

center for living

3700 4th street, baltimore, maryland 21225

301-355-0100

YOU ARE CORDIALLY INVITED TO ATTEND
THE GRAND OPENING OF "THE CENTER FOR
LIVING" - A UNIQUE PROGRAM SERVING
SHOCK TRAUMA RECOVEREES .

TUESDAY, OCTOBER 19, 1982

3700 FOURTH STREET

BALTIMORE, MARYLAND 21225

2:00 P.M. - 4:30 P.M.

View demonstrations of components of The Center for Living Program (i.e. Movement Therapy, Psychodrama, Cognitive Retraining, Music Therapy, and more). Staff and clients will be available to welcome you and to discuss the program with you.



"A Cooperative Program"





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PSYCHOSOCIAL SERVICES

STAFF

Marge Epperson-SeBour, M.S.W., A.C.S.W., director

Family Services Division

Jane Gerber, M.S.W.
Jerry Huesman, M.P.S.
Jeff Levesque, M.S.W.
Bernice Wolfson, M.S.W.

Center for Living

①] Elaine Rifkin, M.S.W., ~~Asst. Dir.~~ *assistant director* [

Monica Beltram, M.S.
Heidi Hose
Elaine Karp, Ph.D.
Sheila Mehring, M.S.
Jeff Mitchell, M.S.
Barbara Novastka, B.S.
John O'Brien, M.S.W.
Lisa Reeves, M.A.
Dick Schreder, Ph.D.
Barbara Wallick, B.S.

BACKGROUND

Family Services Division

The family services division provides: 1) initial crisis intervention and continued psychological support to patients and their families in coping with, and adjusting to, the aftermath of trauma; and 2) grief counseling to families of patients who have died. Patients with multiple injuries, and their families, are a population at risk of having serious psychosocial problems. Therefore, early

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therapeutic interventions are required. The patient's and family's needs are assessed on admission. Counseling and consultation are provided and, prior to discharge, referrals to the appropriate community resources are made. When necessary, crisis intervention and personal counseling sessions also are provided to MIEMSS staff members.

Center for Living

The Center for Living is a place where postrehabilitation trauma patients and their families can get help in readjusting to their life situation following long-term acute and rehabilitation hospitalization. It provides a place where they can sort out their feelings toward what has happened to them with professional counselors who are familiar with the particular problems of the trauma patients and their families.

The Center for Living currently provides: psychotherapy with individuals, couples, families and groups; speech and language evaluations; psychometric testing; cognitive retraining; and social reorientation programs, including 1) a life enhancement and education program - a nine-week structured program designed to facilitate the client's reintegration into the mainstream of society by teaching skills and behaviors that will be required for personal, social, and vocational adjustment, and 2) a social center - a pleasant, informal day program where trauma recoverees can socialize, share experiences, and meet with peer counselors in a recreational setting. The center is a cooperative service offered by MIEMSS and the Easter Seal Society of central Maryland.

ACCOMPLISHMENTS

Montebello

This year, family services personnel were actively involved with MIEMSS administrators and others in designing a model rehabilitation program for MIEMSS patients at the Montebello Center. National standards were gathered, site visits were made to various model rehabilitation programs, and study committees were formed. The design was ready for implementation in May.

National Organization

Family services personnel have been a major force in the development and expansion of the National Association of Psychosocial Practitioners in Emergency Medicine. In October, headquarters for this national group was established in Chicago. Three local chapters have been formed - one in California, one in Illinois, and one in Maryland. The organization and development of the Maryland chapter is a product of the family services staff.

Trauma Recovery

Trauma Recovery, Inc. is an organization of support groups for former trauma patients and their families. There are chapters serving Baltimore, ~~and~~ Prince Georges and Montgomery counties. The groups continue to meet regularly and provide the opportunity for participants to give and receive help, support, and friendship. These psychosocial dimensions aid emotional recovery from traumatic injury.

Families United for Trauma Recovery

This is a consumer group that advocates improving rehabilitation facilities in Maryland for traumatically injured citizens. Part of the membership meets regularly; other members throughout the city and state keep in touch by mail and phone. The goal is to establish a top-notch rehabilitation center for persons with head, spine, and other traumatic injuries. Members write to, and meet with, pertinent officials and use the media to express their concerns.

Graduate Student Volunteers Program

This program is sponsored jointly by the Newman Center and the family services division at MIEMSS. The purpose of the program is two-fold. First, students in the professional schools are offered the opportunity to give at least one hour a week to direct patient contact on a personal level. Second, MIEMSS patients are benefitted by having someone to help meet their needs for conversation, human contact, games, and writing letters. This year, 15 students participated in the program from the schools of social work, pharmacy, medicine, and nursing at the

University of Maryland at Baltimore.

Pastoral Care Program

In this program, volunteer clergy persons from various denominations are called upon, as needed, to serve the immediate spiritual needs of patients and their families. The Reverend Larry Schulmeister, of the Newman Center, and Frank George, a Lutheran deacon, generously respond when called to offer the faith support and spiritual resources of their specific denominations.

Education

The family services division designed and implemented the emergency medicine psychosocial services track for Region III's EMS symposium, "Trauma - Issues and Techniques." The symposium, held in June, was attended by 40 ~~Baltimore~~ psychosocial practitioners in emergency medicine. y
(in Baltimore)

PATIENT CARE

Family services were rendered to 1,846 MIEMSS patients and their relatives this year. Greater than 3,500 hours of staff time were spent providing direct patient services, which consisted primarily of counseling sessions and psychosocial consultations. More than 3,000 hours were spent providing indirect services that ultimately benefited both patients and their families.

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Social Events beginning soon. Keep in touch!

Barbara Novasatka



"A Cooperative Program"





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PROGRAM DESCRIPTION

I. Client Population:

The Center for Living serves multiply-injured trauma clients from the Maryland Emergency Medical Services System whose physical rehabilitation needs are addressed by the MIEMSS rehabilitation program, but who need structured psycho-social therapy in order to successfully return to the community. Types of clients who can derive benefit from the CFL include people with spinal cord injuries, i.e., quadriplegics, paraplegics; victims of closed head trauma which has caused organic brain dysfunction; people who have suffered multiple bone fractures causing residual limb dysfunction; burn patients who have restricted movement and/or physical disfigurement; or any combination of the above. MIEMSS' statistics show that most of these trauma victims are young adult males, although the CFL is open to any trauma client who requires its service. The family of the client often needs psycho-social services as much as the trauma victim. Therefore, the CFL offers a family approach to treatment.



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PSYCHOSOCIAL SERVICES

II. Evaluation:

Prior to acceptance in a Center for Living program area, the trauma recoveree and his family participate in an evaluative process designed to gather information to determine appropriateness of referral. The evaluation begins with a psychosocial interview with the trauma recoveree with a view toward assessing level of functioning. Attention is paid to historian capabilities, premorbid history, appropriateness of response, attention span, attitude toward referral and stated goals.

Following this one to one interview, the family is invited to share in the process thereby adding a critical dimension to Center programming. The expectation is explicit from the first contact that the family will play an important role in the rehabilitation process. Additionally, important elements in the psychosocial functioning of the recoveree are observed by encouraging family interaction during the evaluation period. By offering information relating to program areas during the family interview, miscommunication is avoided. The family leaves the Center after the evaluation with a clear understanding of the program and of the responsibility expected of them if they are to become active. The recoveree is relieved of the burden of pursuing his rehabilitation on his own without system support.

Clinical Counseling:

After the initial psychosocial assessment, clients have the opportunity to select individual, group and family modalities in clinical counseling. These counseling sessions are an important element in reintegrating productive trauma clients into the community. Therapy is structured to reestablish and strengthen the individual and social support resources which will sustain the trauma recoveree and his family as readjustment progresses.

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Psychometric Testing:

The majority of Center clients (70%) have experienced head trauma and benefit from a diagnostic tool to determine organic from functional disability. Psychometric testing, especially with head trauma, has proven to be effective in designing a comprehensive plan for trauma recoverees.

As a result of extensive testing followed by a sensitive interpretation session with client and family, realistic goals may be set and appropriate therapies ordered.

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III. Life Enhancement and Education Program (LEEP):

This nine week structured day program is designed to afford the trauma recoveree an opportunity to relearn social skills and to develop internal control so he may reintegrate into society.

In order to be ready for this group situation, the recoveree may need to be at least six months post trauma and ready to deal with sensitive psychosocial issues. To assist in this process, the Center contracts with a psychodramatist and a dance and movement therapist. Group therapy is offered to encourage ventilation following psychodrama and to foster understanding of psychosocial functioning.

In addition to emotive therapies, the recoverees are exposed to didactic sessions covering such areas as assertiveness training, decision-making, sexuality and substance abuse. Guest speakers are invited to participate in the program where appropriate.

A team approach is utilized in LEEP with recoveree and family as integral members of the team. Team meetings are scheduled twice during the nine weeks for each client and are also attended by other resource persons active with the recoveree. A rehabilitation plan is developed by the trauma recoveree with the assistance of the program manager which is used to focus on goals and provide direction for future planning.

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IV. Cognitive Retraining:

Cognitive retraining is a process by which clients receive remediation for deficits caused by head trauma that can affect all modes of communication and cognitive function. Disturbances can occur in the following areas:

1. auditory comprehension: understanding what is heard, recalling it, and making judgements concerning the auditory stimuli.
2. visual abilities and reading: identifying, understanding, and recalling what is seen.
3. speech and language: comprehension and use of both verbal and nonverbal, i.e. (gestures, body language, etc.) messages.
4. visuomotor abilities and writing skills
5. comprehension of numerical relationships and arithmetic skills

Through differential diagnosis and specifically designed exercises the clients' abilities in these areas of deficit can be increased or compensating techniques can be learned.

When Speech and Language Pathology Services are combined with the other Center for Living programs, a holistic approach to the rehabilitation of the clients' cognitive and psychosocial disabilities is provided.

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V. Social Center:

A major element in the program is the Social Center at the CFL. This part of the program addresses the social needs of the physically restored trauma client in a semi-structured setting. An identified problem area for the trauma client is adjusting to a new body image which recognizes the damage and loss of ability caused by traumatic injury and requiring enormous personal adjustment. The Social Center offers an opportunity to redevelop social skills and test social acceptability in a setting where the fear of being repulsed or ridiculed is fully recognized and addressed.

There will be two activity levels at the CFL: individual and group. Individual activities include daily living adjustment, communication skills development, and personal interaction skills. Personal adjustment activities are designed to meet each individual's needs according to physical disability and level of functioning. The underlying philosophy is that the physical damage which a trauma victim suffers may be irreversible, and this fact elevates efforts to maximize remaining resources of the person to the highest priority.

Group activities include transportation for field trips, organization of team sports, family activities, and community days organized by Center members and Social Center Coordinator. These activities will provide opportunities for clients to practice their developing social skills and their families will be able to interact with each other sharing experiences and support.

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VI. Future Programs:

Future' programs will include job and education reorientation and respite care for the clients. The goal of the CFL is the return of clients to the community which necessitates job training and education programs. We envision the creation of new cottage industries using data processing. Members of the Advisory Council are engaged in long-range planning with the Data Process experts to establish job retraining programs. Ultimate plans call for the installation of terminals in clients' homes so that data processing jobs in accounting, marketing analysis, and home sales can be executed for profit by the homebound. Eventually, job listings and computer learning will be placed in computer files for use at the CFL. We feel that the electronic revolution offers a great opportunity to expand employment alternatives for the home-bound beyond the "arts and crafts" emphasis of vocational rehabilitation in Maryland.

Educational programs will center around maintaining previous educational progress and informing clients and the professional community about available resources. Library materials are now being acquired for the rehabilitation resource library which will be the only reference library devoted entirely to rehabilitation needs in the State of Maryland.

Respite Care will offer the opportunity for trauma recoverees to spend time in a supervised residential setting, while at the same time, offering families respite from day to day care. This opportunity may encourage families to stay together.

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THERAPEUTIC RECREATION PROGRAMS AT THE CENTER FOR LIVING

Therapeutic recreation is an integral part of the total programming of the clients at the Center for Living. It gives the client a chance to participate in activities that they may have been previously restricted from; and the satisfaction of being able to participate in group activities and social events. Therapeutic recreation at the Center is aimed at helping the individual adapt to his or her handicap so that they may be able to achieve a full and rewarding social life.

This will be accomplished through a variety of recreational activities. These activities will include games, arts and crafts, and special social events. Programs will also include the use of two computers. These personal computers can be used to improve the education and recreation skills for all individuals. Our recreation programs are now in the planning stages. We need your ideas and input to make these programs a success.

Please fill out the attached questionnaire and send it back to the Center for Living. When the results are received, I will send you a schedule of our activities and upcoming events.



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Name: _____

Age: _____

Address: _____

Disability: _____

Means of Transportation: _____

Are you interested in participating in recreational activities through the Center for Living? yes no
If no, please send the questionnaire back to the Center completed to this point.
If yes, please continue to fill out the information below.

Please place a check in front of the items that interest you. You may check more than one item in each category.

Arts and Crafts

- Knitting
- Crocheting
- Latch Hook
- Leather Work
- Needlepoint
- Painting
- Other
- _____
- _____
- _____

- String Arts
- Ceramics

Sports Activities

- Basketball
- Bowling
- Swimming
- Horseshoes
- Ping Pong
- Pool
- Soccer
- Other
- _____
- _____

Social Events

- Bingo
- Dances
- Movies
- Trips to Community
- Events i.e. Sports,
- Music
- Other
- _____
- _____
- _____

Table Games

- Backgammon
- Checkers
- Chess
- Scrabble
- Cards
- Uno, Bridge, Spades,
- Pinochle, Rummy
- Other
- _____
- _____



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Classes

- Journalism
 - Computers
 - Exercise
 - Weight Loss
 - Medical Updates
 - Rap Sessions
- Stop Smoking

In you have any additional interests or comments please state them below:

Thank you for your time!

Barb Novasatka
Social Activities Coordinator



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What times of the day are you available to participate in these activities at the Center? Please X out the times that you are available.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
9-10						
10-11						
11-12						
Lunch						
1-2						
2-3						
3-4						
4-5						
Dinner						
6-10						



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Cyril . . . 3/1/82 (1)

About 18 months ago, Ralph Behning's life changed drastically. Skiing at Camelback in the Poconos during a blizzard, Mr. Behning became snow blind, missed a turn in the trail, fell out of control, and crashed into a tree. Head and neck injuries left him partially paralyzed, unable to walk, and subject to memory lapses. Discharged last February from Maryland Rehabilitation Center, he is back at home but finds that he cannot resume his former life. A commercial artist prior to his accident, he is now unable to close his fists; however, he is slowly learning to draw by means of a special device attached to his arm.

Jim Sexton was involved in an industrial accident, falling 100 feet ^{in a} ~~from a~~ loader in the quarry where he worked. ~~Recovered~~ ^{Although he is} ~~from critical injuries and~~ back at work, he finds that he and his wife and children are still feeling some emotional after-effects resulting from his accident 18 months ago.

Five years ago, Jane Cook's son was injured in a head-on collision at age 19. ^{while in a coma for 84 days, he spent 56 days} ~~He was~~ in the Shock Trauma Center for ^{an add'l 67 days in U. Md. Hosp.} ~~four months, 84 days in a coma.~~ Mrs. Cook takes care of her son, who has some brain damage and is ^{partly} paralyzed, and her life has changed drastically since the accident.

Before March 1981, there was no place in Maryland for these people or other multiply-injured patients or their families to turn for ongoing psychosocial support, educational retraining, or social needs after the rehabilitation stage.

A community-based program, the Center for Living^(CFL), a cooperative venture between MIEMSS and the Easter Seals Society, Central Maryland Chapter, hopes to fill that gap. Located in Brooklyn, CFL is a non-medical, comprehensive "bridge" facility to help former trauma victims and their families to readjust to their new roles. By facilitating their reentry into society, the CFL hopes to prevent the need for institutionalizing these trauma patients.

Marge Epperson-SeBour, Director of Family Services at MIEMSS, is the Program Director for the CFL. Fred Ruof, the Executive Director of the Easter Seals' Central Maryland Chapter, is the CFL Fiscal Director. Others currently on staff include ~~clinical psychologists~~ ^{and} Elaine Karp, ^{Ph.D.} Robert Anderson, ^{MS} and Elaine Rifkin, ^{MS} Director of Psychosocial Services. Jeff Mitchell does ~~psychometric testing.~~

According to Ms. Epperson-SeBour, interviews with former MIEMSS patients and their families in the Trauma Recovery Group ^(a self-help group of former trauma patients) revealed that multiply-injured patients--for example, amputees, quadriplegics, paraplegics, patients with burns or with minimal brain or residual limb dysfunction--often have trouble making a smooth transition into the mainstream of society.

Meeting on Thursday evenings, the CFL currently offers family, individual, and couple therapy to help trauma victims sort out their feelings about their accidents and their effects.

In September, the CFL will expand counseling sessions to two evenings and will offer group and sexual readjustment counseling, as well as didactic sessions. Psychometric testing, ^{and} speech therapy, ~~and cognitive retraining~~ are currently available.

Although a few socials have already been held, the CFL plans to host competitive, team, and wheelchair sports; family and community days; picnics, parties, ^{and} dances. These will help trauma victims "test" their new body image and social acceptability, as well as develop social skills. Daily living skills--for example, personal hygiene, hair and facial care, and dress modification--will be taught.

Educational programs to be offered in the future include speech retraining, memory retention skills, debate team training, high-school equivalency programs, and aptitude testing. Job reentry skills, resume writing, interview skills, and CFL-affiliated cottage industries using computer data processing are being discussed for the job development phase. In the past, many vocational rehabilitat^{ion} programs have focused primarily on "arts and crafts" work. The CFL hopes to expand employment alternatives for its clients by installing computer terminals in their homes so that data processing jobs in accounting, marketing analysis, and home sales can be executed for profit by the homebound.

(1)

It is hoped that, in the future, residential accommodations for persons needing a break from home or independent group living situations can also be offered. Transportation services provided by the CFL are also planned. In addition, preliminary work is underway for a rehabilitation resource library, the first in Maryland.

Currently seven families involving 12 individuals are participating in the CFL. Most were referred to the CFL through the Trauma Recovery Group or Family Services staff. (There is currently a waiting list of clients.)

Although the CFL has been open for only a few months, some families, according to Ms. Rifkin, have said that "they ~~felt~~ ^{feel} optimism for the first time ~~and feel~~ that they might make it as a family, ["] ~~that they're moving back into job situations."~~

Further information about the CFL can be obtained by calling 355-8989.

THE EASTER SEAL SOCIETY



of Central Maryland

Published for the friends of disabled persons in Maryland.

Vol. #1, No. 1

Baltimore, Maryland

Spring, 1981

A New Tree Grows In Brooklyn

The former Crippled Children's Center in Brooklyn stirs with new activity. The Easter Seal Society purchased the Center in December and already the Center has seen the emergence of new programs. Frederick C. Ruof, Executive Director of the Society in Central Maryland claims that the Society is interested in developing programs for the disabled and handicapped as well as providing services for senior citizens. "We want our facility to come alive, and not just during the day," Ruof said. In concert with Ruof's effort are Robert Johnson, Director of Fund Raising; John Ross, Real and Corporate Giving; Dan Gahagan, Special Events and Telethon; Sheila Mehring, Speech Pathology; Jeanette Beam, Office Manager; M. Charlotte Craig, Secretary; Nancy Raspi, Secretary.

Existing programs include help for people with communication disorders. Therapeutic and diagnostic services are provided to individuals of all ages who are victims of stroke; stutters; language delayed; hearing impaired; voice disordered; or demonstrate other speech or language disorders. Therapy services are designed to improve the quality of a person's communication skills and fees are based on an individual's ability to pay.

The Society also maintains a Loan Closet for the public, free of charge. The Loan Closet consists of wheelchairs, walkers, canes, portable commodes and crutches. The Society promotes summer camping for hundreds of severely handicapped children and adults throughout Maryland and provides a limited number of Camping Scholarships.

Baltimore is proud of its emergency, medical, Shock Trauma unit at University Hospital. The Easter Seal Society is proud of its new program role in helping Shock Trauma's many "Recoverees" to the highest quality of life possible. The Easter Seal Society is now providing rehabilitation services to the Recoverees of Shock Trauma for their long term adjustment and growth. Ruof states that many of the accident victims are unable to go



STAFF: EASTER SEAL SOCIETY OF CENTRAL MARYLAND (Left to Right) Frederick C. Ruof, Executive Director; Robert E. Johnson, Director of Development; Nancy Raspi, Secretary to Office of Development; Thomas Blair, Telethon Coordinator; Jeanette Beam, Office Manager.

back to their jobs, many of them lose their jobs and there is a high incidence of family problems, alcoholism and drug abuse. Ruof claims the Society plans to provide the patients with ongoing rehabilitation therapy and counselling. The shape the rehabilitation takes, he said, will depend on the needs of the patients. The Society is expressly interested in providing home employment for the handicapped and disabled. Money raised through the Easter Seals Campaign is going to help Johns Hopkins develop a new artificial arm.

Ruof sees new programs developing for the growing needs of senior citizens. "Let us know where the homebound seniors and disabled live and what their needs are," Ruof asked. "The programs we develop can only improve with the advice we get."

March 28th & 29th Mark Easter Seals Telethon

Channel 45 carried the 1981 National Easter Seal telethon in Baltimore. The telethon reached more than 40 million viewers across the nation, a record high in its 10-year history.

The telethon originated in Hollywood, with host Pat Boone and included live feeds from New York City featuring host Marvin Hamlisch. The telethon was inaugurated in 1972 as a major vehicle to support Easter Seal rehabilitation services for people with disabilities, and since that time more than \$52 million has been raised.

Expansion of the telethon can be credited to continued growth of corporate support and increase public recognition of the Easter Seal Society as the world's oldest and largest volunteer agency serving the needs of handicapped people. An important reason why there is community-wide participation in each Easter Seal telethon market is the fact that over 90% of all revenues remain in the state where raised.

Despite the uncertain economy, we surpassed last year's pledged \$14,508,348 and reached \$17,400,000 nationally. This was Baltimore's first year of telethon participation and we raised \$103,000, which was \$3,000 over goal. Channel 45, WBFF TV covered the Easter Seal Telethon and co-hosts were Brooks Robinson and Bob Jones.

Who? What? Where?

Where can I go for help? What help is available in my community, in the state? These are the questions we are asked daily at the Easter Seal Society of Central Maryland. We are here to answer these questions and to direct you in your time of need. We are here to serve you — the disabled children and adults of Maryland. Call us for information at 355-0100.



Marge Epperson, Director of Family Services at University of Maryland, Shock Trauma Unit and Volunteer Member of the Easter Seal Society Steering Committee.

Mrs. Epperson has been key to the start of the Easter Seal Society's new program to provide counselling to the recoverees of Shock Trauma (MIEMS).

Musings . . .

The story goes that Henry Ford once hired an efficiency expert to evaluate his company. After a few weeks, the expert made his report. It was highly favorable except for one thing.

"It's that man down the hall," said the expert. "Every time I go by his office he's just sitting there with his feet on his desk. He's wasting your money."

"That man," replied Mr. Ford, "once had an idea that saved us millions of dollars. At the time, I believe his feet were planted right where they are now." On the other hand, "If it weren't for the last minute, a lot of things wouldn't get done." (Anon.)

Separating the things that can wait until the last minute from the things that deserve thoughtful reflection requires planning; most of us would agree that time for planning is at a premium, even though projects which have had its benefit go more smoothly and are more enjoyable.

When was the last time you put your feet on your desk?

Shock Trauma Re-Entry

The Center for Living, a Maryland Institute for Emergency Medical Services Systems program especially designed to assist all trauma patients in their effort to readjust to, and actively participate in, the mainstream of society began Phase I of its Program on March 1, 1981.

Phase I includes: Individual and group counselling; Family counselling; Sexual readjustment counselling; and Psychological testing. These services are available, to trauma recoverees and their families at the Easter Seal Treatment Center, 3700 4th Street, Baltimore, Maryland.

If you are interested in this counselling service, please call Elaine Rifkin at (301) 355-8989.

HomeEmployment

Financial self-sufficiency and a healthy self-image go hand-in-glove. The Easter Seal Society is deeply concerned about employment for handicapped persons. Nationally, Easter Seals has helped numerous disabled individuals to job security and satisfaction through its home employment programs.

Disabled individuals and senior citizens may inquire about home employment opportunities by calling the Easter Seal Society at 355-0100.

Guidelines for Healthy Living

Historically, the Easter Seal has been committed to the recovering and rehabilitation of the disabled person. The Society has become increasingly concerned with spending dollars on preventative health care.

Reinforcement for this line of thought is heard on Easter Seal's new radio program, "Guidelines for Healthful Living." On "Guidelines," the Easter Seal Society hosts interviews with community health leaders and discusses appreciation for healthful living and the ways to avoid accident and disability.

"Guidelines for Healthful Living" is carried weekly on radio, WBAL, Sunday evening, 8:10 p.m.



Mrs. Elaine Rifkin, Coordinator of Easter Seal Counselling services to recoverees of University of Maryland, Shock Trauma Unit (MIEMMS)

Steering Committee

The Easter Seal Society of Central Maryland is proud of and recognizes the volunteer commitment following individuals who, as members of the Steering Committee, guide the program initiatives of the Society:

Eleanor J. Bader, Social Security Administration, Director of Special Projects

Donald A. Cornely, M.D., Professor and Chairman, Johns Hopkins Dept. of Maternal and Child Health

Matthew B. Fraling, Jr., Regional Director, Division of Vocational Rehabilitation

John Grimes, Program Director, WBAL
Josephine Rutkowski, Community Representative, Brooklyn, Curtis Bay area

Gerard Schmeisser, M.D., Professor and Associate Director of Orthopedic Surgery — Johns Hopkins Hospital

Marge Epperson-SeBour, Director, Family Services Shock Trauma Center - Maryland Institute for Emergency Medical Services (MIEMSS)

Summer Camping - 1981

The Easter Seal Society of Central Maryland looks forward to a summer camping season for hundreds of severely handicapped children and adults throughout Maryland. Camp Fairlee Manor, six miles outside of Chestertown, Mary-

land provides residential camping, accessible dormitories, an olympic swimming pool, nature trails and many other valuable activities to handicapped individuals from 6 to 90.

For further information or to visit Camp Fairlee Manor, call or write to the Easter Seal

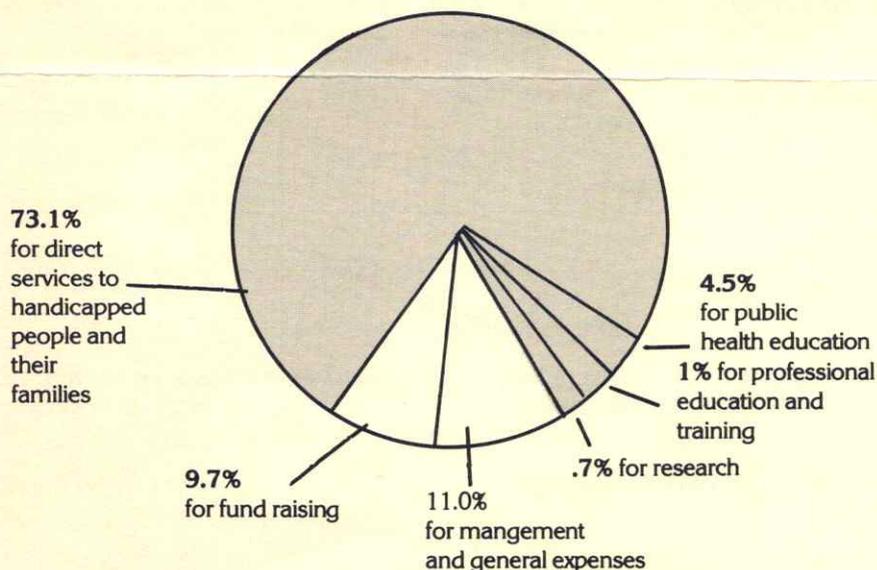
Society of Central Maryland, 3700 Fourth Street, Baltimore, Maryland 21225, (301) 355-0100, or Camp Fairlee Manor, R.D. #2, Box 319, Chestertown, Maryland 21260, (301) 778-0566.



SOME OF OUR EASTER SEAL CAMPERS. Some camping scholarship money is still available. Phone 355-0100 now for a plan for your child.

HOW EASTER SEAL DOLLARS ARE SPENT

- 79.3% for program services
- 20.7% for management and fund raising



This chart is based on combined expenditures of \$96,755,372 for the fiscal year ended August 31, 1978, for the national and all state and territorial Easter Seal Societies.

1981: International Year of Disabled Persons

The United Nations has designated 1981 the "International Year of Disabled Persons." This year should bring many changes in attitudes, removal of barriers, landmark legislation and increased opportunities for the people Easter Seals serves.

There are 35 million Americans who are disabled. The special emphasis being given them in this International Year of Disabled Persons is viewed as a great opportunity for organizations and individuals concerned with quality of life for disabled persons.

For more information on how you can involve yourself in the goals of the IYDP, phone "Easter Seals" at 355-0100.



The Easter Seal Society of Central Maryland

What We're Doing in the Greater Baltimore Area

1. In cooperation with the Shock Trauma Unit at University Hospital, we are providing individual, group, and family counseling for recoverees with psycho/emotional adjustment problems.
2. In cooperation with the Maryland Institute of Art, we are initiating homebound employment programs for the handicapped and senior citizens.
3. We are providing speech and hearing screening, evaluation, and treatment services to people of all ages with no geographic or income limitation.
4. Physical and occupational therapy and other rehabilitation services are available on an "as needed" basis with appropriate physician referral.
5. Our loan closet contains wheelchairs, crutches, canes, walkers, and similar devices that are available to patients free of charge.
6. We are providing financial assistance for research projects at the Johns Hopkins Prosthetic Clinic and Applied Physics Laboratory.
7. We are cooperating with the State Division of Vocational Rehabilitation and other agencies, organizations, and institutions that serve the handicapped.
8. We offer free information and referral services to people that we can't help but don't know where else to go for assistance.

Insure a long life for these programs. Consider updating your will to include "The Easter Seal Society of Central Maryland." Thank you!

MEMBERSHIP APPLICATION

Easter Seal Society for Crippled Children and Adults of Maryland, Inc.

Please enroll me as a:

- | | |
|---|---|
| <input type="checkbox"/> Sponsoring Member (\$100) | <input type="checkbox"/> Sustaining Member (\$25) |
| <input type="checkbox"/> Contributing Member (\$50) | <input type="checkbox"/> Associate Member (\$5) |

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

THESE ARE SOME OF THE SERVICES YOUR MEMBERSHIP DOLLARS WILL PURCHASE: Recreation for the handicapped child - \$5; Therapy Treatment - \$10; A day at Camp Easter Seal - \$5; Transportation - \$25; Wheelchairs - \$200 (used) \$300 (new); Other special equipment - \$50. All of your Tax Deductible Gift Remains in Maryland.

PLEASE MAKE CHECK PAYABLE TO:

**MARYLAND EASTER SEAL SOCIETY
3700 4th Street, Baltimore, MD 21225**

THE EASTER SEAL SOCIETY



of Central Maryland

Published for the friends of disabled persons in Maryland.

Vol. No. 1, No. 4

Baltimore, Maryland

Summer, 1982

EXPANDED STAFF TO MEET NEW PROGRAM NEEDS

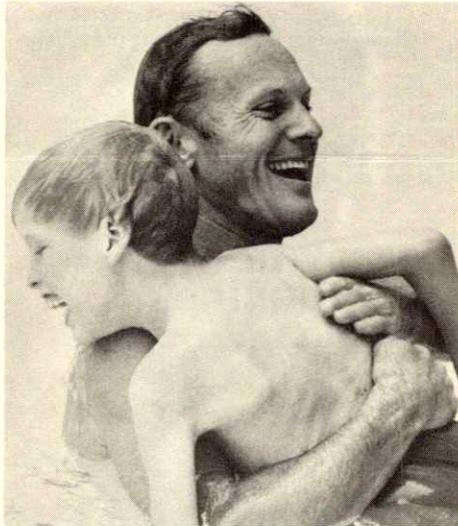
As the Easter Seal Center for Living Program increasingly becomes the focal point in Baltimore for post shock trauma recoverees, a highly specialized staff is required to meet the needs of our clients.

We are happy to announce that Barbara Wallick has joined the Easter Seal Staff as Program Manager. Barbara has been enrolled in Graduate School at Towson State University in the Master's Program for Vocational Rehabilitation. Previously she had been employed at Baltimore Goodwill Industries as a Work Adjustment Counselor. She has also worked as a Mental Health Counselor at psychiatric hospitals.

She will be supervising the 9-week Psycho-Social Program entitled "Life Enhancement and Education Program" (LEEP) which is primarily for neuro/trauma (head-injured) adults. This program will focus on helping trauma-recoverees and their families to readjust into the mainstream of society by teaching skills and behaviors that will be required for personal, social and vocational adjustment. This program includes psycho drama, group therapy, dance and movement, cognitive retraining, etc.

The second component is the Social Activity Program also at Center for Living, which emphasizes social and team activities and sports for paraplegics and quadriplegics.

For further information you may contact Barbara at the Easter Seal Society at 355-0100.



SUMMER IS FOR EVERYONE!

Each summer thousands of area school children pick up and go off to camp and/or are involved in the local recreational programs. It is a welcome ritual for their moms and dads. . . . but, what about the handicapped children and adults who realistically cannot attend a regularly programmed camp or swim program?

To answer the need the Easter Seal Society has been sending disabled children and adults to Camp Fairlee Manor on the Eastern Shore and locally is providing an adapted aquatics program.

The swim program is in its second season and will be held at Club 4100 in Brooklyn, which has a history of public service in the area.

Adapted aquatics and camping programs have gained ever-growing involvement on the part of individuals whose mobility and opportunity to participate has been limited due to accident or illness.

The fun, physical activity and the "success" experienced in both the swimming and camping programs are all considered an important ingredient in the rehabilitation process.

For more information, please call 355-0100.

WE THOUGHT YOU WOULD LIKE TO KNOW. . . .

The number of individuals served by Easter Seal Societies in 1981 reached an all time high of 750,000. This is an unprecedented 33-1/3% increase over the previous year.

The National Easter Seal Society is the country's oldest and largest non-profit health care agency providing direct services to people with disabilities. It spends more on client services than any other health care agency—over twice as much as the next closest agency.

Total Society expenditures amounted to \$121,643,287. Of that total 78.82 percent went for direct services, research and educational programs; 10.43 percent was spent on fund-raising; and 10.75 percent on management.

This is a record that Societies around the country can be proud of.

PRESIDENT OF STROKE CLUB IS ELECTED!

Al Bachman, a former police detective and an insurance manager until his stroke one year ago, is the newly elected President of the Stroke Club.

The Stroke Club, which evolved through a joint effort of the Easter Seal Society and the Heart Association, had over 25 people in attendance at the first meeting April 17th.

The meetings are held at North Arundel Hospital the **third Saturday of each month**. All interested persons are invited. For more information call 355-0100.

YOU HEARD IT HERE!

The Central Maryland Easter Seal Society screened over 200 children and adults last year for hearing problems.

Once we have identified a problem, our professional staff can direct the individual to the proper place for further testing and treatment.

If you suspect that you or your child is suffering from a hearing problem, give us a call on 355-0100.

center for living

POST TRAUMATIC STRESS DISORDER

by Elaine Rifkin, L.C.S.W.

Post traumatic stress disorder was officially recognized as an anxiety disorder by the American Psychiatric Association by its inclusion in the 1980 edition of the DSM III (Diagnostic and Statistical Manual). This disorder has relevance not only for clinicians working with persons who have experienced or even observed traumatic events, but also for family members who may be witnessing the symptoms of post traumatic stress disorder.

In order to receive this diagnosis, a person must meet the following criteria:

- (1) Exposure to a stressing event — most people would define as traumatic, such as war, concentration or prisoner of war camps,

DID YOU KNOW?

- That **TRAUMA** is the leading cause of death among persons under 45 years of age.
- That trauma is the 3rd leading cause of death among all Americans following heart disease and cancer.
- That head trauma causes more than 100,000 deaths each year while injuring another 600,000 persons.
- That 10,000 persons suffer spinal cord injuries each year; 85% of whom are men between the ages of 18 and 25 years.
- That of its \$4 billion budget, the National Institute of Health allocates \$8 million for trauma research as compared to \$480 million for heart research and \$880 million for cancer research.

SAY IT LIKE IT IS

by Sheila Mehring

A loved one or a friend just had a stroke and you wonder — What can I do to help?

Here are some suggestions:

1. Talk to the person simply and naturally.
2. Encourage them to respond whenever he/she can, no matter how correct the response.
3. Speak to the person as an adult.
4. Encourage them to maintain their former status in the family group.
5. Include them in all family affairs.
6. Let the individual be as independent as he/she can be.
7. Emphasize their abilities — not their disabilities.
8. Stress every gain the person has made since the onset of their illness.
9. Try to have a well planned daily routine which will give the individual something to anticipate and make them feel secure.

I hope these few suggestions will benefit you and your loved ones.

rape, natural disasters or life threatening accidents.

- (2) Recurring dreams and memories of the event which interfere in daily functioning.
- (3) Psychic numbing causing detachment and decreased interest in daily routine and significant others.
- (4) At least two of the following symptoms:

Hyperalertness, sleep disturbance, survival guilt, memory impairment, concentration problems, phobic avoidance or increased symptoms if performing activities symbolic of the event.

Associated features include depression, anxiety, irritability, explosive behavior, impulsivity and mood swings.

If post traumatic stress disorder is experienced within six months of the traumatic event and lasts less than six months, it is considered to be of the acute variety. However, it may occur more than six months after the event and lasts more than six months, in which case it is considered chronic.

The important fact to keep in mind is that post traumatic stress disorder is treatable. For more information, please call the Center for Living at 355-0100.

Get disabled people down to business . . .



GIVE TO
Easter Seals
SERVING
DISABLED
PEOPLE
FOR 61 YEARS



(WBAL RADIO—11)
(Sunday Evenings 8:10 P.M. — 8:30 P.M.)

TURN ON THE HEALTH BY TUNING IN TO

"GUIDES FOR HEALTHY LIVING"

WBAL—AM 1090
SUNDAYS AT 8:10 P.M.

Ready for an informative and interesting Sunday evening, listen to Easter Seal's "Guide for Healthy Living."

Our radio program is going into its second year and we believe that it has presented the community with a wide variety of topical health issues.

The show has had broadcasts on everything from Anorexia Nervosa (problems of drastic and potentially fatal weight loss) to humor and psychotherapy.

If you have a suggestion for any topic you would like for us to cover or any comments on any one of our broadcasts, please call 355-0100.

"GUIDES FOR HEALTHY LIVING"

Date Aired	Subject
May 30, 1982	Use of X—Rays in Dentistry (Dr. Sheldon Silverman)
June 6, 1982	Procedures & Arrangements Following Death (Michael Ruck)
June 13, 1982	Adolescent Alcoholism (Peter J. Pociulyko)
June 20, 1982	Acupuncture (A Discussion with Dr. Schue—Yuan Liao)
June 27, 1982	Issues Related to the Blind (Kenneth Jernigen)
July 4, 1982	Allergic Diseases (Dr. David Golden)
July 11, 1982	Childrens' Dentistry
July 18, 1982	Nutrition (Dr. Warren Ross)
July 25, 1982	Deafness (Janet Prey)
Aug. 1, 1982	Divorce Mediation (Stanley Rodbell)
Aug. 8, 1982	The Single Working Mother (Jean Bouscaren)
Aug. 15, 1982	Skin Care (Dr. Margaret Weiss)
Aug. 22, 1982	Poison Prevention & Treatment (Jackie Lucy)
Aug. 29, 1982	Diabetes (Judy Boggs)

THE TELETHON

TELETHON '82 -- A memorable Event --

The Easter Seal Society of Central Maryland held its 2nd Annual Telethon on March 27-28th.

We are happy to say that it was very successful in generating over \$116,000.00. The people of Baltimore and surrounding areas can be proud of their accomplishments.

We would like to give special thanks to those whose generosity made that event possible; Sponsors of \$1,000 and above:--

Fraternal Order of Police
Safeway
Century-21
Toys "R" Us
Comprehensive Accounting
Ramada Inn
Friendly Ice Cream
Thrifty-Rent-A-Car
Blob's Park
Black & Decker
Manufacturing Co.
Loyola Federal Savings
& Loan Assn.

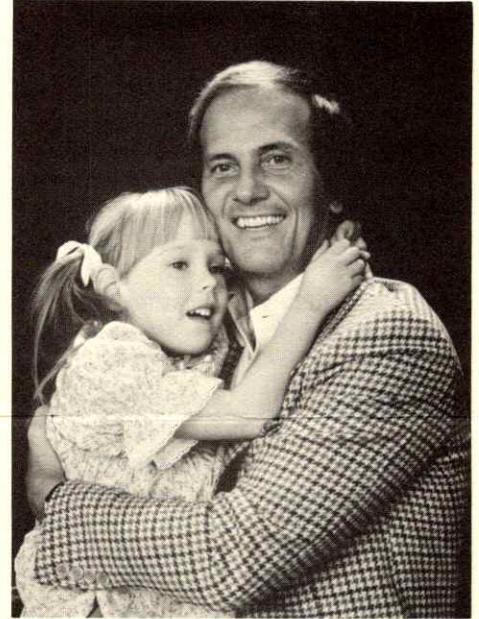
Moose Lodge of Edgemere
Ellen G. McDaniel, M.D.

The Angel Board (Gifts of
\$100 and above)

The Custom Coach Co.
The Baltimore Asphalt Paving Co.
EASCO Corporation
Citicorp Financial, Inc.
Mr. Joseph P. McCurdy, Jr.
The Equitable Trust Co.
Union Trust Co.
The Baltimore Sign Co.
Pilgrim Laundry, Inc.
Chiapparelli's Restaurant
AM-PRO Sporting Goods, Inc.
Berger's Bakery
Mr. Pips Night Club
P.J. Crickets Dining House
& Pub

A special thanks to Kelly Saunders and Ray Bennet for being super and durable hosts. Also our deep appreciation for all the wonderful volunteers who manned the phones.

See you next year at the Easter Seal Telethon!



"Pat Boone will be back again to host the 1983 Easter Seal Telethon March 26 & 27. He is pictured above with 5-year old National Easter Seal Child, Colleen Finn."

A GIVE AWAY WHERE EVERYONE GAINS!

SOUNDS IMPOSSIBLE, BUT..... IT'S TRUE!

Your car, boat, painting, etc. may be worth more to you by giving them to the Easter Seal Society than by selling them; this is because of tax deductions regarding charitable giving.

We would be happy to discuss how both you and the Easter Seal can benefit by this type of gift.

For information call Bob Chertock at 355-0100.



Miracles don't just happen.
Your gift to Easter Seals will help.

MEMORIAL GIFTS HELP THE LIVING

When a close friend or relative passes away, a memorial gift to help disabled children through Easter Seals can be a very appropriate expression of condolence with a positive value to the living.

A dignified, engraved card will be quickly sent to inform the bereaved family of your gift to the handicapped in the deceased's memory. The amount of contribution is never mentioned and is answered promptly with an acknowledgement for your records.

For more information please call us.

LEND A HAND!

If you have some extra time to give, we are in need of volunteers. Our Program, Fund Raising and Special Events Departments would be grateful for your assistance.

We need volunteers for our clients in the resocialization program, with mailings and general clerical duties.

Please call us for an appointment to discuss this very rewarding work.

IF YOU ONLY "WILL"!

Just one paragraph in your will can help insure all the fine programs of the Easter Seal Society. For Easter Seal direct service programs such as "The Center for Living, Summer Camping, Speech and Audiology, Equipment Loan and many others."

By including the Easter Seal Society as a beneficiary, you provide funds for the Center for Living to aid shock trauma recoverees.

All you have to do is ask your attorney to insert the following paragraph in your will, beginning with these words: "I give and bequeath \$ _____ to the Easter Seal Society of Central Maryland. . . ."

Your gift will help handicapped individuals to lead a meaningful life. Please consider doing it today. For more information please call us.

1982 SOFTBALL MARATHON

The Second Annual Easter Seal Softball Marathon is rapidly approaching. This year's marathon will be taking place on August 21st and 22nd. Over 180 teams participated in last year's event which raised over \$39,000.

This year's marathon will once again see Rick Dempsey as the Honorary Chairman of the event, and will become a statewide fund raiser for Easter Seals. Miller Special Reserve Beer, USSSA and 92-Star Radio will be sponsors of this year's event!

The games are played for two hours and the team winning at the end of that time shall win a trophy. Teams raising money are given prizes for their efforts in behalf of Easter Seals and sponsors.

We are expanding this year's softball marathon to fields in Howard County, Baltimore County, Baltimore City, Anne Arundel County and Harford County.

If you are a member of a softball team and think you might be interested in the 1982 Easter Seal Marathon, please fill out the form below and you will be sure to receive the information when we begin registering. Have questions? Call Mitch Stoller at 355-0100.

LET'S PLAY BALL!!

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
<input type="checkbox"/> Yes, I would like registration information for the 1982 Easter Seal Softball Marathon.

NEW PUBLICATIONS ON SPORTS, RECREATION FOR PEOPLE WITH DISABILITIES.....

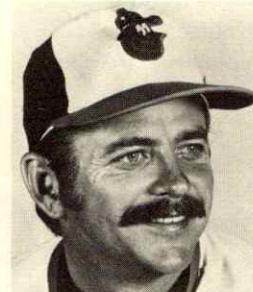
A new publication intended to encourage participation in sports and recreational activities by people with disabilities is now available from the Easter Seal Society of Central Maryland.

Titled "The Widening World of Sports and Recreation for People with Disabilities", the booklet briefly describes a variety of sports that are attracting increasingly large numbers of disabled people. Included is a resource list of organizations for additional information.

"There are more opportunities than ever before for enjoying the benefits of recreation activities which are important to all of us whether disabled or not."

"With the right equipment, encouragement and training, virtually all games and sports can be adapted for the enjoyment of people with disabilities."

To receive your copy please call the Easter Seal Society at 355-0100.



"Rick Dempsey, Star Catcher of the Baltimore Orioles and 1982 Honorary Chairman of the Easter Seal Softball Marathon."

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Baltimore, MD. 21225