

BRAIN INJURY ASSOCIATION OF WASHINGTON

MIND MATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

www.braininjurywa.org

Winter 2013



Executive Director's Message – Looking Forward

“ We cannot wait to see what 2013 brings.”

It's hard to believe that the first months of 2013 are quickly passing by. And then, I realized that I am celebrating my 3rd year as Executive Director and it seems to have passed in the blink of an eye.

It's been a rewarding three years - meeting all the wonderful, passionate individuals that I either work with/partner with or support through our services.

There has also been a lot of work involved; but I do believe that we, as a community, get stronger and stronger every year.

We cannot wait to see what 2013 brings for all of us as we continue our mission of preventing all preventable brain injuries and supporting the highest quality of life for those who have been injured. As you can see by all of the information below, 2013 is going to be another busy year!



“ Please do not hesitate to call or email me with your ideas or thoughts. I'd love to hear from you. ”



Thank You for a Golden Evening

BIAWA would like to extend a big “Thank You” to the 120 of you who joined us on December 11, 2012 for “**A Golden Evening with the Golden King.**” Special thanks to the survivors and family members who were able to attend on reduced rate scholarships. Matthew Pollock had this to say about his experience,

“ It was nice seeing you at the King Tut exhibit! I am still in awe that I was able to see that. It has been an island of positivity I have visited frequently. I am very thankful that the BIAWA puts on events such as these. They matter so much to so many. There are people in the TBI groups that won't go out alone but will go out to events with other survivors. It's a wonderful feeling to have an opportunity to enjoy life to its fullest. ”

Continued - Thank You for a Golden Evening

Guests posed for pictures in Egyptian headdress on their way into a catered reception at the Pacific Science Center Laser Dome. After a captivating introduction from Cleopatra herself, guests had the opportunity to peruse the exhibit in a private intimate setting. This exhibit was almost entirely different than the first King Tut exhibit which toured the United States more than 30 years ago. The artifacts were spectacular, but the memories made with new friends and old are the real treasures for BIAWA!

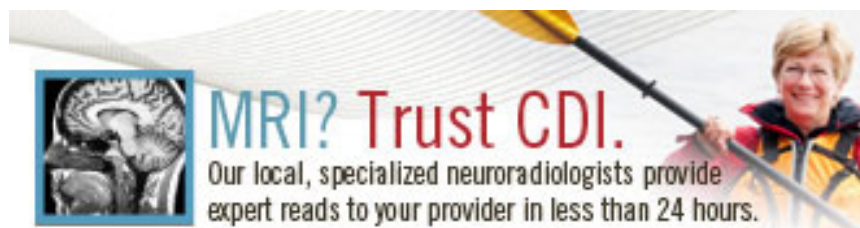


Brain Injury Awareness Month Celebration

Please join BIAWA on March 14th at the **Pyramid Restaurant** in Seattle. Tickets are only \$25 and \$3 for survivors and one family member/caregiver. Guests will enjoy their choice of pre-selected dinner, a beer and unlimited sodas.



In addition, each guest will be entered into a raffle to **win a Segway Tour for Two** (must be present to win). For more information or to register call the BIAWA offices at 877-982-4292 or visit our website.

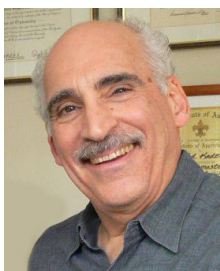


3rd Annual Walk, Run & Roll for Thought

Do you have fond memories of the Walk, Run & Roll 2012? I do! The weather was perfect, the treats delicious, the volunteers ever so friendly and encouraging, and the community of people who turned out just to share their presence with each other.....wonderful! Everyone there truly cared about creating a better future for individuals affected by Brain Injury, and those are the kind of people I like spending time with.

Well, we are doing it again, and you will have another chance to bring us another step closer to that future! **The 3rd Walk, Run & Roll for Thought** holds promise to be even better---because we have a committed group of people who love to see connections, smiles, and an increasing circle of awareness. You don't want to miss this, so **SAVE THE DATE: JULY 28, 2013** at beautiful **Magnuson Park**. We'll keep you updated, so just put a big circle on your calendar!

Vision Issues in Closed Head Injury/Traumatic Brain Injury and Stroke – Prism Lenses



Theodore S. Kadet, OD, Fellow, College of Optometrists in Vision Development, Director of Neuro-Optometry – Developmental Vision Associates, PLLC/Hope Clinic . It is reported in various media that former Secretary of State Hilary Clinton suffered a concussion and subsequent brain bleed from a fall at her home. Subsequently, TV viewers watching Mrs. Clinton testifying before a Congressional Committee observe her newly wearing eyeglasses. Upon closer look, the left lens of these eyeglasses appears to show a piece of plastic with lines, cut to the shape of the frame and adhering to the back surface. Various newspaper articles have reported Mrs. Clinton is wearing a Fresnel Prism on the left lens, likely to compensate for post-trauma Diplopia (double vision).

This is but one of many uses for prism in treating vision dysfunctions subsequent to a head trauma. So what is a prism? A prism is a special type of lens that is thicker on one side than on the opposite side. The thicker side is called the base of the prism, the thinner side the apex. The prism power may be ground into the spectacle lens as part of the overall prescription, or applied as a Fresnel prism to the lens surface.

Prism is used correctively to compensate for a horizontal or vertical eye turn. An eye turn may result in double vision – prism brings the images together. Prism may also be used to treat horizontal and/or vertical Visual Midline Shift, restoring perception of the midline of the body to its actual position. Neuro-Optometric Vision Therapy/Orthoptics treatment utilizes prism as a tool for the rehabilitation of normal binocular (two eyes) function.

Specific questions may be directed to Dr. Kadet at his email: tsk@hopecliniconline.com.

Join Us Tuesday, April 16th, 2013

Stroll Through the Tulips



Tulip Trip

April will be here before you know it, and you know what that means--Fields of beautiful tulips on display during the annual **Skagit Tulip Festival!** Enjoy the festivities with BIAWA as we make the journey to Mount Vernon for our 2nd Annual **"Strolling Through the Tulips"** Trip. Hop on board our chartered bus as we make our way to **Roosengaarde** where we will enjoy one of the best tulip gardens in Washington! After strolling around and working up an appetite, we will stop for a catered lunch before making our way back home. Cost to survivors and family members? Only \$3.00! **Click Here for More information** or contact Brittney Neidhardt-Gruhl at 206-897-6186 or **BrittneyN@braininjurywa.org**.

Concussion Summit

SATURDAY, MARCH 9, 2013 - SPOKANE, WA

9:00am - 12:00 pm



TBI Art Show to Return in 2013



The Brain Injury Association of Washington Spokane Chapter is sponsoring a **Free Concussion Summit** on **Saturday, March 9th** from 9am until 12pm at the **Gonzaga School of Law Barbieri Courtroom**.

This seminar is open and free to all those interested in preventing and treating concussions, also known as traumatic brain injuries (TBI). Doctors and health care professionals attending may **earn CME Credit** and learn the latest in medical evaluation, assessments, diagnosis and return-to-play procedures.

Parents, coaches, school administrators, athletic trainers, and youth athletes will learn about the signs and symptoms of concussion, how concussions are treated and the importance of following return-to-play protocols.

For more information or to register, **download the flyer**, email Wendy wendyl@braininjurywa.org or call the BIAWA offices at 877-824-1766

While we are in the early planning stages it is clear that we need additional support from a group of core volunteers to support this effort. In particular, individuals with previous experience hosting an art show, working with art at a gallery or special projects would be very helpful! If you are interested in becoming involved, please contact Pauline at Paulined@braininjurywa.org or call the BIAWA office at 206-897-5755.

We look forward to another amazing TBI Art Show in 2013 and cannot wait to see what the artists among our community have to share with us!

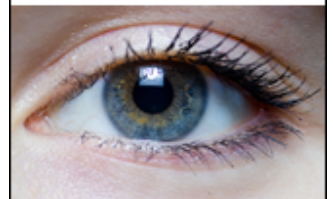
THE B.I.G

Brain Injury Gala

The B.I.G

Save the date: October 19th, 2013 is the date for the **7th Annual Brain Injury Association of Washington Gala, Dinner & Auction**. Our 2012 Brain Injury Gala (B.I.G) was a great success and we are certain 2013 will be the same with your support! You can get involved early this year by **donating wine** or **other auction items** or procuring them from your favorite establishments.

Be seen by survivors of Brain Injury, family members and medical & legal professionals



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Survivors' Corner – Celine

On May 16, 2010 my life changed when an irresponsible man failed to stop for a stop sign and drove his three-ton pickup truck diagonally across one lane and rolled my jeep resulting in totaling my vehicle and sending me to Harborview. A year earlier I'd received my Washington State cosmetology license and was happy and steadily building clientele. When I tried going back to work, I couldn't even walk in a straight line across the salon, let alone cut hair. No vehicle, no income and no job. The physical injuries were debilitating

for the first year until I got proper diagnoses (including post-concussive syndrome) and the right treatment, especially for balance issues. But it wasn't until I contacted BIAWA and attended a support group that I fully realized the extent of my head injury when others spoke of their issues which were eerily similar to mine. When I called the BIAWA resource line and Brittney Neidhardt-Gruel came to my home to help, the first day of the rest of my life began. My office floor was piled ankle-deep with stacks of paper; normally a vigorous, energetic, multi-tasking, Zen-like organized person, my life had been chaotic since the accident. I'd become unable to deal with the basics of

life, pay bills, afford food or even get to the grocery store. With Brittney's help, we developed files, organized bills and correspondence and she is still teaching me about compensatory strategies. So important to my sense of well-being is

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learning how to arrange my environment differently to reduce the visual stimulation that was once pleasurable but now confusing and intolerable. I am very grateful for all the support from

BIAWA and its sponsors and particularly for Everyone in the organization and to Brittney, King County Resource Manager, for her dedication to the science, mechanics, outreach and people involved with TBIs.

Resources We Love



Tax time is just around the corner, and we want to help get the word out about the IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) Programs which offer free tax help for taxpayers who qualify.

The VITA Program provides free tax assistance to individuals who make \$51,000 or less and need assistance in preparing their personal tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals in local communities. They can inform taxpayers about special tax credits for which they may qualify such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled. Visit the IRS Website

“ VITA Program provides free tax assistance to individuals who make \$51,000 or less and need assistance ”

<http://www.irs.gov/Individuals/IRS-Free-Tax-Return-Preparation-Programs> to find a VITA site near you.

The TCE Program offers free tax help for all with priority assistance to people who are 60 years of age and older, specializing in questions about pensions and retirement issues unique to seniors. IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS. The TCE Program is offered through AARP, and you can find information on locations here (hot link to: <http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>)

Brain Injury Association of Washington 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.

These are just a few of the events we have recently attended in your communities.

Pediatric Resource Manager Julie Dawning presented to the Federal Way School Psychologists and School Counselors on November 19th

Western Resource Manager Nancy Hughes attended the Heroes to Hometown Meeting in American Lake on December 11th

King Plus Resource Manager Brittney Neidhardt-Gruhl presented to the 2-1-1 Crisis Services team in Seattle on January 8th

Southwest Resource Manger Carla Whitson exhibited at the Hispanic Health and Resource Fair in Spanaway on January 26th

Central Resource Manager Cheryl Myers will present to the Yakima Division of Vocational Rehabilitation on February 28th