



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

SPRING 2014

MindMatters is a publication of BIAWA.



Executive Director's Message

Building Community is a big part of what BIAWA works on every day. Some of this takes place behind the scenes, through development of partnerships, presentations and reaching out to others doing similar work both here in Washington State and nationally. Our events, though, are our greatest sources of building community.



Revisiting with old friends or meeting new ones for the first time in a casual, invitational environment enhances our community and inspires us. Whether it's our Baseball Game Outings, the March Brain Injury Awareness Dinner, the Tulip Trip or the Brain Injury Art Show, they all are important community activities. We welcome suggestions from you on activities here in Seattle and around the state. While not all are fiscally doable, there usually is something that we can make work. It's been wonderful to watch our activities grow and to see how important they are in fulfilling part of our mission - "supporting the highest quality of life" for those we serve. Something as simple as a dinner in an inviting, supportive environment can be as meaningful as the best doctor's appointment. It was great to celebrate Brain Injury Awareness Month with over 80 individuals at our dinner in March. I made an ask there that everyone would find an opportunity to share information on Brain Injury with someone during March. I believe that we are breaking the silence through each of us sharing our stories - a small conversation that might open one or even many doors. I can say personally, that every week, whether through a casual conversation at the bank or grocery store or at a party, I have an opportunity to educate someone on the prevalence and the importance of supporting those with a Brain Injury, their family and caregivers, and this organization. I hope each of you enjoys an amazing spring and that you send in those ideas on how we can continue to build community together!



President's Message

As we come to the close of my first year as President of the Board of Directors, it is an opportunity to pause and reflect on the great work of the BIAWA, and why I so enjoy being a part of this organization.

Among the many events for survivors and caregivers sponsored by the BIAWA, I recently attended the second annual Brain Injury Awareness Month Kickoff at the Pyramid Restaurant. In speaking with a number of attendees, I heard how much they appreciate the opportunity to get out for the evening, visit with other survivors and enjoy good food at a comfortable price. There is always plenty of laughter at this event!

This year also saw the signing of legislation in all 50 states that protects young athletes from sustaining life changing traumatic brain injury. This effort began with the signing of the Zackery Lystedt Law in Washington state in 2009.

I look forward to another year of expanded outreach, services, programs, and community partnerships. Thank you so very much for supporting and contributing to the mission and vision of the BIAWA. It is all of you who make this possible.

Brain Injury Awareness Month Kick Off at Pyramid!



On March 5th we kicked off Brain Injury Awareness Month with a fantastic community event at the Pyramid Restaurant! Survivors, Caregivers, Supporters and BIAWA Board and Staff enjoyed each other's company, a tasty dinner and an energetic performance by the lovely ladies of Seattle Irish Dance Company. It was a real treat to meet new friends and see so many familiar faces! The BIAWA is proud to support Brain Injury Awareness and encourages those affected by Brain Injury to [Share Your Story!](#)



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Upcoming Events

To register or find out more about these events call 206-467-4800, email admin@biawa.org or visit our website www.biawa.org



BECOMING YOU

Moving, Creating and Growing Forward

Washington State TBI Conference 2014

Monday, April 28, 2014 - Tuesday, April 29, 2014

Handling the Traumatic Brain Injury Case



Date/Time:

May 08, 2014 / 8:00am—5:15pm

Location:

Washington State Convention Center



Sip For A Cause as We Celebrate Summer

5th Annual Wine & Chocolate Fundraiser

Thursday June 26th, 2014 - 5:30PM to 8:30PM



Join Us For The 4th Annual

WALK, RUN & ROLL

FOR THOUGHT

Because Your Mind Matters

2014

Sunday - July 27, 2014 - 5k & 1 Mile - Magnuson Park - Seattle

Schedule of Events

5k Registration begins at 8:00 AM
5k Begins at 9:00 AM

1 Mile registration begins at 9:15 AM
Opening Ceremony 10:00 AM - 10:30 AM
Walk Run Roll 1 mile 10:30 AM - 12:00 PM

Sponsored by



WALK, RUN & ROLL FOR THOUGHT

Call To Artists to Create Our 2015 Walk, Run & Roll Logo!

WALK, RUN & ROLL FOR THOUGHT

Call to Artists!



6th annual

BRAIN INJURY ART SHOW

2014 CALL TO ARTISTS



The BIAWA is very excited to announce that the 6th Annual Brain Injury Art Show will be held this year at Youngstown Cultural Arts Center in West Seattle during the month of September, 2014. We welcome and encourage artists of all ages and abilities living with a Brain Injury to exhibit their work in this non-juried art show of any medium, however size and weight restrictions apply. Artists may submit one (1) piece of art. Submissions will be accepted April 15, 2014 through July 17, 2014. All artists must complete a Release Form in order to participate in the 2014 Brain Injury Art Show.

For more information about participating in the Brain Injury Art Show, contact BIAWA toll free at 877-982-4292 or 206-467-4800 or email admin@biawa.org.



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2014 Gala Save the Date

The B.I.G. Event - Save the Date

November 1st, 2014 is the date for the 8th Annual Brain Injury Alliance of Washington's Gala, Dinner & Auction. Our 2013 Brain Injury Gala (B.I.G) was a phenomenal success and a magical evening! We are certain 2014 will be just as fantastic with your support. You can get involved early this year by donating wine or other auction item or by procuring them from your favorite establishments! Contact us for more information, to volunteer at the event, or for procurement forms!



Survivor Corner - Andy's Story

When I first started working with BIAWA and met Julie, I was feeling kind of destitute and helpless. I wasn't sure which way to turn. I was also trying to get myself out of the homeless lifestyle and not give into temptations of drugs and alcohol as a temporary solution. Here are some of the steps Julie and I took to progressively get my life back together:



Julie and I set appointments, and they were written on paper or I was reminded over the phone that I had appointments and I was more able to get to appointments. I lived a more organized lifestyle with the use of the phone, pen and paper and calendar to remind me of what I had to look forward to and remind me of where I was going.

I set doctor's appointments, and Julie accompanied me to make sure I didn't miss anything, take my medications, get the prescriptions filled, and get to the doctor on the timeline allowed in an organized fashion. She was like someone who helps me along the way with my memory and my organizational skills.

In order to get medical services from the hospital Julie went to the doctor a few times with me and helped me prove that I needed assistance and I was helped with DSHS (medical, food and cash). (She actually went to the DSHS office with me.)

I also had Unemployment checks to look forward to each week for approximately 4 months after I applied for Unemployment and was accepted. Julie was like a coach to help me understand how it works. I lost a notebook with my job searches [at the homeless shelter where I was living]. Then the employment office wanted to review my job searches and I didn't have any to show so Julie helped me explain this to the hearing we had in front of the judge. The ending result was clear communication with the judge and no charges filed against me

And, with Julie's help I also connected with DVR and NVSU (Neurological Vocational Services Unit) to help evaluate me, my strengths and weaknesses at work, my memory and my organizational skills by having me work for 90 days at Habitat for Humanity as an understudy to be assessed for work.

Julie also helped me find a new place to live. We had to go to appointments and prove to Home and Community Services that I had a disability. And Julie helped me along the way to help my memory and guide me into getting assistance from the state of Washington to get a place to live, in order to live a normal lifestyle even with a disability and/or memory problems because of my disability.

If I had tried to get SSI or SSDI on my own without help I never would have gotten as far as I am now. But thanks to the help I am receiving from Julie, I have been able to move forward and be approved for SSDI (Andy recently received 17 months of SSDI back payments) and am living in an Assisted Living Facility. If I had done it on my own I'd still be paddling upstream.

Thank you sincerely, Andy Hett



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BIAWA in the Community

BIAWA is committed to taking the silent out of the "silent epidemic" and is reaching out to tens of thousands of individuals annually with our outreach efforts. There are just a few of our recent efforts:

January 8th Mary Hughes presented at Seattle Children's Home.

January 16th Nancy Huseman presented at the EMS Violence & Injury Prevention Conference in Lacey.

March 12th Wendy Lomax exhibited at the Fair at the Lair with the Vet Corps in Spokane.

March 21st Jessica Ford exhibited at the School Nurse Organization of Washington conference in Walla Walla.

Concussions and Winter Sports

Here are a few things to remember as you head out to the snow or onto the rink:

1. Wear a helmet - and make sure it fits properly! My helmet is blue and highly fashionable, not to mention warm and cozy.
2. Remember that while helmets can help prevent more severe brain injuries, you can still have a concussion while wearing a helmet (re-watch that Olympic footage on TV!). If you have a concussion while skiing, snowboarding, or skating, treat it as though you were a football player. Leave the game (or rather leave the hill or the rink). Rest and follow up with your health care provider.
3. Know your limits. Stay out of the trees unless you are an expert and ski with a partner at all times.
4. Get familiar with your ski/board area. Check out the runs and terrain parks before trying any jumps or tricks.
5. For hockey players, no sticks to the head or back checks into the boards.
6. And even though figure skaters wear sequins, that ice is hard. Concussions can occur in any winter sport. Treat a concussion with respect.

Remember, snow sports are outstanding ways to enjoy the outdoors in winter and I love 'em. But preventing a head injury is as much a part of skiing, snowboarding, sledding, and skating as it is in football or soccer.



For advertising opportunities contact the BIAWA office at 206-467-4800



Visit us on [Facebook](#) & [Twitter](#) and keep up-to-date on what [BIAWA](#) is doing in your community. Find out about our events, resources and support for those with Brain Injury.