

# Connections

*Creating a better future through brain injury prevention, research, education and advocacy.*

**Special Points  
of Interest**

- ◆ 25th Anniversary BIA
- ◆ Legislative Update
- ◆ Recognition Awards
- ◆ 1st Annual Trivia

## St. Louis Golf Pro Wins \$\$\$ on Golf Channel Donates \$5,000 to the BIA

By Mary Bernickus

The St. Louis Chapter, BIA-MO, has received a donation—of \$5000—from **Jo D Duncan**, teaching (golf) pro at Norwood Hills Country Club. Jo D has helped golf teams in the past three chapter tournaments get “a long drive” to lower their team’s score in the tournament (perfectly legal: to get Jo D’s help, the teams donate extra money to the chapter).

Jo D won part of *The Big Break V(5)*, the Golf Channel’s reality show during which 11 women pros compete in several events, including golf “tournaments” and competitions where they partner with junior amateur players. Jo D teamed up with David Saka, a junior golfer, in the Chip, Putt, and Drive contest. Although Duncan says she couldn’t reveal anything about whether she “won” the actual tournament or any specific events, she did notify **Sue Orton**, chapter golf tournament chair, that she had chosen the St. Louis Chapter, BIA-MO, as recipient for a \$5000 check to the charity of her choice.



Jo D Duncan, 2<sup>nd</sup> from right in front row, celebrates her win on The Golf Channel’s “Big Break”. Photo credit is from [www.TheGolfChannel.com](http://www.TheGolfChannel.com)

**Joan Vatterott, Ann Lieb Frawley, Nancy Guyton Wieberg & Kathy Keusenkothen**, members of the golf tournament committee who also belong to Norwood Hills, persuaded Duncan to become part of the golf tournament, which she says “has been a really positive experience. You and all of your committee have been very kind to me, given me a chance to practice my long drive skills, and treat me like a ‘celebrity’ during each of the tournaments.”

Duncan, who says she is “from REALLY rural southwest Missouri,” attended Southwest Missouri State University (now known as Missouri State University) on a golf scholarship. She has competed in a few LPGA tournaments, taught in both the Orchard Farms and Fort Zumwalt School Districts, and works as a teaching professional at Norwood Hills. Reading is high on her list of off-course interests.

She describes *The Big Break V*, which took place in Turtle Bay Golf Club on the Hawaiian island of Oahu, as the *American Idol* of women’s golf. Approximately 4000 women applied for the 11 spots in the competition. Anyone interested in learning more about the competition can log onto [www.TheGolfChannel.com](http://www.TheGolfChannel.com) or check out the February 2005 issue of Golf Digest.

Sue Orton, golf tournament chair, commented that the chapter is “truly blessed to have received this donation. It confirms what all of us have felt about Jo D; she is truly a special lady in every respect, as well as a skilled golfer and teacher.”

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President's Message

MOVING FORWARD

Greetings Friends:

On behalf of the entire BIA membership, I would like to thank the retiring board members and especially the retiring executive board members: Tim Landwehr our retiring secretary; Lisa Scott our retiring vice-president; and Terrie Price our retiring president. They will be missed but are still involved. Terrie led us through some very rough times during her 4 year presidency and did so with grace and tenacity. But, as she told me, "I'm only a phone call away and once you're involved with BIA, you're always involved."

I would like to introduce myself – my name is Lynne Unnerstall, and I am the new BIA-MO president. I live in Washington MO, 1 hour west of St Louis. I came to BIA in 1996, when my then 18 year old son was seriously injured in a car accident. With the help and knowledge I received during those first terrible months, we have survived, and my son is thriving. Just working the "system", as all of you know, is mind-boggling and the friendships I have made have been wonderful. It's so reassuring to know that an organization like ours exists and is flourishing. We have survived for almost 25 years and during that time have had our share of defeats and successes. Being a "glass half full" person, I would like to think that our successes have far out-weighed our setbacks, and that we are on the track to continue in that vein.

As you know, 2005 was a horrendous year for all disabled persons. The positive gains we made over the past 20 years were considerably reduced when the legislature drastically cut services and equipment for everyone. Governor Blunt has said that he is thinking about restoring some of these cuts; so in order to get some of these much-needed services and equipment back in the budget, we will need everyone's help. We will be calling on all our members and friends this year to contact your Senators and Representatives regarding budget items that will hopefully reinstate some of last year's cuts. This contact can be in the form of a letter, fax, email, phone call or in person. My experience has been that YOUR Senator and Representative will be very accessible to YOU, since YOU are the person who helped put him or her in office. Let's make our voices heard this year! Another way to do this is to attend the various Legislative Days in Jefferson City throughout the year. I urge you to make time to attend these if you can. It will give you the opportunity to meet and network with others in the state who have the same concerns, hear a variety of speakers and get additional information on ways to increase our chances of reversing the cuts made last year.

In order to help in all legislative matters and to speak "with one voice" along with other disability groups, I am very pleased to let you know that BIA-MO has joined MARF, the Missouri Association of Rehab Facilities. Before making this decision, the board talked to other member organizations, and the feedback we received was very encouraging and positive. Being a part of this organization will give us the opportunity to increase our presence in Jefferson City.

I believe 2006 will be a great year for us. We are joining forces with others to help make a positive impact and are counting on each of you to help make this "positive impact" a reality. You can make a difference!!

Connections

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are those of the state
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above address.

## **BIA Planning Statewide Activities To Celebrate 25<sup>th</sup> Anniversary in 2007**

The Brain Injury Association of Missouri is busy making plans for a big celebration throughout the state in 2007 to commemorate the 25<sup>th</sup> Anniversary of the organization.

First up, there will be an “Awareness Bike Ride Across Missouri” along the KATY Trail starting in Clinton, Missouri. The riders will travel along the trail and plan to reach Sedalia on March 19, Boonville on March 20, Jefferson City on March 21, McKittrick on March 22, Dutzow on March 23 and finish in St. Charles on March 24. The ride will culminate with a dinner in St. Charles on the 24th to commemorate the event.

Along the way, The Brain Injury Association of Missouri hopes to promote helmet safety at each stop and include local police, fire, schools, media, etc. The group also hopes to give out 100 helmets to children at each of these stops, as well as bike safety handouts, etc. Statistics show that 86% of all head injuries from bicycle accidents could be prevented with helmet use.

We would also like to host dinners at our various locations throughout the state, Springfield, Sedalia, Columbia, Cape Girardeau, etc. to commemorate the 25<sup>th</sup> Anniversary next year. We are hoping to develop a multimedia presentation, have a motivational speaker and also a dance wherever possible.

The Brain Injury Association of Missouri is actively seeking sponsors to help cover the costs of putting on these events to celebrate this auspicious occasion. Please look for future updates and plan on joining us next year for the 25<sup>th</sup> Anniversary celebration or call for more information.



### **It Was a Very Good Year**

**Booster Seats for 4 to 8 year-olds**  
**Graduated Driver's License Enhancements**  
**Work Zone Safety**  
**Move-Over Law**  
**Failure to Yield Right of Way Penalties**  
**The Alan Woods Law--BAC Procedure**  
**Protections**  
**Failure to Stop for School Bus Penalties**

And

**Legislation to repeal Missouri's Motorcycle  
 Helmet Law FAILED**

**Congratulations and a huge "THANK YOU" to  
 all and please remember to thank everyone who  
 helped make these results possible.**

**Next Year?? PRIMARY SEAT BELT  
 ENFORCEMENT**

The Brain Injury Association of Missouri in keeping with the privacy standards set by the Better Business Bureau of Missouri wishes to let its members know that we do not share donor information with anyone, nor do we provide addresses or phone numbers of our members outside of our organization. Donors' names are listed in our annual report, however, unless otherwise specified.

## SURVIVOR SPOTLIGHT

by Mary Bernickus

William “Bill” Bader is a handsome, dark-haired, dark-eyed part-time student at Meramec Community College. Like many his age, this 19-year old young man isn’t quite sure of the path his life will take, what kind of career he might have, and what his limits are.

However, unlike many his age, Bill’s possibilities are somewhat limited because of the brain injury he suffered when he was 12. His



concentration span is a bit limited. He needs a note-taker for his MCC classes. He needs extra time to take his tests, and possibly other accommodations as well. During a recent conversation, Bill Bader

didn’t seem angry or resentful that he needs extra help to succeed, but there are times when his winding road toward a “normal life” and career seem very frustrating to him.

Although Bill spends lots of time with his mom and brother, he “lives” with his grandparents. He has “more space” with this arrangement, he says, and his grandparents enjoy his company and his help. His mom admits that she sometimes “smothered” rather than “mothered” Bill after his injury, so she feels the current arrangement is a good one.

Immediately after his injury and hospitalization, Bill attended SSM’s Outpatient Rehab program in Arnold to participate in physical, occupational, and cognitive therapies to help him to regain function in all those areas. “I feel that I learned many skills,” he says, “but didn’t always know how to apply them later.”

Bill graduated from St. Mary’s (Marianist) High School in the City of St. Louis and received extra tutoring help at Notre Dame High School, also in South St. Louis. He feels his memory problems have caused or complicated his learning problems. He attended South County Technical School half-time during his senior year of high school, learning carpentry and masonry skills. He says he really enjoyed learning those construction trades, but was shocked at the differences in student discipline in the two schools.

Bill attended BIA-MO’s adolescent camp at Sunnyhill Adventures in Dittmer less than a year after his injury; he especially remembers the climbing and ropes activities there, he says. His mom feels that “he got a real boost toward recovery from the camp.” Bill also spent a week in on the Mizzou campus in Columbia at the Youth Leadership Forum sponsored by the Governor’s Council on Disabilities. He says he wished the Forum had lasted longer and had enjoyed keeping in touch with the friends he met there.

Bill is anxious to get a job “to get started on my future”. He also knows that staying in school will make his future a better one. So, although, he is impatient to figure out his future plans, he’ll continue his “one step at a time” progress toward whatever his eventual goal will be.

## In Memory of Zeke Estep

by Ann Mc Cullough  
(Zeke’s mother)

In 1995, Zeke Estep was 22 years old when he was a passenger in a car that was hit head on by a careless driver. He was in a coma 10 days, in the hospital 2 months and in rehab for two years. He lost the use of his right hand and arm and had a limp plus many other cognitive disabilities. Zeke managed to overcome many of his disabilities and live independently with support from family members.

He learned to draw with his left hand and drew many pastel portraits selling for about \$800 each. His artwork gave him a lot of pleasure and a sense of fulfillment. He participated in numerous art shows in St. Louis and developed quite a following.

Zeke lived with his brain injury for 10 years until he passed away on November 8 at the age of 32. He is survived by a son, Jaren, age 6, plus other family members. His family and friends miss him very much. The Brain Injury Association of Missouri has been the recipient of nearly \$2,000 in donations, which were made in Zeke’s memory. These donations will be earmarked for scholarships for camp at the Donald Danforth, Jr. Wilderness Retreat at Camp Wonderland in Rocky Mount, Missouri. This camp is designed to build the self-esteem of persons with brain injury and to provide respite for the families of the survivor. Zeke’s artwork can be viewed on [www.artjunkiesgallery.com](http://www.artjunkiesgallery.com)



## HOW TO IDENTIFY A STROKE

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association’s annual meeting last February. Widespread use of this test could result in prompt treatment of the stroke and prevent brain damage.



## **Springfield Seminar Presents Community Connections: A Brighter Tomorrow**

A day-long seminar for 60 TBI survivors, family members and friends was held at the Clarion Hotel, Springfield, MO, on Saturday, April 22, 2006. The meeting was co-sponsored by the **Brain Injury Association of Missouri, SW Chapter; Missouri Rehabilitation Center; St. John's Regional Health System; Community Foundation of the Ozarks;** and **Aaron Wm. Sachs & Associates, P.C.**

Panelists included **Andrea Buening**, IL Specialist from the Independent Living Center; **Dave Eden**, Pharmacist from the Missouri Rehabilitation Center; **Dr. Kathleen Farmer**, Psychologist & Pain Management Specialist-Headache Care Center; **Dr. Jennie Gorham**, Psychiatrist-Missouri Rehabilitation Center; **Dr. Joe Hinkebein**, Psychologist specializing in neuropsychology and rehabilitation psychology at Rusk Rehabilitation Center; **Doug Lee**, an attorney at Carnahan, Evans, Cantwell & Brown, P.C.; and **Susie Schimpf**, Licensed Professional Counselor & TBI survivor. **Dr. Phil Mothersead**, Neuropsychologist, St. John's, served as the moderator.

**Marilyn Harper**, a performance artist, provided a humorous take on life during the lunch break. Afternoon sessions included a talk about sexuality by **Dr. Mike Whetstone**, Psychologist, St. John's Health System and **Dr. Dale Halfaker**, Psychologist, Neuropsychological Associates.

Other sessions included Role Reversal & Changes in Personality and Behavior Following a TBI by **Dr. Joe Hinkebein**, Psychologist, Rusk Rehabilitation Center; and Headache/Pain Management & Alternative Therapies by **Dr. Kathleen Farmer**, Psychologist & Pain Management Specialist, Headache Care Center; **Julia LeBlanc**, Occupational Therapist and Certified Massage Therapist; and **Dr. Mike Ryan**.

Fees included a continental breakfast, lunch and seminar materials. For more information on upcoming seminars or to schedule one in your area, please call 800-377-6442.

## **23<sup>rd</sup> Annual Board Meeting & 2005 Recognition Awards Held at Rusk Rehab Center in Columbia**

The 23<sup>rd</sup> Annual Meeting of the Board of Directors for the Brain Injury Association of Missouri was held on Saturday, December 3, 2005, at the Rusk Rehabilitation Center in Columbia, Missouri. New board members elected for 1<sup>st</sup> term were **Andrea Buening, Rob Honan, Pat Rowe Kerr, Dr. Jon Rupright** and **Morris Westfall**. Members re-elected for a second term included **Bill Buell, Glenda Cato, Dr. Tom Martin** and **Bob Sargent**. The following members were elected to office: President-Lynne Unnerstall; Vice President-Dr. Tom Martin; Vice President, Nominating-Kim Watkins; Secretary-Aimee Olmstead and Treasurer-L. Barry Gubin.

Recognition Awards for 2005 were presented to the following people:

1. **Volunteer of the Year Award**-was awarded to **Terry Hudson**, 3 year Wilderness Camp volunteer, who is a physical therapist at the Mt. Vernon Rehabilitation Center. Terry is very dedicated and went thru hoops to help people. He did a terrific job working with TBI survivors at camp.
2. **Community Service Award**-was awarded to **Maureen Magrath**, who served as public awareness chair on the board of directors. Maureen has a wealth of knowledge about issues related to TBI and has been so helpful in imparting that information to us.
3. **Service Excellence Award**-was awarded to **Aimee Olmstead**, who spearheaded the Columbia Octoque BBQ and raised \$3,700 for the Brain Injury Association.
4. **Courage Award**-was awarded to **Jo Cohen** of the Heartland Care and Rehab Center in Cape Girardeau. She is a TBI survivor, who spent 4 weeks in a coma, had a metal plate implanted in her head and recovered from a severe depression. Jo went on to regain her self-confidence and takes great pride in helping other residents. She also goes out to schools and talks to children about brain injury.
5. **Courage Award**-was awarded to **Michael Crowley**, who was a gourmet waiter when he was in a car accident and sustained a brain injury. He was in a coma for 4 months. It then took 16 months before Michael regained his speech. Michael is 29, and is the soul of dignity. He rises at 5 a.m., watches CNN, has an auditory problem but taught himself to read lips. He embodies courage every day, because he has to wait and depend on others for his daily needs, and he does it with such grace.

(Recognition Awards continued on page 7)



# 23<sup>rd</sup> Annual BIA-St. Louis Chapter Awards Dinner Recognizes Contributions Made to Brain Injury Community

The 23<sup>rd</sup> Annual Brain Injury Association of Missouri-St. Louis Chapter Awards Dinner was held Thursday, March 30, at the Richmond Heights Community Center. It was set to coincide with Brain Injury Awareness Month. About 85 participants were treated to a wonderful Italian buffet put on by Russo's Gourmet Catering, followed by an inspirational program designed to recognize the many contributions made by volunteers, employers and community service organizations to the brain injury community.

We would like to thank our Annual Dinner Sponsors: **The Bernardini Family; Oelbaum & Brown-Attorneys at Law; Bridges, Inc.; The Center for Head Injury Services; and The Rehabilitation Institute of St. Louis.** A special thank you goes to **Greeson Printing Company** for donating the printing and paper for the invitation to the awards dinner.

In addition, we would also like to thank our St. Louis Chapter Steering Committee-Chair and Newsletter, Mary Bernickus; Chair, Social Recreation, Eileen Hahn; Chair, Golf Tournament, Sue Orton; and The Annual Award Celebration and Dinner Planning Committee consisting of Chair, Gayla Bernardini; Mary Bernickus, Carol Candelario, Scott Gee and Trudy Rider.

Thanks also go to our Greeters, Carol Candelario and Doug Ehlers; Master of Ceremonies, Mike Brassil; Keynote Speaker, Tim Imhoff, President of Bridges; Award Presentations, Executive Director, Scott Gee; and St. Louis Chapter Steering Committee Chair, Mary Bernickus.

The following awards were presented during the evening: **The Service Excellence Award** was awarded to **Martha Brown**, Attorney-at-Law at Oelbaum & Brown and volunteer. **The Making a Difference Award** went to **Sandy Townsend**, the mother of a TBI survivor and volunteer. **The Employer of the Year Award** was awarded to **Valley Industries**, a workshop for individuals with disabilities, and accepted by Executive Director, **Steve Frank**. **The Community Service Award** was presented to **The Center for Head Injury Services** and accepted by Executive Director, **Donna Gunning**.

Closing remarks for the evening were made by the Brain Injury Association of Missouri **Executive Director, Scott Gee**. Everyone was encouraged to become involved with the efforts of the Brain Injury Association. If you would like to become more informed about public policy shaping, please call the BIA office, 314-426-4024, or email Scott at [sgee@biamo.org](mailto:sgee@biamo.org).

Keynote speaker Tim Imhoff, President of Bridges of Missouri, offers an inspirational message to St. Louis Awards Dinner attendees.



Sandy Townsend, BIA volunteer and winner of "The Making a Difference Award," accepts her award from BIA Executive Director, Scott Gee.

Donna Gunning, Executive Director of the Center for Head Injury Services, accepts "The Community Service Award" on behalf of the center from St. Louis Chapter Chair Mary Bernickus.



Steve Frank, Executive Director for Valley Industries, accepts "The Employer of the Year Award" on behalf of his business which employs individuals with disabilities.

St. Louis Awards dinner attendees from left: Steve Frank, Bob Murphy, Pat Murphy, Meg Murphy, Staff Sgt. Bill Spears and Tom Rider.



## 1<sup>st</sup> Annual Trivia Night Fundraiser Raises Over \$3,700 for The Brain Injury Association St. Louis Chapter

The 1<sup>st</sup> Annual Trivia Night Fundraiser for the Brain Injury Association of Missouri-St. Louis Chapter brought in over \$3,700 in "green" for the organization. Over 130 participants put on their best Irish thinking caps to vie for the top score at the St. Patrick's Day-themed event, which was held Friday, March 10, at Wild Acres Park Gymnasium in Overland, MO.

We would like to thank the following organizations and individuals for their support: **Anheuser Busch, Ann Lieb Frawley, Bev Rubenstein, Bob & Pat Murphy, Botanicals on the Park, Broadway Oyster Bar, Casa Gallardo's Mexican Restaurant, Casino River Queen, Central States Coca Cola, Coffee Cartel, Dairy Queen, Dierbergs at West Oak, Drury Hotels, Fitz's American Grill, Gus's Pretzel Shop, Hodak's Restaurant, Home Depot, Jeanne Drone, Lazy River Grill, LoRusso's Cucina, Lynne's Little Luggages, Martha Brown, Mary Bernickus, Missouri Botanical Garden, Mitchell JÄms Salon, Mr. Goodcents Subs & Pastas, Panera Bread, Ravetta Photography, Riley Barnard & O'Connell, Robyn Mergen, St. John's Mercy Sports & Therapy, The Center for Head Injury Services, The Pageant in the Loop, The Pasta House and Wellbridge Athletic Club.**

We would also like to thank Executive Director and MC, Scott Gee, as well as Program Assistant and Committee Chair, Trudy Rider; along with Judges-Tom Rider, Steve Bushur & Andy Donaldson; Logistics-Patty Bushur, Eileen Hahn and Shirley Schellman; Registration-Lori Winter and Bev Rubenstein; Prizes and Silent Auction-Sue Orton and Ann Lieb Frawley; Raffle Sales-Bob Murphy, Meg Murphy & Lynne Unnerstall; Brain Injury Information- Mary Bernickus, Kathy Hughes & Karen Orton; Flyer Design-Susan Clowe; Decorations-Martha Brown & Pat Murphy; and Refreshments-Cara Lowry, Erin Lowry & Katy Ziemer.

(Recognition Awards continued from page 5)

6. **Lifetime Achievement Award**-was awarded to **Dr. Terrie Price** for being a tremendous leader, example and advocate for the Brain Injury Association of Missouri. "You could not have a better person on your side when it comes to working for and promoting issues that affect the lives of those individuals with TBI", stated **Executive Director Scott Gee**.



Trivia Night volunteers Sue Orton and Mary Bernickus answer questions from attendees.



Trivia Night attendees Bob & Cheryl Radil enjoy wearin' o' the green.

SAVE THE DATE

**Brain Injury Association**  
of Missouri, Inc.

19<sup>th</sup> Annual  
St. Louis Charity Golf Tournament  
August 20, 2006  
Forest Park Golf Course

SAVE THE DATE

**Brain Injury Association**  
of Missouri, Inc.

2<sup>nd</sup> Annual  
Fall Conference  
October 4-7, 2006  
Tan-Tar-A in the Ozarks



10270 Page Avenue, #100  
St. Louis, Missouri 63132

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DO NOT DELAY!

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**We're on the Web!**  
**www.biamo.org**

***Membership Application for the Brain Injury Association of Missouri***

Your dues include membership in the Brain Injury Association of Missouri which entitles you to a copy of its national and state newsletters. There have been many gains toward awareness of brain injury and the development of brain injury rehabilitation in Missouri. Your dues are essential for us to continue positively affecting the lives of many people.

*This is your organization. We look forward to your continued support!  
Yes, I want to be a member of the Brain Injury Association of Missouri, Inc.*

**MEMBERSHIP CATEGORY**

**ANNUAL DUES**

Entry*	\$ 5
Basic	\$ 35
Professional	\$ 50
Corporate	\$200

Your brain injury connection is:  Survivor  Family  Caregiver  Other

Make checks payable to BIA-MO and mail to: 10270 #100, St. Louis, MO 63132 OR use your credit card.

VISA  MasterCard Expiration Date: \_\_\_\_\_ Account Number: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip + 4 \_\_\_\_\_

Phone Work: ( ) \_\_\_\_\_ Phone Home: ( ) \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

*Membership in the Brain Injury Association of Missouri is open to everyone!*

*\*Survivors/family members with limited resources.*