



Brain Injury Alliance of Washington

**MINDMATTERS**

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

December 2016

MindMatters is a  
publication of BIAWA.



Brain Injury  
Alliance  
WASHINGTON

## EXECUTIVE DIRECTOR'S MESSAGE

Dear Friends of BIAWA –

Time certainly does fly. It's hard to believe that 2017 is right around the corner. It's been a busy time at BIAWA. I want to send a very heartfelt "Thank You" to everyone who attended our **10th Annual BIAWA Gala, Dinner & Auction** and all of you for making this such a successful year. Thanks to your contributions and support we were able to raise over \$500,000 for survivors of brain injury and their families!

We also hosted a number of events, which you will read more about in this edition of our newsletter. Building community at all levels continues to be one of the pillars of our day-to-day work. Together we are always stronger and through all of our events and outreach we are able to connect with and support one another. I see a "Community of Hope" and thank you all for being part of it.

Best wishes and sincerest thanks,

Deborah Crawley,

Executive Director



BIAWA offers 1:1 direct support in Washington for individuals with Brain Injury, caregivers, and loved ones. The Washington Brain Injury Resource Center will help you navigate the medical system, access legal aid, help family and friends better, understand Brain Injury, and so much more....

  
**Washington Brain Injury  
— Resource Center —**  
A PROGRAM OF BIAWA

Please contact our Resource Line at

**877-824-1766**



One of the highlights of 2016 was the launch of the **Brain Health & Wellness Program**. A big thank you to the instructors and all of the attendees during our pilot year. We will continue our efforts and look forward to a great class schedule in 2017. If you have questions or would like to request a copy of our Class Schedule, contact Kelsey at (206) 467-4800 or [KelseyW@biawa.org](mailto:KelseyW@biawa.org).

**Below is a listing of classes you can look forward to in the upcoming season:**

**“Get Organized”**

**“Tango Stride Technique”**

**“Creative Writing”**

**“The Healing Benefits of Collage”**

**“The Role of Cognition and Movement”**

**Brain Health & Wellness successfully launched in Puyallup in September, 2016!**

Below is a list of upcoming 2017 **Brain Health & Wellness** classes at MultiCare Good Samaritan Hospital in Puyallup:



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**MultiCare   
Physical Medicine and Rehabilitation  
BetterConnected**

**“Finding Quality of Life After Brain Injury”**

**“Assertive And Effective Communication Strategies”**

**“Fall Prevention And Harm Reduction”**

**“Living Energetically: Coping with Fatigue and Boosting Energy”**

**We hope you will attend these FREE classes!**

**Register by going online at [www.biawa.org](http://www.biawa.org) or call 206-467-4800.**

## PAST EVENTS



### The 10th Annual Brain Injury Gala, Dinner & Auction

This year's Gala celebrated a "Decade of Difference." In many respects, it was the best year yet and, as it always has been, a great opportunity to connect with all of the people involved in creating a voice for the "Silent Epidemic" that is Brain Injury.

We couldn't do it without you. We look forward to continuing the work with you and sharing the stories, the information, the laughter, the tears and the joy at next year's Gala, which will be held on Saturday, October 21st, 2017 at the Westin in Seattle.



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### **A Visit to Northwest Trek Wildlife Park**

The weather could not have been better for this year's visit to NW Trek on September 14th. BIAWA staff and over 35 attendees from the Brain Injury community enjoyed the sights of Roosevelt Elk, Mountain Goats, Bighorn Sheep and North American Moose while aboard the *Discovery Tram Tour* during a comfortable ride through the 435 acre attraction. After our adventure, lunch was provided at Amici's Italian Eatery located in Graham, Washington. We hope to see you all again on next year's trek.



### **BIAWA's Annual Holiday Party**

BIAWA's annual holiday party kicked off on Thursday, December 1st at Swedish Cultural Center in Seattle. There was great food and familiar faces from the Brain Injury community, their families and the professionals that make a difference in their lives.

We sang holiday Carols and enjoyed sweet and savory Piroshky's all while surrounded by a beautiful view of Lake Union. BIAWA wishes you all a wonderful holiday and happy new year!

For advertising opportunities contact the BIAWA office at 206-467-4800 or visit <http://www.biawa.org/advertise.php>.

Visit us on Facebook, Twitter and Instagram to stay up to date on what BIAWA is doing in your community. Find out about our upcoming events, resources and support for those with Brain Injury. #LearnMoreCareMore



## WELCOME NEW STAFF



Jenna Krivi joins our team as the new Support Services Specialist. She has been working with the homeless population in Seattle as a case manager with Downtown Emergency Services Center for the last several years. She has a passion for helping others and is excited to take on this new role with BIAWA. Join us in welcoming Jenna to the BIAWA team!

Suzanne Wagner is our new Pediatrics Resource Manager. Suzanne comes from Seattle Children's Inpatient Psychiatry & Behavioral Medicine Unit, where she worked for 5+ years. She loves working with children that are struggling and in need of help, describing it as her passion. Suzanne is excited about the opportunity to connect with the Brain Injury community. She will be graduating from the USC's Distant Learning Program, with a Master's in Social Work.



## OUTGOING STAFF - WE WILL MISS YOU!



During her time with BIAWA, Genevieve Huard exhibited excellent research skills, a vast knowledge of pediatric resources and an inspiring work ethic that is sure to guarantee her success in all of her future endeavors. Genevieve is proof that hard work and dedication make all the difference.

We wish her the best of luck with her new life in Idaho.

Aaron Graham quickly became an integral part of the BIAWA team as Support Service Specialist. His flexibility and willingness to help in any way he could made him a valuable asset to BIAWA. Aaron leaves BIAWA thankful for what the role has taught him and vows to continue to help those in need in all the ways he is capable. A big thank you for all your efforts, Mr. Graham!



## SUPPORT US WITH A GIFT



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**Fred Meyer** now has Community Rewards. Link your rewards card to the Brain Injury Alliance of WA online at [fredmeyer.com/communityrewards](https://fredmeyer.com/communityrewards). Use your rewards card while you shop and BIAWA will earn a donation!