



# The 2023 Brain Injury Survivor Series via ZOOM

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.

**June 9**

1:00 p.m. to 2:30 p.m.  
Mountain time

<https://www.braininjuryhopefoundation.org/events/>

## **ABLE Accounts: Saving Money for Your Future While Protecting Your Eligibility for Public Assistance Programs**

This session will feature Mike Keglovits, manager of ColoradoABLE for the state of Colorado. Mike works at CollegenInvest, the administrator of the Colorado ABLE program. Populations of people with disabilities can now create financial independence, security and goals by utilizing an ABLE account. He will present on ABLE Accounts, why an ABLE Account may benefit you and your family, and how to set up an ABLE Account. ABLE Accounts can help people with disabilities to stay under the Medicaid resource limit (due to wages, settlements, inheritance) so they are a valuable tool. Also, legislative changes have occurred in the **past year** about contribution deductions, Medicaid recovery, and age limit increases will also be addressed. After Mike's presentation, we will have time for an interactive question and answer session on setting up ABLE Accounts and using them.

**PLEASE REGISTER ONLINE AT**  
[www.braininjuryhopefoundation.org](http://www.braininjuryhopefoundation.org)

**Please register by June 5, 2023**

Registration is donation-funded so there is no cost to participants. If you do not have a computer with a camera, you can call in. **All who register will receive a ZOOM invitation a few days prior to the event.** Check your spam folder if you don't see the email. Please log in 10 minutes early to ensure video and audio are working.

**TIME ZONES:** Please check your time zone

12 noon—1:30 pm Pacific

1 pm—2:30 pm Mountain (Denver)

2 pm—3:30 pm Central

3 pm—4:30 pm Eastern

## **SPONSORS**

**Upper Tier Sponsors: Dr. Steve and Debbie Cohen**  
**MINDSOURCE—The Brain Injury Network**

Thank you to many in our BI Community who also made generous donations.

**We are always looking for additional sponsors.** Please contact a BIHF board member if you have any ideas!

**All sessions are the second Friday of each month 1 pm—2:30 pm Mountain time.** If you do not receive our emails for the Survivor Series, please email BIHF at

[info@braininjuryhopefoundation.org](mailto:info@braininjuryhopefoundation.org).

**QUESTIONS?** Contact Joanne Cohen at: (720)389-0670 ext. 2  
**TECHNICAL QUESTIONS on day of event? TEXT Gayann Brandenburg at 303-349-4058 before the event starts.**

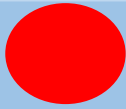
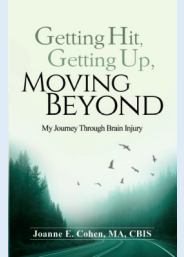
## The 2023 BI Survivor Series



**Your Host/Panel Facilitator: Joanne Cohen, M.A., CBIS/Vice-President of the Brain Injury Hope Foundation and Managing Partner, CTAT, LLC**

Joanne was in a car accident in 1992 while vacationing in the Bahamas. Her life was forever changed. She was unable to walk and a year later she discovered many of her personal challenges were due to a traumatic brain injury (TBI). Joanne has overcome many obstacles and has exceeded her medical diagnosis, leading to a remarkable and inspirational story and recovery, then and again in 2014 and 2019.

Joanne published her first book in June, 2019, *Getting Hit, Getting Up, Moving Beyond: My Journey Through Brain Injury*, a compelling story of her challenges as she faced sequential “hits” and how she handled adversity with resilience time after time. She depicts the path to “moving beyond” and create a full life that includes tools to do so, many that can now be used as we are all “hit” with the Covid-19 crisis. Her book is available at Amazon.com or BarnesandNoble.com



**Save the DATES!**

June 9, 2023  
July 14, 2023

August 11, 2023  
September 8, 2023  
October 13, 2023

**July 14**

### **The Importance of Self Advocacy, Asking Others, and Finding Advocates When You Don't Know Where to Go**

Self-advocacy is key to getting what you want and need as a brain injury survivor. You want to be heard, taken seriously and have your rights respected. It is normal to need help to be an effective self-advocate so having a trusted advisor is important. Joanne Cohen and Gayann Brandenburg from the Brain Injury Hope Foundation will share ideas on how to be a more effective self-advocate, how to find a trusted advisory (not everyone has the natural talent or skills), and options for peer and professional advocates.

**Aug 11**

### **Dr. Danny Mistry's Aasha Brain Clinic: Neurodiversity, Concussion, and Brain Injury**

Our Brain, maybe the most complex and paradoxically, the simplest organ. Remarkable in structure and function in health, devastating to individuals when injured. We will discuss current best practices for the evaluation and management of mild traumatic brain injury (mTBI), debate the merits of rehabilitation strategies using a team approach for mTBI management, while recognizing the concept of “neurodiversity” to provide hope (“Aasha” means hope) to all individuals who suffer from the consequences of mTBI.

**Sept 8**

### **A Talk about Brain Injury for the Spanish Speaking Community**

Speakers TBD

Register at <https://www.braininjuryhopefoundation.org/online-registration/>