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An affiliated agency of People Inc.

501C3 Non-Profit Organization

HEADWAY PRESENTS “FOR YOUR INSPIRATION”

As part of our annual meeting and regular speaker series, Headway is excited to sponsor “For Your Inspiration”, presentations by Sammy Violante and Dr. Kenneth Sroka. Both of these speakers are notable in their respective fields for their accomplishments and for the obstacles they have overcome.

Sammy Violante is an inspirational speaker who has presented over a thousand talks to various groups. His talk “An Eagle Only Soars When It Flies Against the Wind” draws on his personal experience overcoming adversity. Once an investment broker managing funds worth millions of dollars, his career was cut short as he began to battle major mental health issues. He has been able to participate proactively in his own recovery, and he says, “I’d love to tell you how I did it.” His talk will discuss some real life tools to use to keep moving forward, and to transform adversity into passion and happiness. Sammy has given over 1200 presentations to hundreds of organizations, and hopes to bring this inspiration to Headway and its members.

Dr. Kenneth Sroka is retired from Canisus College where he was a professor of English for over 41 years. He is now a volunteer with the ECMC Reading clubs, set up through Dr. Lisa Keenan in the Department of Rehabilitation Medicine. The Reading Clubs are support groups that use the title “The Power and Pleasure of Shaping Verbal Worlds”, also the title of Dr. Sroka’s presentation at Headway. He runs a Reading Club for acquired brain injury survivors and one for chronic pain sufferers. Participants read and discuss a wide variety of short stories, essays and poems. The clubs have served as inspiration for a number of participants in the past year, and Dr. Sroka is pleased to share with Headway members what they have learned and how this has helped.

The presentation will be Monday November 18, from 5:30-7:30 PM at the United Way Headquarters at 742 Delaware Ave. in Buffalo, NY. There will be a brief presentation with Headway’s annual report and membership meeting at the beginning of the evening. Light refreshments will be served. There is free parking in the lot at the rear of the building.

Please see the flyer in this newsletter to sign up for this meeting. The presentation is free for Headway members and \$15 for non-members. Pre-registration is not required, but it is encouraged as space is limited. Call us at 408-3100 for further information.

SEE PAGE 4 TO REGISTER!

Fall Issue • 2013
Quarterly Newsletter

*Headway is a support
and advocacy agency for
persons with brain injury,
other disabilities and seniors.*

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**JOIN US AT “FOR
YOUR INSPIRATION,”
HEADWAY’S
ANNUAL MEETING
AND PRESENTATION
ON NOV. 18TH
(See story at left and
page 4 for information.)**

**Headway
is a donor designated
agency of the United Way**

HEADWAY OUTREACH

Headway has speakers available for your community groups and organizations! If you belong to any local organization such as Kiwanis, a retiree organization, or any social club that is interested in learning more about brain injury—its prevalence, its cost to individuals and society, prevention, and the help available for survivors—contact Headway, and a speaker can be provided for your organization

We have also have an emphasis this year on outreach to educational institutions. We have spoken to students in nursing programs, occupational, speech and physical therapy programs, social work and other counseling programs, and more. We have people who can speak from the perspective of brain injury survivors, from that of family and caregivers, and from that of a professional in the field.

We believe strongly that the more we shine a light on the issue of brain injury, the more progress can be made in acceptance, in support and in further advocacy. Call Diana Landwehr at 408-3103 to discuss your interest and needs!

HEADWAY WORKS TO FIND SERVICE ALTERNATIVES

On August 6th, it was announced that Phoenix Frontier Inc., a long time nonprofit agency in Western New York, made the decision to file for bankruptcy protection. Among other consequences, this meant that alternative service providers were needed for 51 people who were receiving services through Phoenix under the DOH TBI waiver program. Headway waiver staff worked very hard that week to help link those people with other service providers and make sure that there was not any significant interruption in their services.

Rhonda Frederick, COO at People Inc., the agency with which Headway is affiliated, said that the ability for various agencies to take over this program and others so quickly was impressive. “I think the folks who need the services are going to get what they need,” she said.

A big thank you to our entire TBI waiver staff for their hard work!

“My name is Rebecca Rake and I am a Health and Human Services major at University at Buffalo. I am currently in my senior year working towards becoming a healthcare administrator. Over the course of the Fall 2013 semester I will be doing my internship which will entail helping with the Nursing Home Transition and Diversion Medicaid Waiver as well as the Traumatic Brain Injury Medicaid Waiver. So far, I have learned how Headway is working with Medicaid and various service providers to keep those in need out of nursing homes and in the community. This experience is helping me apply what I learn in my classes at UB to the real world and guiding me in the right direction for my future career.”

THE NEW RESOURCE GUIDE HAS ARRIVED!

Headway has now published the 2013 edition of *The Resource Guide for Brain Injury: A Practical Directory of Services in WNY*. Individual copies of the Guide are available free of charge to brain injury survivors, caregivers and professional by contacting the Headway office. We would like to thank the many organizations and sponsors who have made this Guide possible, including among others:

FEROLETO LAW, INJURY ATTORNEYS
AFTERCARE NURSING SERVICES INC.
THE RESOURCE CENTER TBI STRUCTURED DAY PROGRAM
RP DISPUTE SOLUTIONS
HEALTH FORCE
OUR LADY OF VICTORY INSTITUTIONS
BLACKBURN'S DOVE MEDICAL
VENTURE FORTHE

HEADWAY VETERANS PROGRAM UNDERWAY

As mentioned in the last edition of this newsletter, Headway is excited to announce a new outreach program for veterans with traumatic brain injury, developed in collaboration with the Serve New York AmeriCorps VISTA program. In that position, Sarah DePerrior has recently begun work as Headway's Veterans outreach specialist.

Sarah is a 2013 graduate of the University of Rochester, where she majored in public health and minored in biology. Sarah grew up in Rochester and is a lifelong resident of Western New York. She is serving as a member of the Serve New York AmeriCorps VISTA program administered by the Service Collaborative of Western New York. This is a program which places members at partner organizations in the community for year-long terms of service. One of the key focuses for the Service Collaborative is services for veterans and their families.

Sarah has been working since July to learn more about the community organizations that provide services for veterans and how Headway can work with them in order to meet the needs of veterans with traumatic brain injury and other co-occurring conditions, including post-traumatic stress disorder. This has

included attending community meetings for veterans' organizations, visiting the Veterans One-Stop Center and Buffalo VA Hospital, and tabling at Veterans Fairs. Sarah is working to create a "Veterans Brain Injury Resource Guide," which will be modeled after Headway's existing "Resource Guide for Brain Injury."

Overall, with this project, Headway seeks to help veterans with TBI and their families find the supports they need and overcome obstacles to engaging in their communities. If you are interested in learning more about these efforts, or if you are or know of a veteran who might be interested, you can contact Sarah at:

**sdeperrior@HeadwayofWNY.org or
716-408-3110.**

HEADWAY NEEDS YOU... TO BE A PART OF THE ACTION TEAM!

Headway is an organization staffed in large part by volunteers.

Members of the Action Team may be called on to:

- *Help plan and/or staff fundraising events*
- *Help fold/stuff/stamp envelopes for mailing*
- *To speak, along with other staff, to groups about brain injury*
- *To staff tables, with others, at health fairs, etc.*
- *Help with office work (filing, etc.)*
- *Assist with phone calls for support of brain injury survivors and caregivers*
- *Help in writing/typing articles for the newsletter*

Could you help with any of these tasks? Call Diana at 408-3103!



**THANKS TO THE
DENIO FAMILY
FOR YOUR
CONTINUED SUPPORT**

HEADWAY OF WESTERN NEW YORK, INC.

Invites you to attend

“FOR YOUR INSPIRATION”

PRESENTATIONS BY

SAMMY VIOLANTE AND DR. KENNETH SROKA

“AN EAGLE ONLY SOARS WHEN IT FLIES AGAINST THE WIND” will be presented by Sammy Violante. Formerly an award winning investment broker handling millions of dollars, Sammy’s career was halted by major mental health issues. He has worked since then to proactively rehabilitate himself and help others, offering real life tools to promote overcoming adversity. Sammy has given presentations to hundreds of groups and is excited about the chance to speak with Headway members.

“THE POWER AND PLEASURE OF SHAPING VERBAL WORLDS” will be presented by Dr. Kenneth Sroka. Dr. Sroka taught as a professor of English at Canius College for over 41 years, a career notable for many presentations, awards and publications. He now volunteers running a weekly reading club/support group at ECMC for brain injury survivors, as well as one for chronic pain sufferers. He will speak on the usefulness of this type of support group and how we can use words to further recovery.

MONDAY, NOVEMBER 18, 2013 from 5:30 - 7:30 PM

UNITED WAY OFFICES

742 DELAWARE AVE. BUFFALO, NY

Free parking in the rear of the United Way Building, and the building is accessible.

Light refreshments will be served.

A BRIEF ANNUAL MEETING OF HEADWAY OF WNY WILL START THE EVENING.

The presentation is FREE for Headway members, \$15 for nonmembers. Seating is limited.

RSVP by phone at 408-3100 or by mailing in the form below by Nov. 13.

Please tear off and return to Headway of WNY, 2635 Delaware Ave, Buffalo, NY 14216

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

YES! I WILL ATTEND “FOR YOUR INSPIRATION” AND HEADWAY’S ANNUAL MEETING!

I AM A HEADWAY MEMBER

OR ENCLOSED IS MY MEMBERSHIP FEE OF:

\$20 INDIVIDUAL MEMBERSHIP \$30 HOUSEHOLD MEMBERSHIP

\$55 PROFESSIONAL MEMBERSHIP \$100 SUPPORTING MEMBERSHIP

(With membership you will receive newsletter, event notices and other speaker discounts)

OR ENCLOSED IS \$15 TO ATTEND THIS PRESENTATION

WHY IS HEADWAY MEMBERSHIP IMPORTANT?

FOR TOO LONG, BRAIN INJURY HAS BEEN AN UNSEEN, UNSPOKEN DISABILITY. IT IS TIME FOR US TO MOVE FORWARD TOGETHER AND MAKE A DIFFERENCE!

Headway of WNY is committed to ensuring that people with brain injuries and other disabilities have access to the resources and the support they need to live as independently as possible. We also strive to educate the community on prevention and awareness of brain injury.

JOIN OUR ANNUAL MEMBERSHIP DRIVE! WE NEED YOU TO HELP REACH OUR GOALS!

We need each one of you who cares about this issue to become a member of Headway. Whether or not you have been a member in the past, we know you believe in our goals. Membership in Headway is an important step in making these goals a reality. *Your membership dollars will increase community awareness, expand support groups and advocacy efforts.* Your dollars will help publish Headway's newsletter and expand our resources. As we speak to our local legislators and community leaders, the more *members' voices* we have, *the more powerful we will be.* Your voice will be a part of the changes you want to see happen.

Help us take the issue of brain injury out of the shadows, and let us work to get this issue the attention it deserves. In our more than 25 years as a volunteer driven support, advocacy and resource organization, Headway has helped countless brain injury survivors and their family members and caregivers through one on one contact. We have helped create new programs state-wide and locally. We have created resource directories and made educational presentations to doctors, nurses, therapists and community groups. But we know there is much more to be done. Join with others to bring a greater understanding of brain injury and make a difference in people's lives right here in WNY.

PLEASE FILL OUT THE FORM BELOW TO ADD YOUR VOICE AND SUPPORT TO OUR MEMBERSHIP!

Paid members will receive our quarterly newsletter, event notices, and well as discounts to speakers and other educational opportunities such as on the preceding page. *Membership is on a yearly basis and is renewable each fall.*

Please call us at 716-408-3100 if there are any questions!

DETACH AND MAIL TO HEADWAY OF WNY, 2635 DELAWARE AVE. BUFFALO, NY 14216

YES, I WANT TO HELP MAKE A DIFFERENCE AS A HEADWAY MEMBER!

Name _____

Address _____

City _____ State _____ Zip _____

Optional - Email address _____ Phone _____

Would you be interested in receiving our newsletter by e-mail? Yes No

Enclosed is my annual membership fee of:

\$20 Individual \$30 Household \$55 Professional \$100 Supporting \$250 Lifetime

I am enclosing a one-time donation of \$ _____

Please contact me about volunteer opportunities

THANK YOU FOR YOUR SUPPORT!

SENIORS! ARE YOU ELIGIBLE FOR ADDITIONAL BENEFITS?

Here are some of the lesser known additional benefits some WNY seniors, and also some with handicaps/disabilities may be eligible for:

Complimentary Card for reduced Metro Fare: Erie County residents 65+ are eligible. Call Erie County Social Services at 858-8526 for more information.

Property Tax Exemption: Real estate owners 65+ with gross income limit of \$37,399. In Buffalo call 851-4374, application dates July 1 to Dec. 1. All others contact local city or township for dates and rates.

Subsidized Housing: If you are 62+ or handicapped/disabled, with low income of \$22,250 for single or \$25,400 for a couple, you may be eligible for rental assistance or subsidized housing. Erie County residents call Rental Assistance Corp at 882-0063 or Belmont Housing Resources at 884-7791. For an Independent Senior Citizens Housing list call Senior Services at 858-8526.

AARP Driver Safety Program is for NYS residents 50+ who have a valid NYS driver's license. Taking the course will provide a 10% reduction in base rate of parts of insurance premium; active point total will be reduced up to 4 points on violations incurred within last 18 months. There is a fee for the class. Call 1-888-227-7669 for more information.

Nursing Home Transition and Diversion Waiver: a variety of services may be available to help you stay in your home, or if you are in a Nursing Home, to leave the nursing home and return home. You must be on Medicaid, and meet certain other eligibilities. Call Headway at 408-3120 for more information, or check our website at www.headwayofwny.org.

In Loving memory...

Charlotte Bartkowiak, who died earlier this year, was one of the early founding members of Headway of WNY. Headway originally began as an all-volunteer organization, started by a group of brain injury survivors and their families. She was always there for her family, first advocating for her son born with cerebral palsy, and later for her son with a traumatic brain injury. Charlotte and her husband both worked hard to get Headway off the ground and to advocate for better services for their son. She assisted with Health Fairs, helped with the Clubhouse recreation program and with fundraising. She worked in the office for many years at the Ridge Road site, volunteering into her 80s, making phone calls to friends and family, filing and all the little things to make the office effective. She served on the Board of Directors for many years. Even after numerous health problems limited her activities, she would work diligently on afghans to contribute to the spring fundraiser auction. We remember her dedication and her smile, her laughter and her positive outlook despite much personal adversity. We send our sincere sympathies to her family and friends.



SPRING FUNDRAISER PLANS ARE UNDERWAY!

On **Thursday May 15, 2014**, we will be putting the "fun" in fundraiser once again with our annual spring gala fundraiser "**Shine A Light!**" We will be at Windows on the Green, 772 North Forest Road, in Williamsville. We plan on another blowout with tons of baskets, silent auction items, some great food, and a good time for a great cause. We hope you can join us! We will be accepting donations through the year for this event, so contact the office if you have items to donate! We also need empty baskets, bottles of wine, gift cards and small items for baskets fillers. Call Diana at 408-3103.





AND THEY'RE OFF!

WALK, RUN AND WHEEL EVENT ENJOYS A BEAUTIFUL DAY



WALK, RUN & WHEEL

More participants than ever enjoyed Headway's Walk, Run and Wheel at the Waterfront on September 8th, and we are pleased to have earned over \$7,000 this year! We are partic-

ularly proud to host one of the only area walk/runs that actively solicits the participation of people of all physical ability levels.

A sincere thank you goes out to all the runners, walkers, volunteers and sponsors who made this possible. Thank you particularly to Ron Fernandez, musician and waiver services director extraordinaire, for providing our musical entertainment. Special Community Leadership Awards were presented to the staff of The Hatch, who has hosted this event for us each year; to Mark Reed, Buffalo firefighter, who has served as one of our inspirations and our official starter each year, and to Mark Shaw, who has annually led the way in pledge fundraising and has been a hardworking example to us all.

We are sincerely grateful to each of the sponsors for this year's event:

THE HATCH

ROAD ID

LA NOVA

VERIZON WIRELESS

THE DIEM FAMILY

THE TOFFOLI FAMILY

DADDIO'S PIZZERIA

TOPS MARKETS, BOSTON, NY

DICK'S SPORTING GOODS

FEROLETO LAW, INJURY ATTORNEYS

SENIOR OUTREACH, PEOPLE INC.



HEADWAY IS ON FACEBOOK!

Come on, do you "like" us? Friend us on Facebook, and receive Headway postings on upcoming news and events! You can also send messages to our youth counselor, Molly, or you can contact her directly at 408-3100.



HEADWAY

OF WESTERN NEW YORK, INC.

2635 Delaware Ave., Suite E
Buffalo, NY 14216

An affiliated agency of People Inc.

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DO YOU WISH TO CONTINUE TO RECEIVE THIS NEWSLETTER? IF NOT, PLEASE CONTACT
OUR OFFICE AT 716.408.3100 TO BE REMOVED FROM THE SUBSCRIPTION LIST

visit our website: www.headwayofwny.org

YOU ARE NOT ALONE, MOVE FORWARD WITH HEADWAY.

HEADWAY'S

SUPPORT GROUPS FOR SURVIVORS OF BRAIN INJURY AND THEIR FAMILIES

All meetings, except as noted, will take place at Headway

2635 Delaware Ave., Suite E, Buffalo, NY 14216 / 716-408-3100

(Please Take Note of Changes to Dates and Times for Support Groups)

PEER SUPPORT

Enter at Suite B
1st & 3rd Tuesday
6:30 PM to 8 PM

CARE GIVERS SUPPORT

Enter at Suite B
1st Tuesday
6:30 PM to 8 PM

WOMEN'S SURVIVOR'S SUPPORT

1st Tuesday
1 PM to 2:30 PM

YOUTH SUPPORT BY PHONE

Direct Contact with
Youth Counselor
Please phone us
408-3100

DeGraff Hospital
Dining Conf. Rm/Gr. Fl.

PEER SUPPORT IN RURAL COMMUNITIES

3rd Tuesday
6:30 PM to 8 PM

VETERANS/ CARE GIVERS SUPPORT

BY PHONE
408-3103

St. Paul's Lutheran Church
4007 Main Street, Eggertsville, NY

COMPLEX REGIONAL PAIN SYNDROME SUPP.

4th Monday
7:00 PM

PLEASE NOTE:

*If the Buffalo Schools are
closed due to inclement
weather, support meetings
listed here are also
cancelled.*