

TBI UP-DATE

NOVEMBER 2016

KNOXVILLE AREA BRAIN INJURY SUPPORT GROUP

The Knoxville Area Brain Injury Support Group (KABISG) meets on the first Monday of the month (unless a Holiday). The meeting is held at 7:00 P.M. in the Five East Classroom at Patricia Neal Rehabilitation Center at Fort Sanders Regional Medical Center. Parking is available in the Admission / Discharge Parking area located on Laurel Avenue from 6:30 – 7:00 P.M. The parking gate will close promptly at 7:00 P.M. The next regularly scheduled meeting will be on Monday, November 7, 2016.

The speaker will be Lisa Pullem, CHOICES Manager with the East Tennessee Human Resource Agency (ETHRA), East Tennessee Area Agency on Aging and Disability Program. She will be discussing the new changes with the CHOICES Program since July 1, 2016.

Pizza will be served starting at 6:30 P.M.

PATRICIA NEAL REHABILITATION CENTER BRAIN INJURY SEMINAR

Patricia Neal Rehabilitation Center will have a workshop on Saturday, December 3, 2016 at Rothchild Catering and Conference Center in Knoxville. This workshop, “Interventions and Strategies to Use in Treatment” has been approved for 7.25 contact units through Pellissippi State Technical Community College. This event is sponsored by CarolineCan Endowment of Fort Sanders Foundation and Permobil. The cost is fifty dollars and includes registration, CEU fee, breakfast and lunch. Call (865) 541-4500 to register. There are also a limited number of scholarships available for individuals with brain injuries and their family members. For scholarship information, contact Al Kaye at (865) 331-1353.

Speakers and topics include Zenithson Ying Ng, MS, DVM who is a Clinical Assistant Professor at the University of Tennessee – Knoxville. The topic will be “A Dif-fur-rent Approach: The Use of Animal-assisted interventions in Physical Rehabilitation”. Jennith Bernstein, PT, ATP, DPT, is the Clinical Education Manager for the Central Region of Permobil INC. The topic will be Power Mobility and Environmental Interaction following Brain Trauma.

Evelyn Cole, Deborah Rhyne, and Tania Parton are speech language therapists at Patricia Neal Rehabilitation Center. The topic is Interactive Metronome for Therapeutic Interventions.

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BRAIN INJURY ASSOCIATION OF TENNESSEE

The Brain Injury Association of Tennessee has a new Executive Director. Woodrow Lucas began this full time position in July 2016. Mr. Lucas received his Bachelor of Arts degree in Mathematical Methods in the Social Sciences from Northwestern University and his MBA and Master of Theological Studies from Vanderbilt. He comes to the Brain Injury Association of Tennessee (BIAT) with 19 years of experience in Healthcare Analytics, Mental Health Advocacy, Non – profit Board Membership, and Disability Coaching and Mentoring.

Mr. Lucas has plans to impact the lives of those who live with brain injury in references to the training and services they receive, the way in which they are celebrated for the uniqueness of their journey, and the recovery that they can experience in their functionality and life mastery. Mr. Lucas has two children, Autumn and Gabrielle. He also does public speaking and writes poetry and prose on a variety of topics.

The Brain Injury Association of Tennessee will be putting together a book of poetry, essays, and short stories written by mainly brain injury survivors. However, contributions will be accepted from family members, advocates, and professionals involved with individuals with brain injuries. The theme is “Courage, Recovery, and Resiliency” about recovery, what faith and hope mean to the person, or other life experiences reflecting the person’s own journey since the brain injury.

Depending on the number of responses received, either all responses will be included in the book or the best 42 responses will be included in the book. Anyone who sends in a response will receive an acknowledgement for their participation.

If you are interested in sending your work to be considered for this book, the following information will be helpful.

- Poems and personal essays may be up to 400 words in length
- Drawings to illustrate the writings will also be accepted
- There is a limit of two entries per person
- Deadline for entry is Tuesday, December 6, 2016
- Submit your e-mail written work as a Word document and send to: Braininjurytn2016@gmail.com
- An entry can be mailed on white paper (8 ½ X 11 inches) in ink or typed to:

Brain Injury Association of Tennessee
955 Woodland Street
Nashville, Tennessee 37206
- Entries received by the Brain Injury Association of Tennessee will not be returned

Please contact Woodrow Lucas, Executive Director of the Brain Injury Association of Tennessee with any questions. He can be reached at the following telephone number:

(615) 248-2541

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment continues through December 7, 2016. During this time, individuals can change Medicare health or prescription drug coverage for 2017. For those interested in making a change with their Medicare plan, the new coverage will begin on January 1, 2017. As reviewed in the publication, Medicare & You 2017, the following should be considered.

- Convenience – where are the physician offices and what are their hours? Do the physicians use electronic health records or prescribe electronically?
- Cost – how much are the premiums, deductibles, and other costs? How much are services such as hospital stays and physician visits? Is there a yearly limit on what is paid out-of-pocket? Costs may vary and may be different if the coverage rules are not followed.
- Coverage – how well does the plan cover the services needed?
- Physician and hospital choice – Do your physicians and other health care providers accept the type of coverage you have? Are the physicians you want to see accepting new patients? Do you need to get referrals? Do you have to choose your hospital and health care providers from a network? Can you go outside the network?

- Prescription Drugs - Do you need to join a Medicare drug plan? Are there coverage rules that apply to your prescriptions, such as prior authorizations and quantity limits?
- Quality of Care – Are you satisfied with your medical care? The quality of care and services offered by plans and other health care providers can vary. Medicare has information to help compare plans. Some of the tools on Medicare.gov have a star rating system to help compare plans and quality of care measures that are important to the person.
- Travel – will coverage be available outside of Tennessee?
- Other coverage – Do you have or are you eligible for other types of health or prescription drug coverage (such as through an employer)? If you have coverage through a former or current employer or other source, talk to your benefits administrator, insurer, or plan before making changes to your coverage. If you drop coverage, you may not be able to get it back.

For additional information on the Medicare Open Enrollment, you may go to the website:

Medicare.gov

You may also contact Medicare by telephone at:

1-800-633-4227

Say: “AGENT” to talk to a telephone representative

EVENTS OF INTEREST

Knoxville Area Brain Injury Support Group

Monday, November 7, 2016

5 East Classroom at Patricia Neal Rehabilitation Center at Fort Sanders Regional Medical Center

Knoxville Area Brain Injury Support Group Holiday Gathering – Tuesday, December 6, 2016 at 6 P.M.

Bearden Banquet Hall

Patricia Neal IRC Events

Scuba – December 4, 2016

Contact Al Kaye at (865) 331-1353 to register or with questions about this event

This publication is funded through a grant from the Tennessee Department of Health / Traumatic Brain Injury Program

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Brain Injury Community Services Coordination

Fort Sanders Regional Medical Center

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Knoxville, Tennessee 37916

