



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

WINTER 2015

MindMatters is a
publication of BIAWA.



Brain Injury
Alliance
WASHINGTON

Executive Director's Message

Welcome to the New Year! 2014 ended B.I.G. for BIAWA, as in an amazing Brain Injury Gala.



The event itself takes a lot of coordination and support from many individuals, but in particular our amazing staff who every year have upped their game to continue to meet the increasing numbers who enthusiastically attend and support us. There was over 600 this year - an amazing number to hear, but even more so to be in a room where everyone there was committed to making a difference in the lives of those affected by Brain Injury. If you haven't had a chance to see our video from that evening, I invite you to view it on [YouTube](#) or on our website at www.biawa.org. I cannot believe we are already in 2015 and that I personally just celebrated my 5th year anniversary with BIAWA. Yes, time has flown by and it has been amazing, mostly because of the wonderful individuals, families, supporters, providers and BIAWA staff and Board that I have had the pleasure of working with during this time. We are working on new activities, outreach and services and cannot wait to connect with each of you in 2015.

Deborah Crawley, Executive Director

Spokane Chapter Update



Spokane Chapter Update

The Spokane Chapter held their Holiday Party on December 12th. Friends and supporters gathered to celebrate the holiday season. Click here to see photos of the [Spokane Holiday Party](#) on BIAWA's Facebook page. Also, check out the [Spokane Chapter's new website!](#)

Support Us With A Gift

Your gift ensures BIAWA can continue to provide opportunities and promote solutions that advance the quality of life for individuals with Brain Injury and their families. We need your help to erase the silent from the "silent epidemic" of Brain Injury - [make your gift today!](#)



Shop at Amazon Smile and Amazon will make a donation to BIAWA! The steps are easy!

Simply go to smile.amazon.com. Sign in or create an Amazon account. Select a charitable organization: type in "BIAWA." You are now ready to begin shopping!

.5% of each purchase made will go directly to BIAWA! In order for BIAWA to receive a donation, you must visit smile.amazon.com, not amazon.com.



Fred Meyer now has a Community Rewards program!

[Click here](#) to link your Fred Meyer Rewards Card to the Brain Injury Alliance of Washington and earn Rewards for BIAWA while you shop!

Please note: If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any Fred Meyer store.

REAP



In December 2014, BIAWA was excited to share **REAP**, a community-based model for Concussion Management that was developed in Colorado and stands for Remove/Reduce, Educate, Adjust/Accommodate and Pace. [Click Here](#) to download the REAP Concussion Guide, which BIAWA has modified specially for Washington State.

Past Events



BIAWA held its 8th BIG Gala on November 1, 2014 at the Westin. With over 600 guests, this was our largest Gala ever, and we raised over \$500,000! Thanks to everyone who came!

Watch the [Gala Video](#) or [View Photos](#) from the Gala.



BIAWA celebrated 2014's Holiday Party with over 80 community members, staff, and board members December 4, 2014 at the Swedish Club. Everyone enjoyed the holiday sing-a-long, community, and beautiful views of Lake Union.



2014 Washington State Ferry Holiday Cruise

On Saturday, December 13, 2014 70 BIAWA community members sailed Puget Sound aboard the **Washington State Ferry Holiday Cruise**. This annual event is held by the Active Ferry Employees Charitable Trust (AFECT) and is a wonderful opportunity to enjoy the holiday season.

Upcoming Events

Brain Injury Alliance WASHINGTON

Join Us March 11th, 2015 for a **Brain Injury Awareness Month Celebration** in support of BIAWA!
www.biawa.org

Join us March 11th, 2015 at the Pyramid Restaurant to help BIAWA celebrate Brain Injury Awareness Month with friends, food, Irish dance, and fun. There are so many things to celebrate!

Grafton Street Academy SEATTLE IRISH DANCING

Pyramid Restaurant
1201 First Avenue South
Seattle, WA 98134

Enjoy the Beautiful Fields of Tulips at RoozenGaarde!

New Date!

Join Us Wednesday, April 8th, 2015 to **Stroll Through the Tulips**

Visit BIAWA.org for more information

Brain Injury Alliance WASHINGTON

BIAWA Brain Injury Alliance WASHINGTON

2015 Brain Injury art show

Painting, Photography, Multimedia

2015 CALL TO ARTISTS



June 8th to July 24th, 2015 - Mercer Island Community & Event Center Gallery

2015 Art Show Submissions

BIAWA is accepting submissions now for this year's **Brain Injury Art Show!** All artists must be residents of Washington State, have a brain injury, and must complete a release form to participate. To learn more about the art show and fill out a release form [Click Here](#).



**WALK
RUN & ROLL**
FOR THOUGHT 2015

Sunday - July 26, 2015
5k & 1 Mile - Magnuson Park - Seattle

WR&R supports efforts to increase awareness
and improve the quality of life for individuals
and families impacted by Brain Injury.

 Brain Injury
Alliance
WASHINGTON

 Seattle BrainWorks
A PROGRAM OF PROTEA



9th Annual
Dinner & Auction

the
B.I.G.
brain injury gala

SAVE THE DATE
November 21, 2015
The Westin Seattle

Welcome New Board Members

Tina Torres is a senior professional with nearly twenty years' experience in legal compliance and technology consulting in the areas of organization-wide Document and Records Management, Information Governance and Data Privacy strategy development, program implementation and change management.

She enjoys dancing and painting as hobbies and loves exploring new technology gadgets of any kind.



Welcome New Staff



Claire Eisenfeld is our new Development Coordinator. Claire earned her Master's in Public Administration with a certificate in nonprofit management from the UW Evans School of Public Affairs. Claire's professional experience includes nonprofit development and administration. Before coming to BIAWA, Claire worked as the Advancement Coordinator at the Evans School and Development Coordinator Intern at The Martinez Foundation.

Survivor Corner - Joel's Story

My life prior to Brain Injury was extremely busy. I was employed in healthcare for 15 years. I had been told by doctors and others that my blood pressure was too high (hypertension)! They told me I needed to lower it, but I denied my self-care. It got worse, but I didn't feel any different. I had been laid off, then accepted a restaurant management position with even greater stress.



At this time, I was working 60+ hours per week. I was lacking sleep and nutrition, was unhealthy and was always nervous and terribly stressed. Needless to say, I was a recipient of an intraparenchymal bleed (Stroke). 65% of those who suffer this type of stroke die within 24 hours. I was in the fortunate 35% to survive with a good quality of life ahead, as long as I made many drastic changes.

Since my Stroke, my life has changed for the better.

- I realize that rest and sleep periods are required!
- I am being consistent about focusing on the most important beneficial factors of my life and how they work together.
- Nutrition is important.
- I keep myself at no to very low stress.
- I exercise with slow rate reduction.

- I surround myself with a healthy and positive environment and people.
- I have learned to say, "no," if I am tired or just don't feel up to anything.

As part of the changes in my life, I found the BIAWA with a web search engine. I also heard about them from others in the Brain Injury community while attending social functions sponsored by the Brain Injury Alliance. I currently volunteer 1-2 times a week at the office organizing and correlating information mailers and packets. The BIAWA is an awesome group of caring individuals that assist those who are challenged with Brain Injury to have a better quality of life.

This has been a humbling, yet positive experience for me. I am currently facilitating Brain Injury Support Groups at UW/Harborview Hospital and West Seattle's Alaska Junction. I reach out to others with Brain Injury and those that may be injured. I talk to children about simple protection from concussion with helmets. I'm helping others, as well as myself, go about socially, getting physical activity, meeting with family and friends and succeeding on this amazing journey!

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. Here are just a few of our recent efforts:

On September 10th Nancy Huseman presented at the Veterans Administration Mental Health Summit

On September 24th Mary Hughes trained probation Officers in Bellingham

On October 13th Julie Dawning trained Certified Professional Guardians in Seattle

On December 4th Nancy Huseman trained Work Incentives Coordinators in Lacey

Resources We Love





CAREGIFTED awards one-week breaks to full-time caregivers of the severely disabled.

CAREGIFTED's purpose is to renew and restore the hearts and minds of these often unrecognized and unpaid laborers, and deliver hope to those who need it most. CAREGIFTED plans to give ten trips per year to qualified caregivers (must have 10+ years as the caregiver), whose applications have been vetted through a committee screening process and given priority status."

Visit www.caregifted.org for more information

For advertising opportunities contact the BIAWA office at [206-467-4800](tel:2064674800) or [click here](#).

 Like us on Facebook!	 Follow us on Twitter!	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.
--	---	--

The Brain Injury Alliance of Washington is a 501(c)(3) non-profit (Tax ID 91-1206800).