

TBI News & Views

Fall 2012

A PUBLICATION OF THE NORTHERN NEW JERSEY TRAUMATIC BRAIN INJURY SYSTEM

Personal Perspective: Matt's Journey to Create a New Life

Thousands of people visit the Empire State Building every year. For most, it's a brief stop on their tour of New York. But for Matthew Gross, his visit changed his life forever. On February 23, 1997, Matt and three friends took a spur of the moment trip to the top of the Empire State Building. There, a deranged gunman shot and wounded six people, including Matt, and killed his friend and band member, Chris, before turning the gun on himself. And so began Matt's journey to create a new life.

The middle of three boys, he grew up in New York City. His love of music was evident early as he sang and played guitar for his first band in the 7th grade. At Bennington College he formed a band called the Bushpilots. Seeking more opportunities, he and his bandmates left for Denmark, known for its live music scene. He spent five years in Denmark recording music and building his career. The Bushpilots also traveled to Germany and Russia, where they were well received and won several awards. Matt's love of

music would later play a big role in his rehabilitation.

After the shooting, Matt spent two months at Bellevue Hospital in New York. He credits his initial recovery to two individuals, his surgeon and his art therapist at Bellevue. Following his stay in the hospital, Matt was transferred to Kessler Institute for Rehabilitation where he relearned to walk and speak. He also benefited from Kessler's Cognitive Rehabilitation Program. In addition Matt participated in two research studies conducted by Kessler Foundation. Researchers work with individuals such as Matt to find new ways to rehabilitate people recovering from brain injuries. Matt continues to work on improving his memory so that he can maintain his independence.



Matt Gross

Every year on the anniversary of his injury, Matt celebrates with a "being alive party." This past February, he marked 15 years and celebrated with guests that included his beloved surgeon and art therapist.

Matt had to deal not only with the loss of function, but with the loss of his friend. He felt responsible for Chris' death. Therapists concentrated on his strengths, such as music, to help him overcome his challenges and feelings of guilt, and start a new life.

Matt also credits family and friends as "very important in terms of creating a new life." He also

(Continued on page 2)

IN THIS ISSUE

- 1 **Personal Perspective**
Matt's Journey to Create a New Life
- 3 **Ask the Expert...Sports Related Brain Injuries**
Interview with Steve Lequerica, MD
- 4, 6 **In the Community**
The BRAIN Studio™ and Gallery U.
- 7 **Nurses Corner: Wound Care Extenders at**
Kessler Institute for Rehabilitation
- 8 **On the Move**
TBI Professionals in Research & Clinical Care
- 10 **Meet the Staff**
Angela Smith, MA and Irene Ward, PT, DPT, NCS
- 11 **Brain Game**
Participate in Research

(Continued from previous page)

found that social networking sites, like Facebook, have been helpful for reconnecting with old friends and staying connected with new ones. Aware of the importance of keeping friends after injury, he said, “There are people who are doing well [after their injuries] and that has to do with their frame of mind, the friends that they keep, and what they keep from their lives prior to their injuries.”

In addition to the support of friends and family, a resource Matt found most beneficial was the Kessler Brain Injury Support Group, which provides a way to talk about issues and problems and to participate in social activities. Work was another challenge that Matt has to deal with after his injury. As a professional singer and songwriter, he had penned more than 300 songs, but now, he could no longer remember the words. He had to find a new career path. “I’ve had six or seven jobs since I became brain injured. I had to learn all over again how to behave in the workplace,” Matt said.



To find a job, he contacted Employment Horizons, a nonprofit organization funded by Kessler Foundation, which specializes in placing people with disabilities. His first job was at a school, teaching music to young children. As long as he knew the songs and had the music in front of him, he could enjoy sharing what he loved.

Now he works for the Community Food Bank, where he has been for more than five years. “I have a tremendous sense of pride in what the food bank does,” Matt exclaimed. He has a firm understanding of his limitations and how to overcome them on the job. “I have poor planning skills, get tired very easily, and can’t do several

“At work, they give me tasks one at a time. There are certain things I do everyday. Having a steady routine helps a lot helps a lot.”

things at once,” he noted. “At work, I handle tasks one at a time. There are certain things I do everyday. Having a steady routine helps a lot.”

For those seeking employment after brain injury, Matt suggests “finding something you think you can do, even if it’s not your first choice” and being “persistent” in your job search. He also advises that “volunteering and working in things you are interested in can be helpful in developing the new you.”

Matt believes in being open about one’s brain injury, particularly with an employer. He knows this can be difficult, but he has seen firsthand how many of his friends had difficulties in the workplace when they were not forthcoming about their injury. Being upfront about workplace accommodations can mean the difference between success and failure.

Matt’s future will always include music in some way. His desire is to “write songs and remember the words to them.” Since his injury, Matt has written three songs and is starting to perform at “open mic” nights. He recognizes that this is the first step in the process of achieving his long-term goal of recording and performing music again and living as independently as possible.



ASK THE EXPERT:

An Interview with Steve Lequerica, MD, Neurologist

TBI News & Views met with Steve Lequerica, MD, a neurologist in northern New Jersey, who specializes in sports-related brain injuries.

Q: Tell us about yourself and the work you are doing with athletes and how it relates to traumatic brain injury.

A: I am a practicing neurologist in Clifton, NJ, and have been involved in sports neurology since 2000 as ring physician for the New Jersey Boxing Commission. In 2009, I also became Head of Neurology for P.A.S.T.*, a non-profit organization medical resource group for retired players from the National Football League, National Basketball Association, and Major League Baseball that provides medical assistance in multiple areas. As a neurologist, I frequently see retired athletes with disorders of the central nervous system, such as chronic traumatic encephalopathy (CTE).

Q: What is CTE? Is this something new?

A: Chronic traumatic encephalopathy, or CTE, is a progressive neurodegenerative disease caused in part by repetitive brain trauma, and is found predominantly in athletes. Military personnel with repetitive trauma, including blast injuries, are another high risk group. Symptoms may start years or decades after trauma and may include memory difficulties, depression, irritability, impaired impulse control, and movement disorders. In 1928, Dr. Harrison Martland first described this condition in boxers. He termed it “*Dementia pugilistica*” and hypothesized that it was caused by repetitive head trauma.

Q: What can be done in the world of contact sports to minimize such injuries?

A: In today’s landscape of high velocity sports, such as football, hockey, and soccer, it’s crucial that the participating coaches and athletic trainers know the symptoms of concussions and how to manage them. Trained personnel must be available to enforce return-to-play guidelines. Sending players back in the game prematurely places them at risk for further injury.

Q: There is a lot of media coverage on CTE lately. Is greater awareness having an impact on safety practices in sports?

A: Yes, I do feel that more public awareness has already had an impact on safety issues. This has been seen at the high school level. Where, for example, they are implementing safer tackling techniques, more secure helmets, and more thorough sideline assessments of suspected concussions that occur during practice and game situations. The NFL has also imposed major rule changes and penalties to reduce the incidence of significant head injuries. Obviously, much more needs to be done to reduce the risk for devastating illnesses like CTE.

Q: Can CTE be treated?

A: Further research is needed to develop better ways to diagnose and manage CTE. Analyzing brain tissue and using neuroimaging are two ways that researchers are learning more about how CTE affects the brain. We also need to look at ways to screen fplayers or cognitive changes and develop strategies that help individuals cope with these issues.

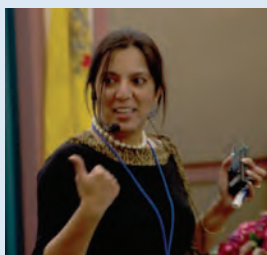


Steve Lequerica, MD, board certified neurologist, practices in Clifton, NJ. He graduated from Boston University School of Medicine in Boston, MA and completed his residency at New York University Medical Center.

* Pain Alternatives, Solutions and Treatment (P.A.S.T.) Retired Athletes Medical Resource Group is a network of North Jersey doctors who volunteer their time to provide medical care, often at no cost to patients who qualify, to former professional athletes in need of services.

IN THE COMMUNITY: The BRAIN Studio™: making the world a happier place, one brain at a time.

What does brain injury do to an individual? Besides causing trauma to brain tissue, it can cause personal and professional setbacks. At the same time, the road to recovery is a journey that can heighten compassion, bring greater joy to life, and lead to better understanding of challenges faced by fellow human beings. Such was the experience of Reena Chawla who had a traumatic brain injury (TBI) at age 17. Her personal experiences motivated her to develop a program designed to improve thinking, learning, memory, and overall brain health for individuals with TBI and anyone interested in having an efficient brain!



Reena, a lifelong student of human behavior, and a member of MENSA—a society for individuals with high IQs—decided to launch The BRAIN Studio™. Located in Mahwah, NJ, the Studio has evolved into a leader in the field of brain

fitness and training. Since its founding in 2005, more than 2,500 clients have experienced the benefits of an active brain.

The BRAIN Studio promotes a training program that helps to exercise the brain to improve healthy functioning. After TBI, stroke, chemotherapy, or with natural aging, an individual may notice a decline in cognition—the abilities to think, learn, and remember. However, by adhering to a good brain fitness program, individuals can train their brains and gain measurable benefits.

The Whole Brain Training™ program exercises the entire brain through fun and entertaining techniques. Over several years, Reena and her team have developed a series of beneficial activities that focus on exercising different parts of the brain. Through extensive interviews, surveys, focus groups, and workshops, the program is continuously refined and improved.

The program—easy-to-use 30-minute brain workouts—are tailored to each individual's unique needs, challenges, learning preferences, and talents. Sensorial Salsa™, Zen in Sudoku™, and Cerebral Juggling™ are just a few of the enjoyable and entertaining programs that exercise those brain connections. Reported benefits include improved memory and increased confidence and sense of control.

From the beginning, The BRAIN Studio™ has partnered with leading research-oriented non-profit organizations, including the Dana Alliance for Brain Initiatives and the Gerontological Society of America. Joint programs and events have been conducted in many communities. The program's philosophy has been reviewed by researchers at the Massachusetts Institute of Technology's Brain & Cognitive Sciences department, as well as by researchers at India's leading brain research institutes.

This concept of brain fitness has been applied to both individuals and companies. Workshops have been conducted at a growing number of client locations, including:

- Corporate and small businesses—including internet technology, sales teams, and human resources managers
- Non-profit organizations—including YMCA, places of worship, libraries, senior centers, women's organizations, ROTARY Clubs, and local AARP chapters
- Kessler's 2010 TBI Consumer Conference, sponsored by the Northern New Jersey TBI System.

Clients may participate in group sessions, working on exercises with peers. They may also choose to work in one-on-one sessions, similar to personal training sessions at a gym. At Kessler's TBI Conference in 2010, audience members followed Reena's game instructions to remember a set of keywords and perform a sequence of arm movements. The room filled with laughter as the audience members answered the challenges and tried to improve their performance.

By following a fun and creative regimen for just a few minutes a day, participants of the training program can improve alertness and in working memory, gain better control of their lives, and experience a greater sense of independence and well-being. Research shows that an enhanced sense of well-being positively affects an individual's personal and professional relationships, productivity at work, and overall happiness!

TBI is a serious challenge, but while on the road to recovery, it may be helpful to just include some FUN!

For more information, call 201.818.1175.



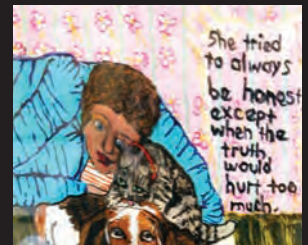
"Pursuit of Happiness"
 New paintings by
 Amy Charmatz

Show runs from
 September 7th- October 19, 2012

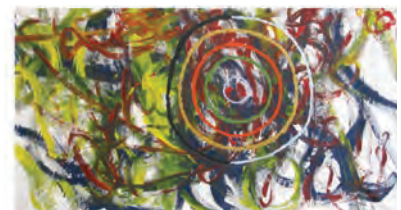
Amy is one of many talented artists who are achieving recognition through Arts Unbound, an organization dedicated to the creative expression of persons with disabilities.

The Stefanie Garwin Gallery
 at Arts Unbound
 544 Freeman Street, Orange,
 New Jersey 07050
 973-675-2787

www.artsunbound.org



Arts UnBound in Orange, NJ (top row) and A.R.T. in Princeton (bottom row) are two arts programs for people with disabilities that receive funding from Kessler Foundation.



IN THE COMMUNITY: Gallery U

Returning to gainful employment is a specific goal for many individuals with traumatic brain injury (TBI). Yet few programs effectively assist them to reach this goal. One unique and successful program is Gallery U, a vocational training site where patients of Universal Institute, a rehabilitation provider based in Livingston, New Jersey, can learn to use their skills in an actual workplace.

Gallery U, an art gallery opened by Universal Institute in Montclair, New Jersey, is home to some of the most unique artwork in the world, and it is run by people with TBI. Employees have the opportunity to learn about marketing, sales, advertising, community outreach, and, of course, artistic expression.

Contributing artists include members of Universal Institute staff as well as outside artists. Some of the most eye-catching and unique pieces, however, were created in art groups by clients of Universal Institute. A group of three or four clients collaborates on a piece for display and sale, under the direction of the Institute's art teacher. The art provokes thought and enjoyment. People passing by the gallery's front window may be intrigued by doll faces that represent different times or a large sculpture of a birthday cake with a woman's legs sticking straight out—her shoes are changed almost monthly!

Gallery U offers monthly art showcases featuring pieces by all contributing artists. In conjunction with local community groups, it also hosts a variety of local events. Poetry U, for example, is an evening of the spoken word by local poets, held once every two months. Gallery U regularly holds musical events by local bands. Another highlight is the annual fashion show, which benefits



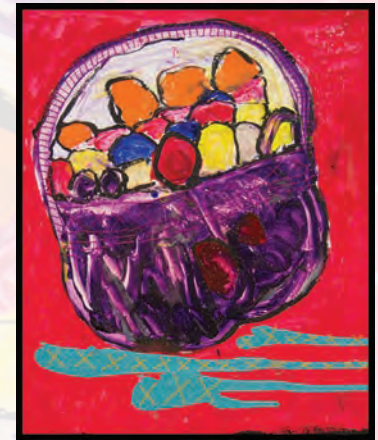
the children of Nicaragua. These events attract visitors to the gallery and showcase the work of different artists.

Individuals who work at Gallery U express their sincere appreciation for the opportunity to contribute to society, improve their social and occupational skills, and earn income. Gallery U, however, is just one of the vocational placements available to Universal Institute clients. The UI Consignment Boutique and Coffee Shops also offer employment. In addition to the Montclair location, Universal Institute has Gallery U vocational training programs in Red Bank, New Jersey, Bethlehem, Pennsylvania, and Royal Oak, Michigan. Prior to being assigned to a vocational site, each Universal Institute client undergoes a complete assessment by the therapy team to ensure that he or she will be able to handle the related tasks and be successful.

Marlene, a Gallery U employee, loves her work. Following a brain injury in 1991, Marlene underwent rehabilitation in facilities around New Jersey, including Kessler Institute for Rehabilitation and Universal Institute. When offered the chance to work, she eagerly accepted. "My cognitive therapist asked me if I wanted to come and work at the gallery and I said 'absolutely,'" Marlene exclaimed. "It gives me a chance to improve my skills by doing different types of work and earn some money." Marlene is one example of how opportunity combined with strength and resilience support recovery from brain injury.

Gallery U is located at 179 Glenridge Avenue in Montclair. Visit their website for information on art showcases, the annual fashion show, and other events.

<http://gallery-u.blogspot.com>



Nurse's Corner: Wound Care Extenders at Kessler Institute for Rehabilitation

Wounds present a significant barrier to rehabilitation and overall health, which is why wound care is a priority at Kessler Institute. An increasing number of patients admitted for rehabilitation have surgical wounds, pressure ulcers, or graft sites. These complex wounds require complex wound management strategies. Patients with brain injury, for example, may have conditions that increase their risk for pressure ulcers and delay healing. These include limited mobility, incontinence, limited sensory perception, uncontrolled diabetes, poor circulation, malnutrition, and steroid use. Kessler's Wound Care Program focuses on preventing of pressure ulcers and managing associated factors that may impede the healing process.

The specialized Wound Care Program, established nearly two years ago, is led by a select group of 133 dedicated registered nurses from all three Kessler campuses—West Orange, Saddle Brook, and Chester. These nurses participated in an intensive Wound Care course, which qualified them as "Wound Care Extenders." This rigorous training program includes modules on evaluating pressure ulcers, measuring wounds, using photo documentation, and applying dressings and negative pressure wound therapy, as well as prevention strategies and general wound care skills and techniques. Ongoing training ensures that these well-trained Extenders maintain their skills and employ the latest advances in wound care management.

When a patient with a wound is admitted to Kessler Institute, the attending physician consults

with Kessler's Wound Care Coordinator, Conchita Rader, RN, MA, CFCN, CWCN (Certified Wound Care Nurse), to evaluate the wound and make recommendations on wound management. Each wound is photographed, monitored, and documented weekly. Wound Care Extenders perform follow-up and are available to assist the staff in managing these challenging complex wounds.

Kessler's Wound Care Program uses basic and advanced wound therapy methods, including calcium alginates, hydrofibers, impregnated gauze strips, foams, films, silicone dressings, negative pressure wound therapy, and electrical stimulation. Treatments are adapted and changed as the wound evolves. Recovery times vary based on each individual's condition; however, the ultimate goal is to achieve complete healing.

Throughout the course of treatment, we keep patients and families informed of the status of the wound. They may review the photographs, ask about the wound status, and speak with a Wound Care Extender.

Education is a critical part of Kessler's approach to managing wounds. Nurses teach patients and families how to manage wounds between visits and how to prevent future skin breakdown. Making wound care a priority benefits patients and caregivers and contributes to recovery. Studies show that more rapid healing of these complex wounds contributes to a better rehabilitation experience for patients and improved quality of life.

SAVE THE DATE

KESSLER FOUNDATION

PRESENTS

MONTE CARLO NIGHT

THE GROVE . THURSDAY, NOVEMBER 15, 2012 . 6:30PM
691 POMPTON AVENUE . CEDAR GROVE, NEW JERSEY

FOR MORE INFORMATION GO TO WWW.KESSLERFOUNDATION/MONTECARLO

RESEARCHERS ON THE MOVE...Montreal, Edinburgh, Santa Clara



Kessler Foundation's researchers continue to be very active in ensuring that research findings are communicated to the larger scientific community, both nationally and internationally, to improve the standard of care for people with traumatic brain injury (TBI).

Foundation neuroscientists presented findings at the Annual International Neuropsychological Society Conference in Montréal, Canada.

- **Helen Genova, PhD**, and colleagues presented a paper about how white matter in the brain changes over time for some individuals with TBI. This study showed that as the quality of white matter declined, performance declined on tests of processing speed, working memory, and new learning. The corpus callosum - which connects the left and right sides of the brain and allows the two sides to communicate - was one part of the brain noted to have white matter changes.
 - **Denise Krch, PhD**, and **Nancy Chiaravalloti, PhD**, presented a poster showing that a person's perception of memory ability after TBI is more strongly associated with factors such as depression, fatigue, anxiety, and decreased health than the person's actual performance on memory tests. For example, an individual who feels that he or she has poor memory may score highly on a memory test. Drs. Krch and Chiaravalloti also presented a poster at the *World Congress of the International Brain Injury Association* in Edinburgh, Scotland, which described how the brain's processing speed can affect other functions after TBI. They found that slower processing speed information correlates with poorer new learning, memory, and problem solving, as well as poorer quality of life.
 - **Jeannie Lengenfelder, PhD**, and colleagues presented a poster describing patterns of brain activation while applying strategies or organizing information to learn a list of words. The results showed that individuals with TBI did not activate areas of the brain necessary for utilizing organizational strategies. The way we organize information has been shown to impact how much information we remember. These findings have implications for designing new rehabilitation interventions. Interventions focused on teaching organizational strategies may also improve learning and memory.
- Also at the Scotland conference, Dr. Krch collaborated on another poster focusing on cognitive impairment and self-generation in Hispanics with TBI. Self-generation means that the ability to remember is better when individuals actively participate in learning and generate information. For example, a person's memory is tested in two ways: by being asked to remember the word 'book', and by completing the sentence: "To pass the time, I finished reading my ____." When the word is actively provided, the person is more likely to remember it. Dr. Krch also lectured at the *Race, Ethnicity, and Disabilities: State of the Science Conference* in Arlington, Virginia in March, where she spoke about providing culturally sensitive interventions in TBI rehabilitation.
 - **Anthony Lequerica, PhD**, and colleagues presented a poster on a study that utilized the TBI Model Systems National Database. This poster won the best poster award at the Santa Clara Valley Brain Injury Conference. The findings showed that a measure of community integration developed in a certain population of individuals with TBI may not be applicable to racial/ethnic minority groups. In other words, individuals from different cultures may place more importance on different aspects of community involvement or recreational activities.
 - **Dr. Lequerica** was also the invited speaker for this year's *Annual Occupational Therapy Research Colloquium* at York College in Jamaica, NY, where he spoke about 'therapeutic engagement', meaning ways to help patients become more involved in their recovery by forming a partnership with their team of rehabilitation professionals.

In New Jersey: Nancy Chiaravalloti, PhD



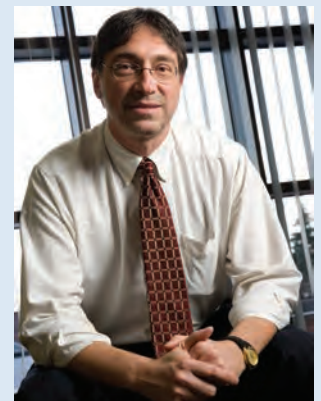
Nancy Chiaravalloti, PhD, the new director of Traumatic Brain Injury (TBI) Research. Under her leadership, research will focus on finding treatments for the social and cognitive effects of TBI to improve daily function. Studies also look for ways to minimize daytime fatigue so that individuals with TBI can participate in daily activities and improve their thinking, learning, and memory. She also serves as director of Neuropsychology & Neuroscience Research.

Dr. Chiaravalloti continues as director of the Northern NJ TBI Model System (NNJTBIS). A major focus of NNJTBIS is making research developments accessible to people with TBI so they can live healthier, more independent lives. Researchers collaborate with colleagues across the nation to study ways to improve the lives of individuals with TBI across to all races and cultures. Foundation researchers are known for advancing the understanding of learning and memory difficulties in people with TBI. How TBI affects minority populations is another focus, with researchers looking at ways to tailor treatments and make them accessible.

Today, the internet is a major source of information for consumers. Sites such as *www.dailyRx.com* provide health news of interest to consumers. As a new member of *dailyRx's* advisory board, Dr. Chiaravalloti reviews the latest research findings in TBI and multiple sclerosis and provides expert and understandable commentary for consumers.

In the News: John DeLuca, PhD

In addition to his many scientific activities, **John DeLuca, PhD**, vice president for Research and Training at Kessler Foundation, provided onstage commentary for an award-winning documentary screened at the Rubin Museum in NYC. *Caris' Peace* is the story of a young actor who, after losing her memory following surgery has no choice but to "live in the moment". The film was part of the Rubin Museum's fifth BRAINWAVE cinema series, during which neuroscientists share their insights into the workings of the mind. Dr. DeLuca answered questions about how we form and retrieve memories, and the consequences when these processes are impaired. Because of its intimate portrayal of brain injury, *Caris' Peace* is being developed as a tool for brain injury education.



Dr. DeLuca, an expert in the effects of TBI and multiple sclerosis on brain function, was recently honored with the 2012 Roger G. Barker Distinguished Research Contribution Award by the American Psychological Association. "It is immensely gratifying to work in this field," said Dr. DeLuca when he received the award. "My goal is to continue to contribute to rehabilitation research that helps people achieve their best in their personal lives, in the community, and in the workplace."

In the News: Starla Weaver, PhD and Helen Genova, PhD



Starla Weaver, PhD and Helen Genova, PhD

The New Jersey Commission on Brain Injury Research has awarded two major grants to Kessler Foundation researchers **Starla Weaver, PhD**, a post-doctoral fellow, and **Helen Genova, PhD**, a research scientist. Dr. Weaver's study will focus on post-TBI difficulties with planning, organizing, and performing tasks. She aims to develop successful strategies that will help individuals function better in social and employment settings.

Dr. Genova will use Diffusion Tensor Imaging, a new technique, to evaluate changes in the brain's white matter and how those changes affect cognitive processes, such as thinking, learning, and remembering. She will study patients who have had TBI for more than two years. Dr. Genova's objective is to identify individuals who would benefit from early intervention and to help scientists determine the prospects for cognitive recovery.

MEET THE STAFF



Meet **Irene Ward, PT, DPT, NCS**, brain injury clinical research coordinator for Kessler Institute for Rehabilitation. She assists with coordinating, managing, developing, and promoting research and clinical programs for Kessler's Center for Brain Injury Rehabilitation.

This highly specialized program addresses the range of physical and/or functional limitations, cognitive impairments, and emotional or behavioral difficulties that complicate recovery from brain injury.

Irene came to Kessler Institute for Rehabilitation in October of 2011 with ten years of clinical experience as a physical therapist. She worked with individuals with traumatic and non-traumatic brain injury, primarily in the acute inpatient rehabilitation setting. With her background in research, Irene facilitates communication with Kessler Foundation's researchers, an important role that speeds development of new interventions and helps to improve care. Recently, she was part of a research team that measured the effectiveness of rehabilitation on health and function after stroke. "My background in clinical practice and research has helped me appreciate the importance of translational research, in which research findings can be easily transitioned into patient care," Irene described. "Using my clinical knowledge and my role in research, I hope to contribute to improving the care clinicians provide to individuals with brain injury."

Irene is a board-certified Neurologic Clinical Specialist through the American Board of Physical Therapy Specialties. She has lectured on various topics relating to physical therapy interventions and the treatment of people with brain injury. Irene is an appointee of the Traumatic Brain Injury Edge Task Force, a national committee through the American Physical Therapy Association tasked to review and provide recommendations on how to measure rehabilitation outcomes and activities in individuals with brain injury.



Meet **Angela Smith, MA**, Research Coordinator for Neuropsychology and Neuroscience Research and the Northern NJ Traumatic Brain Injury Model System (NNJT BIS) at Kessler Foundation. Angela recruits individuals to participate in

research, assesses whether they qualify for the studies, and manages the collected data. One study, funded by the National Institute on Disability and Rehabilitation Research, examines how learning and memory improve in individuals with TBI after memory retraining sessions. "Working on the memory retraining study has given me the opportunity to help individuals learn new strategies to improve their function in everyday life," Angela remarked. "To have an impact on those who struggle most with these problems is extremely rewarding."

Angela also coordinates the popular NNJT BIS Consumer Conferences and contributes to *TBI News & Views*. "As a TBI Model System, we are committed to finding new and innovative ways for consumers and caregivers to actively engage with researchers and rehabilitation professionals," explained Angela. The conferences and newsletter help bridge the gap between research discoveries and knowledge that individuals with TBI can readily apply to their lives. "Through our consumer outreach," she said, "people with TBI learn better ways to function in their daily lives and improve their quality of life."

In addition to her research, Angela devotes time to adaptive sports. For five years, she coached the WheelBlazers, the wheelchair racing team sponsored by Kessler Foundation. She is race director for the annual Kessler Foundation Wheelchair 10K and coordinator of the WheelBlazer Grand Prix series. In 2010, she was honored with the Silver Shoe Award by the North Jersey Masters Club for her many contributions to the sport of wheelchair racing.

Brookdale Park, Bloomfield, NJ
8 am to 3 pm

KESSLER FOUNDATION

STROLL 'N ROLL (and RUN!)
October 21, 2012

Stroll, Roll, (and RUN!) to change lives for people with disabilities
To Register, visit www.KesslerFoundation.org/SNR

DID YOU KNOW:

TBI often affects cognition - the ability to think, learn, remember, and make decisions. Rehabilitation can help.

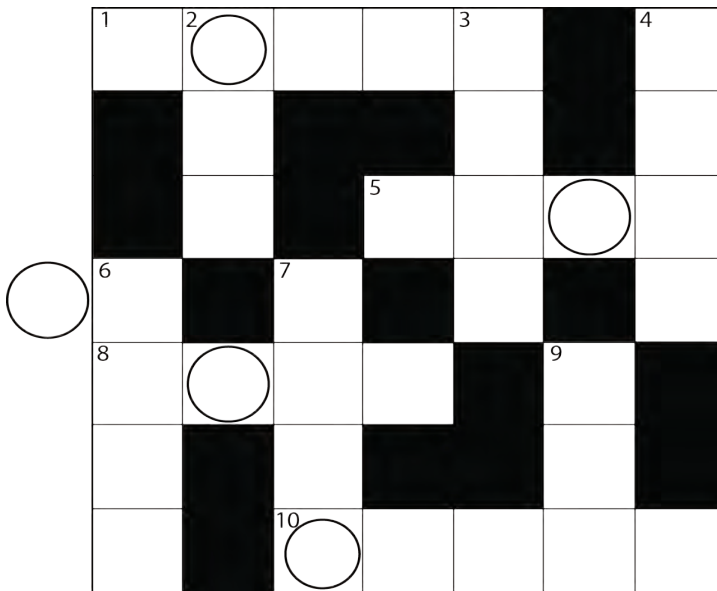
Check out the patient Fact Sheet, Cognitive Problems after Traumatic Brain Injury, at the website of Model System Knowledge Translation Center
www.msktc.org/tbi/factsheets

You'll find a list of topics written by experts and available in English and Spanish.

Brain Game

Solve the puzzle by looking at the clues and unscrambling the answers. Then fill in the answers on the grid below. The circled letters will give you the answer to this question:

What do you call a bright idea?



ACROSS

- 1. A machine that thinks is a TROOB
- 5. Use your EBA N
- 8. The more you learn, the more you WONK
- 10. Word games can make you STRAM

DOWN

- 2. It's in a boat ARO
- 3. Apple or oak RETE
- 4. Telephone sound GRIN
- 6. It covers you SINK
- 7. They spin POST
- 9. Make a mistake RER

Reprinted with permission of the Dana Alliance for Brain Initiatives

Answers:

TITLE WORD: BRAINSTORM

DOWN:
 1. OAR
 2. TREE
 3. RING
 4. SKIN
 5. TOPS
 6. ERR

ACROSS:
 1. ROBOT
 2. BEAN
 3. KNOW
 4. SMART

Are you interested in participating in TBI research?

Kessler Foundation Research Center is looking for persons with TBI to participate in research studies in the following areas:

- Memory Rehabilitation
- Sleep Difficulties
- Problem Solving
- Aging with TBI
- Fatigue
- Depression

For more information, please contact:

Angela Smith, 973.324.8448
 asmith@KesslerFoundation.org

Belinda Washington, 973.243.6815
 bwashington@KesslerFoundation.org

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