (HUD) to renovate and construct an addition to the existing National Street dwelling. HUD also committed an additional \$88,000 in rental subsidies to the project.

To obtain an application for residence, contact Gerry O’Neill at 358-0375 or go to the Virginia Supportive Housing Website at www.virginiassupportivehousing.org.



HAD A BRAIN INJURY? FEELING DOWN OR SAD?

If so, then you might qualify to participate in a study of depression medications for people with traumatic brain injury (TBI) from a car accident, fall, assault, or sports injury.

Researchers are comparing Effexor (a medication to help with depression) to a placebo (sugar pill). If you qualify to be in this study, you will be seen by a doctor regularly for 12 weeks. There are no charges for the doctor’s visits or the study medications, and you will receive up to \$55 for your time and effort. You must be 18 years or older to participate.

This study is conducted by the VCU Department of Physical Medicine & Rehabilitation. Contact Jenny Marwitz for more information.

JENNY MARWITZ

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Box 980542

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The secret word is “MEMORY”!
 1. NAME 2. CALENDAR 3. REMEMBER 4. LOG 5. STRATEGY 6. KEY
 Secret Word Find Answers



UPDATE ON EMOTIONAL ADJUSTMENT STUDY

The first set of results from our research on emotional adjustment and depression after TBI was published in the Journal of Head Trauma Rehabilitation this month. The paper was authored by Richard Kennedy, Lee Livingston, Amy Riddick, Jenny Marwitz, Jeff Kreutzer, and Nathan Zasler. The focus of this first paper was to look at the usefulness of the Neurobehavioral Functioning Inventory (NFI) for finding out if someone has depression. The best way to find out if someone has clinical depression is to complete a "Structured Clinical Interview for DSM-IV Axis I Disorders" (SCID). The SCID can take a couple of hours to complete, but the NFI only takes about 10 minutes. We wanted to learn if the NFI could work as well as the SCID.

When we started working on the paper back in January 2005, we had 78 research participants. All were seen at least three months following TBI. People in the group ranged from age 18 to 59, with the average age being 38. The majority (69%) were male. Most partici-

pants were Caucasian (71%) with approximately one-fourth African American. Most participants (77%) were not married (they were single, divorced, or widowed). The majority (82%) had graduated from high school. Approximately 23% were employed. About a third (33%) were receiving disability benefits or were retired when evaluated.

Information about the type of brain injury was collected, too. The average time since injury was 6 years, and ranged from 3 months to 36 years post-injury. Motor vehicle accidents were the cause for most injuries (77%). The proportion of injuries caused by violence or assault was about 12%. Forty-three percent of individuals in the study had severe brain injuries, 12% had moderate, and 45% had mild injuries. Fifty-four percent of the participants had lost consciousness when they were injured.

When we asked people SCID questions, we found that about half had experienced clinical depression at some time in their

lives. We also found that about a third of the participants had depression at the time they met with us. We then compared the SCID to the NFI. Statistical analyses of the NFI items showed that individuals with depression reported greater levels of problems than those without depression on 14 of the 32 items of the NFI. When we tried to predict who was depressed based on the NFI answers, we were correct 83% of the time.

We think the NFI may be very helpful in diagnosing depression for people with TBI. However, we need more people to participate in the research to be certain. We have now collected information from 92 people, but we need at least 150 participants to finish the study. If you are interested in participating in the study, please contact Jenny Marwitz at (804) 828-3704 or toll free at (866) 296-6904 (email: jhmarwit@vcu.edu). Volunteers are paid \$20 for the 1st visit and \$35 for the 2nd study visit.

Jenny Marwitz



MARK YOUR CALENDARS



FIRST FRI. OF EACH MONTH (6:00 — 9:00 PM)

Event: T.G.I.F

Location: Typically at Belmont Recreation Center, 1600 Hilliard Rd. (Lakeside area of Henrico Co.), Richmond, VA

Description: Henrico, Hanover, and Chesterfield County Departments of Parks and Recreation host monthly social events for adult TBI survivors

Contact: Call (804) 501-7489 for more information.

JAN. 16, 2006

Event: Richmond BIAV support group for survivors, families, and friends

Location: Children's Hospital, 2924 Brook Rd., Richmond, VA

Contact: BIAV at 804-355-5748 or 1-800-334-8443 for more information.

APRIL 22, 2006

Event: Transcending Brain Injury Conference

Location: Hotel Roanoke, Roanoke, VA

Contact: Roanoke Chapter of the Brain Injury Association of Virginia or Juanita Thornton at 540-342-1231 x 3015 or e-mail jthornton@brilc.org

JUNE 8-9, 2006

Event: Rehabilitation of the Adult and Child with Brain Injury TBI conference

Location: Hospitality House, Williamsburg, VA

Contact: For up-to-date information on training and conferences, visit the National Resource Center (NRC) for TBI at www.neuro.pmr.vcu.edu/announce/williamsburg. Or join the NRC TBI mailing list at www.neuro.pmr.vcu.edu/Listserv/maillist.htm to receive announcements regarding all NRC TBI-sponsored training events.

If you have an upcoming event of interest to the Brain Injury community in Virginia, we would be glad to consider including it here. Please contact Debbie West at 804-828-8797 or ddwest@vcu.edu.

JUST THE FREQUENTLY ASKED QUESTIONS

Q. My brother lives next door to my parents who are elderly. Because he has memory problems, my parents make sure he is home each evening, that he takes his medication, and basically that his safety is maintained (e.g., stove off, back door locked). Although my brother can take care of all his basic activities of daily living, he needs a minimum level of daily supervision. Are there any supervised housing programs for people with traumatic brain injury who do not need nursing care or a "locked ward?" How do I find out about housing options for him?

A. The availability of supervised housing programs specifically designed for people with brain injuries differs from state to state. Your state Brain Injury Association should have information on special housing for people with TBI. In addition, you may contact the state government agency that handles housing matters, such as the Housing Development Authority or Community Development Department. Your state may have advocacy agencies that could be of help, such as a Commission for the Rights of People with Disabilities or a Fair Housing "watchdog" agency. Check with the agency responsible for nursing home oversight, such as the Department for the Aging. This agency may have information on housing that ac-

commodates people with disabilities (as well as the elderly) including group homes and other congregate living that offers supervision and services.

In Virginia, the Department for the Aging offers lists of nursing homes, group homes, and other congregate living situations, along with guidelines for choosing appropriate housing and an ombudsman program. The Brain Injury Association of Virginia has information on the availability of special housing for people with brain injuries. Housing Opportunities Made Equal (HOME) in Richmond, Virginia advocates for fair housing practices and investigates claims of discrimination. This is just a sampling of the housing resources available in Virginia intended to give you ideas for starting your housing search.

Finding appropriate housing can be the most difficult issue to face after brain injury; success requires creativity. Carefully assess the resident's abilities and needs; if a suitable housing arrangement does not exist, look for ways to combine services. For example, a group home may offer adequate accommodations, and the home's social worker may be able to coordinate additional services. A secure condominium may be suitable if a personal assistant provides regular monitoring. Perhaps a nursing home can accommodate a younger resident by coordinating recreational time with local programs. The more avenues you investigate, the more resources you will find.



CHAT WITH PAT

Pat answers your personal questions about brain injury with compassion and practical advice. However, advice from Pat's column should not substitute for consultation with a doctor or rehabilitation specialist. The identity of authors submitting questions to "Chat with Pat" will be kept strictly confidential.

DEAR PAT: I was hoping to get your advice about a situation with my husband who had a skiing accident which resulted in a brain injury. Just to catch you up to speed, here's some background about the accident. My husband had a serious brain injury while skiing. Both his frontal and temporal lobes were badly injured. He had a number of problems since the accident such as talking too much, slurred speech, difficulty planning, being easily distracted and confused, unable to concentrate, and short term memory loss. What concerns me the most is his aggressive behavior and irritability. His emotions go up and down so quickly. One minute he's crying, the next minute he's angry. He'll fly into a rage, cursing at people and throwing things.

When I found out I was pregnant last year, we separated because I was worried about his anger and trouble controlling his behavior. I am still concerned about his ability to be a good parent. I worry that he'll become confused about what to do if our infant son is sick or become angry when our son is crying or fussy. Since we live apart and I have custody of our son, I suggested supervised visitation. He doesn't seem to understand why I'm afraid to leave our son alone with him.

We can't talk about this without him blowing up at me. He says I'm being paranoid and overprotective. I'd really like for him to have a healthy and safe



Questions for Pat or the FAQ column are welcomed.

Send them to: "ASK PAT" OR "FAQ"

P.O. BOX 980542. RICHMOND, VA 23298-0542

or e-mail: ddwest@vcu.edu

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relationship with our son one day. I know that parenting isn't an easy job without having a brain injury. Do you have any suggestions that might help us out?

PAT'S RESPONSE: Brain Injury affects the entire family. Parenting is one of the major areas of family life that is **frequently** affected by brain injury. Although parenting is a challenge for most people, individuals with brain injury may need additional help to meet this challenge.

Specialized knowledge, skills, and support are most often helpful for parents after brain injury. Your husband may benefit from parenting skills training and counseling in anger management. Co-parenting classes may also help you and your husband understand each others' points of view about parenting.

Since your husband may not

truly understand your concerns about his parenting skills, he may need some encouragement to change. On the other hand, your behavior of separating from him may have made a bigger impression than you realize. Let's assume that he just doesn't "get it" about your concerns and his aggressive behavior. Gently remind him that raising a child requires new skills and approaches to handling stress and frustration. Volunteer to take part in counseling, anger management training, or parenting classes with him. Set a good example for him to follow. As he learns new skills and his behavior improves, you may feel more comfortable with his ability to parent.

For some people, rapidly changing emotions and anger outbursts may be controlled with medication. You may wish to contact your local chapter of the Brain Injury Association of Ameri-

can (BIAA). BIAA is an excellent source of information for families after brain injury. Many state chapters have lists of treatment providers in your area who specialize in treating emotional and behavioral problems following brain injury.

To contact BIAA, call their family helpline (1-800-444-6443) or send them an e-mail at familyhelpline@biausa.org. The BIAA website (www.biausa.org) provides links to state chapters and additional brain injury resources. You may also write for information at 8201 Greensboro Drive, Suite 611, McLean, VA 22102.

THE INFORMATION PROVIDED IN THE FAQ AND CHAT WITH PAT IS INTENDED TO FAMILIARIZE THE PUBLIC WITH ISSUES RELATED TO TBI. NO INFORMATION PROVIDED HEREIN SHOULD BE CONSTRUED AS THERAPEUTIC ADVICE OR AS A SUBSTITUTE FOR CONSULTATION WITH A COMPETENT MEDICAL OR MENTAL HEALTH PROFESSIONAL.



HAVE YOU MET KELLI D. WILLIAMS?

Kelli D. Williams recently received a National Institute on Disability of Rehabilitation Research (NIDRR) doctoral research fellowship to train as an independent researcher in the field of TBI under Dr. Jeff Kreutzer. Her interest in TBI spans over 15 years when she suffered a severe TBI at the age of 20 while finishing her 2nd year in college.

Born in Chicago, Illinois, Ms. Williams graduated with honors from high school and attended Florida A & M University majoring in business administration with a minor in military science. After a motor vehicle accident, she returned to Chicago for medical care and intensive cognitive rehabilitation. Later, she returned to college at Chicago State University and earned a BS in occupational therapy with honors.

Ms. Williams worked as an occupational therapist with a focus on physical disabilities at the Chicago Lakeside Veterans Administration Hospital in downtown Chicago before deciding to pursue her Masters degree. She enrolled in Columbia University's dual degree program in New York City and was the

first in the school's history to earn a Post Professional Masters in occupational therapy and Masters in Public Health, simultaneously. While attending graduate school, Ms. Williams worked as a weekend staff occupational therapist for Rusk Institute of Rehabilitation Medicine at New York University Medical Center.

After earning her Masters, Ms. Williams received a Health Administrative fellowship at New York Harbor Veteran Administration Hospital and began training to work in hospital administration. She later moved to Wilmington, DE and worked as a director of rehabilitation for Genesis Rehabilitation Services and as a per diem OT at Temple University Hospital in Philadelphia. With a long-term career interest in TBI research, she enrolled in VCU's online Ph.D. program, in the school of allied health, with a specialization in occupational therapy. Ms. Williams recently moved to Richmond to finish her degree and train for a career in clinical research.

In her free time, Kelli enjoys exercising at the YMCA and attending church. She also enjoys downhill skiing, reading, watching gymnastics, tennis and basketball, attending fine arts events, and participating in events sponsored by her public service organization, Delta Sigma Theta Sorority, Inc.

MINDING YOUR OWN BUSINESS?

Employment drives our nation's economy. Getting and keeping a job is also an important milestone for any individual on the road to independence. Working helps people feel productive and positive about their lives. Being self-employed is one option people often consider for the many advantages. For example, owning your own business offers such benefits as flexible hours; working from your home; and a way to express your creativity and unique interests and talents.

After a brain injury, an individual may wonder whether or not they will be able to go back to work, much less operate their own business. Consider this fact: according to the 1990 United States Census, people *with* disabilities are self-employed at a higher rate (12.2%) than people *without* disabilities (7.8%). Of course, self-employment is not without risks and is not for everyone. To run a business, you must be highly motivated, be able to get along with all types people, be able to make decisions, and be willing to sacrifice your time spent with family and friends.

Operating a business also requires careful planning. Before starting a business, understanding the basics of what you're getting into is important. For example, you'll need to learn about:

- ◆ Financial issues - raising capital, borrowing money and managing your business's finances
- ◆ Marketing your business - attracting customers and getting them to come back



- ◆ Legal aspects of business - forms of ownership (e.g., incorporation, partnerships), required licenses, and business law.

Luckily, there are many re-

sources for you to learn the ins and outs of starting and running a business. Your first stop would be your local SBA. Created in 1953, the Small Business Administration (SBA) is the only independent governmental agency with the sole purpose of assisting small businesses. The SBA has a number of resources to help people who want to start and run a small business. The Richmond District Office SBA, for example, is responsible for delivering programs and services to 92 Virginia counties. Last year the Richmond District Office helped more than 29,000 people through training, counseling and business-development programs, approving 964 loans totaling over \$192 million. Richmond District Office SBA services include:

Consultation & Training

- ◆ **SCORE** (the Service Corps of Retired Executives) offers free counseling and technical assistance, pre-business and business planning workshops, and information on starting and managing a small business. To find the SCORE chapter closest to you, visit www.score.org. The Richmond SCORE chapter Website can be found at www.richmondscore.org. Their monthly "First Step Workshop" is held the 2nd Fri. of every month (8:30 am to 4:30 pm) at the downtown Federal Office Building. A \$59 registration fee is required. Visit www.richmondscore.org/attend_workshop.htm for an online registration form.
- ◆ SBC's (Small Business Development Centers) provide free counseling services and conduct reasonably priced training events throughout Virginia. To find a training event near you, visit www.sba.gov/va.

- ◆ A women's business ownership representative can assist women interested in starting or growing their enterprise. Contact the Women's Business Ownership Representative, James Williams, at (804) 771-2400, ext. 123, or e-mail james.williams@sba.gov.



- ◆ A veterans' business representative is available to assist veteran business owners. Leroy Harris, the SBA veterans' representative, can be contacted at (804) 771-2400, ext. 132 or e-mail leroy.harris@sba.gov.

Financial Assistance



- ◆ The SBA can work with your lender (through the 7(a) Loan Guaranty Program) to set guidelines for your loan and help by backing your loan with a guarantee that reduces the lender's risks. Financial assistance through loan guarantees up to \$2,000,000, with terms up to 25 years, is available. Interest rates on SBA guaranteed loans are usually at or below market rates. For more information, visit the SBA Financing resources page at <http://www.sba.gov/va/financing.html> or www.sba.gov/financing or call (804) 771-2400.
- ◆ The MicroLoan Program provides loans of \$35,000 or less through non-profit partners. For more information on one of the nine SBA Microlenders in Virginia visit www.sba.gov/va/vamicro

The Richmond District Office of the SBA is located in the Federal Building, Suite 1150, 400 North 8th Street, Richmond, Virginia

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HOT OFF THE PRESS

GET *TBI TODAY* E-MAILED STRAIGHT TO YOUR COMPUTER !!!

Contact Debbie West at ddwest@vcu.edu or 804-828-8797 to sign up for our *TBI Today* mailing list.

local and regional groups that sponsor small business incubators. A business incubator is a site with various sizes of offices or office suites, warehousing and manufacturing space, loading docks, shared meeting space, kitchen facilities and reception area. An incubator receptionist greets visitors and assists tenants in using office equipment. An incubator manager assists tenants in preparing business plans, getting financing, business counseling and management advising. Tenants are expected to graduate from the incubator within a reasonable time to allow others to use the service. The incubator charges reasonable lease rates and fees for specialized services and equipment. For more information on the program or contact information for the 20 incubators across the state contact: Virginia Department of Business Assistance PO Box 446 Richmond, VA 23218-0446 (804) 371-8260(www.dba.state.va.us/smdev/sbincubator.asp).

Debbie West

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23240, and is open 8:00 a.m. to 4:30 p.m., Monday through Friday. On the Internet, visit www.sba.gov/va/. To find your local SBA visit www.sba.gov/aboutsba/dis_offices.html.

Also available through the SBA is a free on-line training course on how to start a business, "My Own Business" www.myownbusiness.org/course_sba.html. The course consists of 12 sessions and includes example business plans & templates, audio and video clips from business professionals; and quizzes to check how well you've understood information presented. Links and references to books, software, services, and other websites, expanding on course content, are provided throughout each session. In addition to the free on-line material, an optional 250-page course textbook is available for \$45. For an additional fee, certification is also offered (\$35 plus textbook = \$80). Topics covered in "My own Business" include:

- ▶ Deciding on a Business
- ▶ The Business Plan
- ▶ Computer & Communication Tools
- ▶ Business

- Organization
- ▶ Business Insurance
- ▶ Location and Leasing
- ▶ Accounting and Cash Flow
- ▶ How to Finance Your Business
- ▶ E-Commerce Business
- ▶ Buying a Business or Franchise
- ▶ Opening and Marketing
- ▶ Expanding and Handling Problems

In researching this topic, the author previewed and found "My Own Business" very easy to navigate and quite informative. The audio clips were interesting and the external links were helpful. The "Deciding on a Business" session zeroed in on characteristics of a successful business owner. Session one also offered some soul-searching questions you need to ask yourself when considering whether a certain business is right for you.

Another resource for those considering starting a business is the Virginia Small Business Incubator (VSBI) Grant Program administered by the Department of Business Assistance. The VSBI Grant Program provides assistance to

Research Volunteers Needed

VCU Acquired Brain Injury Outpatient Rehabilitation Services Program

VCU Researchers are seeking adults with acquired brain injuries (such as stroke, aneurysm, traumatic brain injury, anoxic brain injury) and their families to be part of a research study. We are evaluating the helpfulness of an outpatient rehabilitation program. During the course of 5 sessions, participants will be given information on brain injury, local resources, skills development, and positive coping strategies. Qualified volunteers will also be asked to complete several questionnaires. All participants must be at least 18 years old.

Rehabilitation services will be provided at no charge at the Medical College of Virginia Campus. Volunteers will be reimbursed for their time and effort in completing questionnaires.

FOR MORE INFORMATION ABOUT THE PROGRAM, PLEASE CALL:
JENNY MARWITZ
PHONE: (804) 828-3704 OR (866) 296-6904 (TOLL FREE)
E-MAIL: JHMARWIT@VCU.EDU

Secret Word Find First Letter Clues

1. N	_____
2. C	_____
3. R	_____
4. L	_____
5. S	_____
6. K	_____

INSTRUCTIONS: FILL IN THE BLANKS FOR THESE HELPFUL TIPS FROM THE NRC TBI BOOK *MEMORY MATTERS*.

1. You call someone you know well by their first _____
2. Use a _____ to keep track of today's date and your appointments.
3. The opposite of forget is _____.
4. A memory _____ book (aka daily planner) is used to help you remember things.
5. A plan to help you succeed can also be called a _____.
6. The _____ to success is having a good strategy.

Now copy your answers into the spaces below. Letters in the boxes reveal the secret word when you read *down* the page! See page 7 for first letter hints. See page 2 for answers. Good luck!



Happy Holidays from the entire Virginia TBI Model System Team!

1. _____ _____
2. _____ _____
3. _____ _____
4. _____ _____
5. _____ _____
6. _____ _____

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