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# THE DP EXPRESS



# 2013

## BRAIN INJURY AWARENESS MONTH

March is Brain Injury Awareness Month. Each year in the U.S., 1.7 million people, including 475,000 children, sustain a traumatic brain injury (TBI). As a result of a TBI, 3.1 million individuals live with a life-long disability. A TBI is a blow, jolt or bump to the head or penetrating head injury that interrupts the normal function of the brain.

According to the Centers for Disease Control and Injury Prevention, the leading causes of TBI are: falls (35%); car crashes (17%); workplace accidents (16%); workplace accidents (16%); assaults (10%); and other causes (21%).

A brain injury is unpredictable in its consequences. A brain injury affects who we are, the way we think, act, and feel. It can change everything about us in a matter of seconds. The most important things to remember:

- A person with a brain injury is a person first.
- No two brain injuries are exactly the same.
- The effects of a brain injury are complex and vary greatly from person to person.
- The effects of a brain injury depend on such factors as cause, location, and severity.

Reduce the risk of brain injury by;

- Wearing seatbelts and securing children in safety or booster seats.
- Do not drive under the influence of alcohol or drugs, including prescription medications that can impair your ability to drive.

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(TBI continued)

- ALWAYS wear a helmet while riding a bike, skateboarding, motorcycle, snowmobile and riding all-terrain vehicles. Also wear head protection with any type of contact sport or when skiing, skating, snowboarding or riding a horse.

The following tips can help older adults avoid falls around the house:

- Installs handrails in bathrooms.
- Put nonslip mat in the bathtub or shower.
- Remove any area rugs.
- Install handrails on both sides of staircases.
- Improve lighting in the home.
- Keep stairs and floors clear of clutter.



For children, install safety gates on top of stairs and window guards. Also use non-slip mats and make sure area rugs are secure.

To find resources, information and supports groups for Traumatic Brain Injury, go to Brain Injury Association of NC at [bianc.net](http://bianc.net).

Source: Mayo Clinic and Brain Injury Association of America



## *TAKE NOTE*

*TO SAVE PAPER AND COSTS*

**Our newsletter, *The DP Express*, will be now be sent out on a quarterly basis. Our consumers will receive our calendar & flyers about upcoming events each month via postal mail. We encourage everyone with an email address to receive their monthly mailing electronically. Contact Kelly at 828-298-1977 or email [krowe@disabilitypartners.org](mailto:krowe@disabilitypartners.org)**

# SAVE THE DATE

A disaster may affect each of us during our lifetime.

## ARE YOU PREPARED?

DisAbility Partners is sponsoring an Emergency Preparedness workshop on Tuesday, April 23 at Regional Land of Sky from 2:30 - 4:30p.m. Lots of valuable information will be on tap to help you plan for an emergency and will provide an opportunity to let your community be aware of its needs. If you are a person with a disability, a caregiver or a community provider, we encourage you to attend this free workshop. If you are a person with a disability, travel stipends are available to the first 15 people who sign up.

You must attend the workshop to receive the stipend.

## CHANGES IN MEDICARE 2013

- People with Medicare can get many free preventive services to improve their health and well-being. New in 2013, Medicare Part B covers eight face to face counseling sessions for people who want to quit smoking. Part offers obesity screening and intensive counseling.
- If you are in original Medicare, you'll find your summary of benefits is now much easier to read. On the notices you will find step by step instructions on how to check them for accuracy, make an appeal, or report any potential fraud.
- If you have Medicare coverage Part D, you will start seeing discounts as you enter the "donut hole" or prescription coverage gap.
- In 2013, you will pay less co-insurance for mental health care treatment. For initial diagnosis, you will continue to pay 20% of the cost with Medicare covering the rest.
- The monthly cost of Medicare Part B premiums increased five dollars more.

## ATTENTION

**Since we see that cold weather deters many people from venturing out, we will not be providing an Independent Living Skills class or potluck for the month of March.**

**We will see you in APRIL along with the spring flowers and the warm sun!!**

Pathways for the Future, dba

Western Alliance

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## DISABILITY PARTNERS EXPRESS

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The Lenoir-Rhyne University Center for Graduate Studies of Asheville  
Presents: **Expand the Conversation on disability awareness, the arts and  
community services.**

### **Asheville Ability Arts Fair**

MARCH 22, 2013 4-8 PM.

3rd floor of the Lenoir-Rhyne University for Graduate Studies of Asheville, located  
inside the Asheville Chamber of Commerce Building

36 Montford Avenue Asheville, NC 28801

**FEATURING:** Child and Family Friendly, Inclusive, Educational Performances and  
Presentation Storytelling, Expressive Arts, Film, Art Exhibits, Service Provider Exhibits and  
Programs. Including Arts for Life, Laura Hope-Gill, Interweave, *A New Kind of Listening Potential*  
Unlimited and more. Visit "Events" at Asheville. Lr.edu for details.