



What's Happening At Main Line May 2015

Writing Corner:

“I Awoke” by Latshanya W.

I awoke one morning, as I looked in the mirror, I saw a new me.

Who is that new person, for they seem lonely and lost?

I awoke another day with problems I can't deal with by myself, now what?

Wow, I am in a race hard to run but can I awake and still be special?

Am I special enough to say I can still help make a difference in life?

I awoke and realized I miss the old me but how can I deal with the new me?

Please hear me, I need help, for I do not want to give up before I die.

I awoke and heard someone say they've made it this far because they believed in themselves.

I am honored to see that I am not the only seeker to advance forward– I am a conqueror and so are you if you awake to know we are still alive to prove life needs us even while injured.

I say to you, wake up, and do not let your positioned race be a detour from success

I awake, now you have to awaken, try it.

If you would like your short story or poem to be featured in an upcoming newsletter please email Marybeth Carroll at mcarroll@mainline-rehab.com.

Inside This Issue:

Main Line News	2
Compensatory Strategies	3
Communication Tips	4
People Served in 2014	5

“Courage doesn't always roar. Sometimes courage is that quiet voice at the end of the day saying, “I will try again tomorrow.”

~Mary Anne Radmacher

News and Upcoming Events at Main Line

Pittsburgh Main Line Support Group:

Date and Time: May 27th 1:00pm - 3:00pm

Location: 1 Veterans Way, Carnegie, PA 15106

A quarterly support group for individuals with brain injuries, families, supports, and professionals. The meetings are designed to be both educational and to provide a forum for individuals to share their own personal experiences. For questions, contact Sarah Reis at (610) 280-0180 x140 or by email at sreis@mainline-rehab.com

Highmark Walk for a Healthy Community:

Date and Time: May 16th 9:00 AM

Location: Stage AE on the North Shore, Pittsburgh, PA

For questions about signing up for this event, contact Sarah Reis at 610-280-0180 ext. 140 or by email at sreis@mainline-rehab.com.

Main Line Rehab Facebook Page:

Visit Main Line's Facebook page at www.facebook.com/MainLineRehab and "like" our page to find the latest announcements for resources and activities.



Congratulations:

Main Line would like to congratulate Alex P. for his recent recognition of a very considerable scholastic achievement. On January 15, 2015, Alex P. was placed on the academic honors list by the Community College of Philadelphia.

Identity Theft Prevention:

Identity theft is an increasing problem that could happen to anyone. You can take several actions to prevent identity theft:

- Don't give out information such as your social security number or birth date to sources you don't trust.
- Watch out for scams through email and from unknown callers.
- Use secure passwords.
- Report fraud concerns immediately.

What Works for you? Compensatory Corner

Here are some strategies from TBI Hope and Inspiration Magazine.

“Every bad day I’ve ever had has passed. When I get that hopeless feeling that I can’t go on, I try to remember that I have a 100 % track record of making it through every tough day so far.” ~ Denise D.

“Since my injury, I’ve not been able to work. This devastated me until I started doing volunteer work a few years ago. Getting out and helping others has made life much different for me.” ~ Robert S.

“I can’t do much of what I used to do. I try to focus on what I can do!” Stephen H.

“Being alone isn’t good for me. My husband tried to get me out a few times a week. It’s hard for me to be in places where there is a lot of noise and distraction. Now that the weather is nicer, we go to the park at least once a week. I like being outside. It’s good for my husband as well.” Sandy T.



“Reprinted with permission by TBI Hope and Inspiration Magazine. Subscribe for free at www.tbihopeandinspiration.com”

Directions to Subscribe to TBI Hope and Inspiration Magazine. (FREE)

1. Go to: www.tbihopeandinspiration.com
2. Complete the Free Subscription form
3. Click SUBSCRIBE. You only need to click once
4. Check your email to confirm your free subscription.

Communication: Talking About Your Feelings

Think about the main things that are getting in the way of talking about your feelings.

- Is it that you feel like other people don't understand you or don't care?
- Do you feel uncomfortable around other people or uncomfortable talking about feelings?
- Do you have trouble recognizing how you feel or describing your feelings to other people?
- Do you worry about being able to trust others with personal information?

Each of these issues may get in the way of you talking to others about your feelings. Remember that talking to others about your feelings is a big step toward feeling better. Often, you need support from others to be able to deal with difficult emotions. Asking for help lets people know that you value their support and involvement and offers chances to build relationships. Talk to trusted family, friends, and professionals about your feelings and about ways to cope with strong emotions. They may be able to give you some good ideas about ways to cope with your feelings.

Here are a few strategies that have worked for other people:

- Remember that ups and downs are normal parts of life. Realize that your feelings are a common, normal response to your experience. Try to look forward to the ups!
- Stop the cycle before your emotions get too intense. Watch out for early warning signs of intense emotions. It's harder to calm down once they get out of control.
- Intense emotions often come in response to stress. Monitor your stress level and take steps to control your stress. Some stress management strategies actually work well for dealing with intense emotions too.
- Be hopeful and positive. Say positive things to yourself and others (example, "I will make it through this," "I'm trying my hardest," "I'm a good person"). Try to keep a good sense of humor.
- Recognize the difficulties and challenges you face, and how hard you are working to make things better. Give yourself credit when you control your emotions and express your feelings in positive ways.

This article is reprinted with permission from the newsletter, TBI Today, published by the Virginia Commonwealth TBI Model System and funded by the Us Department of Education's National Institute on Disability and Rehabilitation Research (NIDRR).

Information About The People We Served In 2014

Number of people served in 2014: 195

Male: 56%

Female: 44%

Living With Families: 63%

Living Alone: 25%

Access to Support Systems: 94 %

Served by Medicaid Waivers: 85%

Served by PHIP: 10%

Brain Injury Diagnosis: 66%

Autism Spectrum Disorder: 16%

Cerebral Palsy: 10 %

Area Served:

Philadelphia and surrounding Counties: 62%

Pittsburgh and surrounding Counties: 26%

Lehigh Valley: 12%

