



## ***Maine Brain Aneurysm Awareness - Time for Reflection!***

*At the end of the year, let us take this opportunity to look back at 2015 and forward to 2016.*

### **2015 Accomplishments:**

**Awareness Committee:** Held 9 monthly meetings with 10-15 people in attendance working, planning and organizing.

**Support Group:** 10 meetings in 2015 with an average of 13 people in attendance. Since the group's inception in Feb. 2014, a total of 24 survivors, 36 interested people/caregivers, and 21 medical professions have attended one or more meetings.

**Dance for Awareness:** March - 150 people raising over \$3,600 for Maine Brain Aneurysm Awareness.

**Becky's Fundraiser;** May - over 175 people raising \$727 for the BAF.

**Stroke Conference:** May - awareness booth with over 120 medical professionals.

**Nolan's HERO 5K:** September - major awareness presence with over 325 people in Pittsfield, Me.

**KAT-Walk & Karo 5K:** September – over 350 people at event, 22 survivors and families, 14 official teams, 2nd “Unka Dave’s Kids Fun Run”, over 500 people donated over \$20,000 to benefit the on-going efforts of the Maine Brain Aneurysm Awareness Committee.

**Exercise Your Brain:** October – awareness table for over 50 people at Yoga event, Bug Light, SP.

**EMS Conference:** November - Presentation booth at annual EMS conference attended by 500 first responders and emergency personal – 3 day event in Rockport, Me

**Greenwood 5K;** December - Participated with BA survivor Maureen McCool and hosted a 5K Run & Walk in Farmington with over 50 folks attending with over \$400 raised for Maine BA Awareness.

**Research Grant:** From your fundraising efforts last year, we funded a \$25,000 Research Grant to Dr. Kim Kicielinski, from the University of Alabama who is working on ground breaking imaging technologies to study the thickness and layers of Brain Aneurysms before rupture. It is hoped this will provide a better understanding of the mechanics of aneurysm rupture, and lead to an ability to more accurately classify which aneurysms are high risk and require treatment, and which do not need surgery. We were thrilled Dr. “Kim” came to the KAT-Walk & Karo-5K and we’ll be staying in touch as her research continues.

**Brain Aneurysm Publicity:** Our mail list is now over 1,400 names. The [MaineBA.org website](http://MaineBA.org) underwent a complete redesign and is kept active and current. Our [Facebook page](#) currently has 577 followers and had over 88,750 views of the 140 newsworthy postings in 2015.

**Reorganization:** Much of January through June was involved with issues and dispute with the BAF on their new marketing, overall change in strategies, and attitude toward local groups. After intense and careful thought, the Committee decided to disassociate itself with the national organization. In July, we formed a Corporation, becoming officially the “Maine Brain Aneurysm Awareness Committee”, Inc., received a Federal Tax ID number, and received our 501c(3) status.

**Outreach:** We had several meetings with both Maine Medical Center and the [MMC Neuroscience Institute](#) and on a national level we have reached out to:

[The Bee Foundation](#) in Philadelphia where Maine survivor, Heidi McCausland, [shared her story](#).

[The Joe Niekro Foundation](#) in Arizona.

Todd Crawford who is forming the [Lisa Colagrossi Foundation](#) in Connecticut.

We will continue vetting these organizations in 2016 and investigating opportunities of how they may support our activities and goals in Maine and New England.

## **2016 Scheduled Events:**

**Awareness Committee:** Meetings scheduled for 2<sup>nd</sup> Thursday of month, Portland

**Support Group:** Meetings scheduled for 6PM, last Thursday of month, MMC Portland. [Website for updates](#).

**Dance for Awareness:** March 5, 2016, [Westbrook Legion Hall](#)

**Stroke Conference:** May 2016, USM, Portland

**Becky’s Fundraiser:** May 2016, [Becky’s Diner](#), Portland

**KAT-Walk & Karo-5K:** September 2016, Back Cove Blvd, Portland

**Nolan’s HERO 5K:** September 2016, Pittsfield

**Greenwood 5K:** December 3, 2016, Farmington

## **Goals for 2016**

- Increase numbers of survivors and supporters attending the monthly Support Group meetings.
- Investigate possibility of holding informal bi-monthly survivor meetings in the Augusta area to better accommodate survivors and families in central and northern Maine.
- Prepare and have printed several brochures or booklets (that replace BAF materials) to be used as hand-outs regarding signs & symptoms, detection & treatments, and survivor help guides.
- Participate in more Medical conferences and other opportunities to raise awareness.
- Increase publicity and possible TV publicity to increase awareness (local TV news Medical reports).
- Organize and conduct a preliminary discussion meeting with Dr. Ecker, Dr. Baker, and Dr. Seder (MMC Emergency Neuro ICU Doctor) concerning how we can best help with increasing Brain Aneurysm Awareness and raise it to “Top of Mind” status. Goal is to map out a strategy for outreach to all hospital emergency rooms, First Care Centers and EMS crews in the State of Maine.
- Formalize a plan to solicit, review, and award funds to various worthwhile Brain Aneurysm related Research Projects in Maine and/or New England.

***As always, our overall goal is to HELP SAVE LIVES through Brain Aneurysm Awareness, Education and Research. A heartfelt thank you to all for making 2015 such a wonderful success and we look forward to working together in 2016.***