



MIND MATTERS

Prevention • Support • Education • Advocacy

Relearning everything on the road to independence

By Janelle Ryan

FIVE YEARS AGO, SUE ODOM had a happy life. She was working full time, raising two sons, and engaged to be married. Then, in an instant, everything changed. Sue and her fiancé were driving uphill, following the 35 mph speed limit. They couldn't see what was coming. A car barreling down the hill in the wrong lane at speeds between 100 and 110 mph collided with Sue's car head on, and she was the only survivor. The young adult driver and two passengers in the other vehicle had very high blood alcohol levels and also tested positive for methamphetamine.

Following the accident, Sue suf-



Sue Odom

fered a stroke. The combination of both incidents left her with a traumatic brain injury and significant frontal lobe damage. She spent six

weeks in a coma at Seattle's Harborview Medical Center, and then transferred to Good Samaritan Hospital in Pierce County, where she spent eight months in inpatient rehab. During those eight months, Sue says she had to "relearn everything."

Two adult family homes were the next steps in Sue's life after leaving Good Samaritan, but she was determined to eventually live on her own and worked hard to regain that independence.

That determination and hard work paid off. For the past three years, Sue has lived in her own apartment. A caregiver is with her

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'When in Doubt, Sit Them Out' now required in youth sports

Governor Signs Zackery Lystedt Law

GOV. CHRISTINE GREGOIRE RECENTLY SIGNED the nation's first return-to-play law, which requires medical clearance of youth athletes suspected of sustaining a concussion before sending them back in the game, practice or training.

The new law (House Bill 1824), known as the Zackery Lystedt Law, requires implementation of well-established, years-old guidelines prohibiting youth athletes suspected of sustaining a concussion from returning to play without medical clearance.

"This is a common-sense law that makes youth sports safer and helps prevent preventable brain injuries," said Richard Adler of the BIAWA.

The bill was inspired by Zackery Lystedt, now 16, of Maple Valley. Zackery suffered a life-threatening



Gov. Gregoire signs House Bill 1824 with Lystedt on the right.

brain injury on Oct. 12, 2006. School coaches returned him to play football after he sustained a concussion, without first obtaining a complete evaluation by a licensed health care professional

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EXECUTIVE DIRECTOR'S MESSAGE

Getting to Know David Anderson

My first four months with the Brain Injury Association of Washington (BIAWA) have been welcoming, warm, eventful, exciting, challenging, and rewarding all at the same time — there has never been a dull moment! Thanks to many talented individuals working together, much has been accomplished. We are building our organi-



David Anderson

zation and creating a better community of brain injury survivors and their caregivers.

Since I'm new to the BIAWA, you might want to know a little more about me. I come from a business background, focused on technology sales and management. My last role was as a vice president of an Internet hosting company in Seattle. Thanks to my father's early influence, I have always held community service in high regard and am an active volunteer with a number of organizations. Volunteer activities led to an interest in pursuing nonprofit work, and in short, that is why I'm here today. I'm married and live with my beautiful (and supportive) wife, Tanya, in Bothell, Washington.

Before touching on what we've been focusing on the first part of this year, I must recognize a number of individuals who have made my transition to this role virtually seamless.

Mary Spielmann Chapman did a fantastic job keeping everything rolling in the right direction as Interim Director, and she continues to be an incredible resource. The office staff members — Melissa Juarez, Phil Mikkelson, Brian Reynolds, Milo Smith and Janet Mott — have been very helpful and deserve a lot of the credit for our early success. They have done much of the heavy lifting and have my deepest appreciation and thanks for their work. Every member of the Board of Directors has been very supportive and helpful, specifically the board officers, Richard Adler, Jason Barber, Patrice Roney and Mark Long. Thank you.

Here are just a few of the things we've done or are working on in the first half of 2009:

- In the first few months, I've spent time meeting as many people associated within the state brain injury community as I possibly could and have had a great many meaningful conversations. I know that there are many more of you I need to meet, and I look forward to that opportunity.
- Another focus this year was to better clarify the BIAWA's vision and mission statements, the successful result of which we recently announced at our annual meeting on June 27 (and can be viewed at our website).
- While it may not show just yet, a new website is underway. Our existing website has done a very good job of housing a lot of good information over the years. Moving forward, we feel strongly that a new look and design can better benefit the community, with an interactive and information-rich site. We are working hard to make those changes.
- We have participated in a number of conferences and shows including: the Pacific Northwest TBI conference (hosted by the BIA-OR in Portland), the Washington TBI Conference, WA TBI Conference support group

facilitator training, *Challenges in Caregiving: a conference for caregivers*, the Edmonds Community College Health Fair, Washington State Youth Soccer Association's SoccerPalooza, Kid's Day America, and the American College of Sports Medicine's annual meeting.

- For support services, we continue to fully staff and run the State's TBI-WA Helpline (877-824-1766), participate as a partner organization with Adult Day Health and Department of Veteran Affairs on the Washington TBI Resource Coordination Services (WATBIRCS) project, and have spent considerable time working with support groups and support group facilitators to distribute funding, provide liability insurance to affiliated support group facilitators, and to assist in providing training to facilitators. We are planning to establish a new support group coordinator position to deepen our existing support group relationships and better serve ALL state brain injury support groups.
- We had two reasons to be in Olympia this legislative session. Like most organizations that rely on state funding, we spent a great deal of time fighting to preserve that funding. Miraculously, the budget cuts spared our programs, thanks to a LOT of hard work by a great number of individuals in the brain injury community. Our organization is deeply grateful for these efforts, which enable us to continue offering much needed services without interruption.
- The second reason to be in Olympia was to work on and witness the *Zackery Lystedt Law* as it made its way through the legislative process and to the Governor's desk for signing (see page 1). For me, and surely all involved, it was a pleasure watching this Bill make its way through the law-making process.

continued on next page

**EXECUTIVE DIRECTOR'S
MESSAGE CONTINUED...**

It's been a busy year so far. We now have a lot in front of us including Lystedt Law awareness campaigns, continued work on our support services and DSHS contracts, and finally our fundraising efforts centered on our third annual Gala on Nov. 14, 2009. (See page 6. Please mark your calendars.) Our special guests will be Lee and Bob Woodruff, who have helped put the national spotlight on TBI as the signature injury of returning veterans of the Afghanistan and Iraq wars by courageously sharing their very personal experiences over the last three years.

Speaking of fundraising let me leave you with this final thought. Private donations play a critical role in our organization as they do for many nonprofit organizations. Continued support not only helps with our minimal, but necessary, overhead, but as you can see in this message, your dollars will be used in many ways to directly benefit brain injury survivors, caregivers, and prevention activities (support group coordinator, facilitator insurance, Lystedt Law awareness clinics and campaigns, improved website).

The number one message I've been hearing from those I've spoken with is that it would be nice to see more resources focused on meaningful, tangible projects. I couldn't agree more. There are great ideas out there and a number of them are already in place or in process. It all starts with your generous and heartfelt donations. Thank you as always for your continued support.

SINCERELY,
DAVID ANDERSON

Sue Odom

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approximately 150 hours a month to help with things like cooking and organizing. Systems, such as labeling where everything belongs, have helped Sue overcome her difficulties and avoid frustration.

Family has been with Sue throughout all of the challenges she has faced, and she feels very fortunate to have their support. Her brother, Jerry Britt, acts as her Power of Attorney and helps her with medical and financial matters. Her mom, her sister-in-law Gail, and her two sons Stephen and Stirling, have been there all along and remain very important to her. Without them Sue says she does not think she would have accomplished what she has.

After five years, 29 surgeries, and numerous obstacles, Sue feels she is finally at a point that she can start her life again. She is a member of

the TBI Program at Cascade Park Active Day and says that the group has given her a lot of the tools she needs to move forward.

Reading and retaining information has become fairly easy, whereas before she had to read a paragraph

up to 10 times before comprehending it. Sue attributes this to all of the "brain power" she uses during her time with the group at Cascade Park. For example, she spends time completing cognitive tasks such as card games, and word and number puzzles, and participates in discussion groups. The

group has also given her hope, confidence and the drive to keep going. She has made a lot of friends through the TBI Program. "I didn't know how to laugh before, and now I can," she said. ■

Janelle Ryan is a program coordinator at Cascade Park Active Day

**After five years,
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**Cascade Park Active Day's
TBI Program...
...focuses on increasing independence
and teaching skills that are necessary
for its members to thrive in the community
and enjoy life. Clients are encouraged
to give their input for the monthly activity
calendar and take part in leading
programs when possible.**

OUTGOING PRESIDENT'S MESSAGE

Richard H. Adler reflects on his years as President

For the past several years, I have had the privilege to serve as President of the Brain Injury Association of Washington. I am very proud of the accomplishments of our organization during this time and have thoroughly enjoyed the relationships I have developed with Board Members, community



Richard H. Adler

partners, and community members — all of whom share a commitment to giving a voice to those with traumatic brain injury and their families.

Together, we have begun the journey of renewing our mission and core values of prevention, education, advocacy and services for those with traumatic brain injury, their families, and caregivers. And through this process we have created a stronger voice and a more visible presence that has led to developing a dynamic, energetic, and committed Board to help guide the BIAWA.

We have opened a conversation with our community about traumatic brain injury, and as a result we have increased the awareness and visibility through well-attended and dynamic annual events, such as support group facilitator conferences and the annual black-tie Gala.

Development of a long-term strategic plan is underway. This plan will ensure that our support groups have the resources and support they need to be successful.

The BIAWA has coordinated and led a coalition of community groups to pass legislation this past year that will save lives of young

“We have opened a conversation with our community about traumatic brain injury...”

athletes by requiring medical clearance before he/she can return to play following a concussion. We were the grease and glue among many community partners including the Center for Disease Control and Prevention (CDC), the Seattle Seahawks and Seattle Sounders FC, Washington Interscholastic Activities Association (WIAA), Washington State Youth Soccer Association (WSYSA), Washington State Athletic Trainers Association (WSATA), Harborview Medical Center, University of Washington Hospital, and Seattle Children’s Hospital. As a direct result of our efforts, Washington now has the most comprehensive law in the United States on return-to-play standards following a concussion for a youth athlete — the *Zackery Lystedt Law* (see page 1).

Our work on the Zackery Lystedt Law has already begun to serve as a model for other states. The American College of Sports Medicine — a 35,000-member organization of health care professionals — has announced a “National Call-to-Action” for this legislation to be introduced into every other state in the United States.

The BIAWA’s efforts toward passage of the Zackery Lystedt Law will also help us to have further dialogue within our communities about concussions and brain injury, with the take-home message that all concussions are brain injuries and all brain injuries are serious.

My role will transform from President into Immediate Past President and will involve coordinating the BIAWA’s Executive Committee to ensure that the chairperson of each of the BIAWA’s committees has a goal and an action plan that ties into the BIAWA’s overall strategic vision.

I look forward to working with our new president, Jason Barber. He has been an extremely valuable board member, co-chairing the 2008 Gala and Auction and serving as database coordinator for the BIAWA. He has, in some way, touched every project the board has worked on, whether it’s gathering information, designing materials, or volunteering at events. He is the type of board member that others can rely on to turn projects around quickly and accurately. I look forward to his taking the baton in our continuing journey of providing a voice and hope for those with TBI, their families and caregivers.

SINCERELY,
RICHARD H. ADLER

INCOMING PRESIDENT'S MESSAGE

Jason Barber

It is my privilege to have been elected to succeed Richard H. Adler as the next president of the Brain Injury Association of Washington. Richard served as President of the BIAWA for several years, leaving behind an unprecedented legacy of leadership. While his individual accomplishments are far too numer-



Jason Barber

ous to mention here, they could perhaps be best summed up with the simple statement that the association would not exist today were it not for his unwavering dedication, leadership, innovation, and foresight in growing the BIAWA into the healthy, thriving, and ever-expanding organization that it is today. I am grateful that he will continue to serve the BIAWA as Immediate Past President and take on the role of Chair of the Executive Committee. I know his knowledge and experience will be a valuable resource for me as I step into this new role.

For the past 12 years I have worked as a research consultant for the Department of Neurological Surgery at Harborview Medical Center, and for the Department of Rehabilitation Medicine at the University of Washington. During this time I have provided expertise on statistical analysis, data management, and the

design of clinical research studies that focus on improving the quality of life for survivors of traumatic brain injury and spinal cord injury.

I first heard about the BIAWA in 2005 after being approached to help the association better reach out to their membership by helping make improvements to their mailing data-

majoring in mathematics at the University of Washington and eventually earning my Masters degree in biostatistics from the UW's School of Public Health and Community Medicine, which led me directly into the field of brain injury research.

On a personal level, I've always had a special love for the game of soccer

“my new role as president...is a challenge that I wholeheartedly embrace, as the BIAWA likewise continues to step up its commitment to its mission for 2009 and beyond.”

base. As a result of this experience I came to realize just how significant a role this organization plays in the lives of individuals affected by traumatic brain injury. When I was subsequently invited to join the BIAWA's Executive Board in December of that year it was an easy decision for me, especially after seeing the degree of diverse talent and dedication that was and continues to be represented.

During my years on the Executive Board I have found a special niche with the fundraising committee, helping to organize the BIAWA's first two annual gala auctions in 2007 and 2008. While committing myself to making this year's third annual event on November 14 the best one yet, I will also emphasize an equally important commitment to strengthening the existing network of survivor and caregiver support groups supported by the BIAWA throughout the state.

I was born and raised in Seattle,

(a sport not entirely unfamiliar with TBI), and this past year it has been a special experience to work with the Seattle Sounders FC in their active partnership with the BIAWA — most notably with the “Heads Up: Concussion in Youth Sports” campaign and in the recent passage of the *Zackery Lystedt Law* (see page 1). Furthermore, the club is off to an unexpectedly impressive start to its inaugural season in Major League Soccer and maintains the highest fan-base of any team in the league by a wide margin.

In conclusion, my new role as president of the BIAWA represents a natural but significant step up for me both personally and professionally. It is a challenge that I wholeheartedly embrace, as the BIAWA likewise continues to step up its commitment to its mission for 2009 and beyond.

SINCERELY,
 JASON K. BARBER

2009 Fundraising Gala to Feature Lee and Bob Woodruff

THE BIAWA'S THIRD ANNUAL Gala, Dinner and Auction takes place on Saturday, Nov. 14, 2009. Our keynote speakers will be Lee and Bob Woodruff, whose lives were changed forever on Jan. 29, 2006, when Bob suffered a devastating brain injury while on assignment in Iraq for ABC News.

As a result of her family's experiences following her husband's injury, Lee Woodruff has become a strong voice for caregivers of TBI survivors. She has authored two books on the subject: *In An Instant* (co-authored with Bob), which has become a #1 New York Times Best Seller, and *Perfectly Imperfect: A Life in Progress*. Lee has since embarked on an extensive nationwide speaking tour, and the BIAWA is honored to have her as a keynote speaker at our event.

Since Bob's injury and ongoing recovery, he and Lee have become advocates for veterans with traumatic brain injury returning from Iraq and Afghanistan, using this platform

to expand awareness about TBI for all. Bob has since returned to work with ABC News, and also hosts the new weekly eco-newscast *Focus Earth with Bob Woodruff* on Planet Green.

The Gala will once again take place at the Grand Hyatt Hotel in downtown Seattle (721 Pine Street), featuring silent and live auctions, an elegant four-course dinner, hosted wine, and other planned activities. The Gala Committee is pleased to announce that April and Mike Brown will serve as the auctioneer and emcee for the event. April has been an auctioneer for many years and brings high energy and excitement to the event, while Mike has been a well-known local sports broadcasting personality. Additional special guests are also expected to be in attendance. Ticket prices will start at \$175 per person, and invitations will be mailed in Sept. 2009.

Last year's event generated

\$134,000 for the BIAWA. These funds directly aided our continuing mission to increase public awareness about TBI and to provide hope and encouragement for survivors of brain injury and their families through education, advocacy, and assistance. In fact, without your generosity from the 2008 event, the BIAWA likely would not have been able to oversee the recent passage of the *Zackery Lystedt Law* (see page 1).

For a third consecutive year, UBS Financial Services has generously committed to being a top-level sponsor for the event. If you are interested in obtaining more information about sponsorship, auction-item donation, attendance at the event, or volunteer opportunities, please contact the BIAWA office (253-238-6085) or consult the event webpage: www.biawa.org/gala.html.

With your help the BIAWA is looking forward to another great turnout in 2009. ■

New UW Study to Focus on Mood Swings and Irritability in TBI Survivors

Brain injury survivors — Have you noticed changes in your behavior since your brain injury? If your brain injury occurred at least 6 months ago, you are between the ages of 18 and 65, and you have experienced irritability since your brain injury, then you may be eligible to participate in a new research study conducted by the Traumatic Brain Injury Model System at the University of Washington.

For more information, please contact Aaron Scrol, 206-616-0334 (ascrol@u.washington.edu).



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Zackery Lystedt Law

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trained in the evaluation and management of concussions. After collapsing on the field at the end of the game, the then 13-year-old Zackery underwent emergency life-saving brain surgery at Harborview Medical Center. Zackery remains dependent on a wheelchair and 24/7 supervision for his needs.

More than 3.5 million sports- and-related concussions occur each year in the United States, according to the Center for Disease Control and Prevention.

“Zackery’s injuries could and should have been avoided. This legislation provides the protection he should have received. Well-established return-to-play rules following a concussion must now be communicated by school officials to coaches, student athletes and parents,” Adler said. “It will also protect young athletes from school districts that have been and continue to be too lax in educating coaching staff and parents on proper safety standards, preventing them from putting injured children further in harm’s way.”

Key provisions of the new law:

Youth athletes who are suspected of sustaining a concussion or head injury must be removed from play. “When in doubt, sit them out”

- School districts must work with the Washington Interscholastic Activities Association (WIAA) to develop information and policies on educating coaches, youth athletes and parents about the nature and risk of concussion, including the dangers of returning to practice or competition after a concussion or head injury.
- All student athletes and their parents/guardians must sign an information sheet about concussion and head injury prior to the youth athlete’s initiating practice at the start of each season.
- Youth athletes who have been removed from play must receive written medical clearance prior to returning to play from a licensed health-care provider trained in the evaluation and management of concussion.
- Private, nonprofit youth sports associations wanting to use publicly owned playfields must comply with this law.

The new law was sponsored by Rep. Jay Rodne, R-North Bend, with support from the BIAWA, Zackery’s parents Victor and Mercedes Lystedt, and a large coalition of supporters that include: The Center for Disease Control, The Seattle Seahawks and Seattle Sounders FC, Washington Interscholastic Activities Association, Washington State Youth Soccer Association, Washington State Athletic Trainers Association, Cannfield & Associates Risk Managers, Harborview Medical Center, the University of Washington, and Seattle Children’s Hospital.

Harborview Medical Center and Seattle Children’s Hospital are now launching a sports concussion program for children, teen and adult athletes to evaluate, treat and provide medical clearance to return to sports following a concussion.

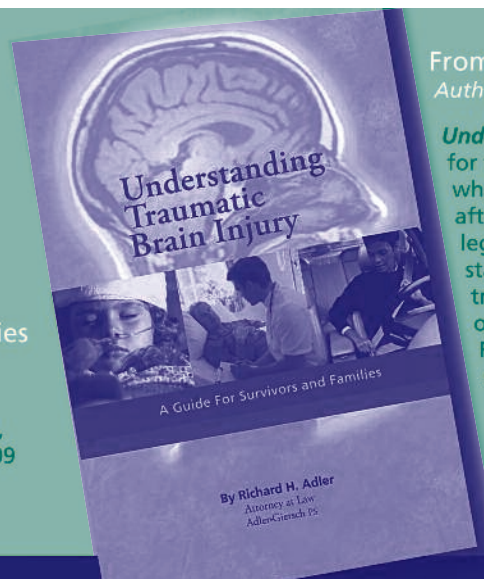
“We are delighted by this announcement,” noted Adler. “This will go a long way toward making sports safer and preventing preventable brain injuries in our state.” ■

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Understanding Traumatic Brain Injury

A Guide for Survivors and Families

To receive your FREE copy, mail, fax, or email your request to: Adler Giersch PS, 333 Taylor Ave North, Seattle, WA 98109
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From Richard H. Adler
 Author of *Spinal Trauma and the Personal Injury Case*

Understanding Traumatic Brain Injury is a free guide for families and survivors, thoroughly explaining what TBI is and how to deal with the ordeal and its aftermath. This guide offers informational, medical, legal, and support services that have a keen understanding of the evaluation, representation, and treatment of TBI. There is help. If you or a loved one would like to know more, please order this Free guide today to learn more about America’s silent epidemic and how to cope with it.

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A Hearty Thank You

The BIAWA extends deepest thanks to each and every contributor to the BIAWA in 2008. Your contributions and donations make it possible for us to continue our mission and fulfill our vision. Without you, much of our work would not be possible.

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New UW Art Forum to Feature Works by Survivors of TBI

THE UW TRAUMATIC BRAIN Injury Model System is putting on a one-day Art Forum on Wed., July 22, 2009, at the UW South Campus Center. The exhibit is titled, *Recreating Me: Exploring & Healing through Creative Expression*, and will include visual, musical, written, and spoken-word creations. The vision is to have a multi-media display of artworks created by people after a traumatic brain injury.

The organizers are looking forward to putting on a fantastic art show featuring the creative entries that have been submitted. While the deadline for entry submission has already passed, there are plenty of opportunities for volunteers to help with all aspects of the art show. If you are interested in volunteering, please contact Heather Porter, 206-221-6441 (hporter@u.washington.edu). ■

Support Groups

For the most up-to-date support group information, including times and locations, please visit: www.biawa.org/support.htm.

Bellevue/Eastside: 1st and 3rd Mondays of each month, 2:00–3:30 p.m. Highland Community Center, 14224 Bel-Red Road, Bellevue. Contact: Linda R Khosraw, 425-820-0204 and Patrick Hietter, 425-451-0222.

Bellingham: Evening Group: 2nd Wed. of each month, 6:30–8:30 p.m. St. Joseph Hospital, South Campus Rehab Center Conference Room, Bellingham. Contact: Gary Nelson, 360-656-6195.

Bellingham Day Group: 1st Sat. of each month, 11:15 a.m.–12:45 p.m. Health Support Center, 1210 Indian Street, Bellingham. Contact: Victoria Wick 360-398-9110.

Bremerton/Kitsap: 2nd Thurs. of each

month from 3:00–4:30 p.m. Harrison Silverdale Medical Center, 1780 Myhre Road (flagpole entrance), Silverdale. 4th Wed. of each month 4:30–6:00 p.m. Harrison Green Mountain Rehab Center, 2625 Wheaton Way, Suite A, Bremerton. Contact for both groups: Janice Worman OTR/L 360-475-6480.

Colville — Stevens County (<http://tbisurvivorsnetwork.ning.com/events/colville-brain-injury-support>): 1st Tues., 6:00 p.m.–8:00 p.m. Mount Carmel Hospital, 982 East Columbia, Colville. Contact: Craig Sicilia 509-218-7982.

Eastern Washington/North Idaho: Veterans Brain Injury Support Group, 4th Thurs. of each month, 6:30–8:30 p.m. Spokane County Library 12004 East Main, Spokane Valley. Contact: Ron Grigsby 208-659-5459 or Craig 509-218-7982.

Lewis County: 1st Tues., 5:00 p.m.—

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Support Groups

game night; 2nd Tues., 5:00 p.m.—social group; 3rd Tues., 5:00 p.m.—study group; 4th Tues., 5:00 p.m.—social group; Providence Chehalis Hospital, 500 SE Washington, Chehalis. Contact: Larry Carroll 360-864-4341 or Ann Grabhorn, 360-983-3166.

Moses Lake: Telephone Support only, 9:00 a.m.–5:00 p.m. Contact: Rick, 509-765-5435.

Olympia: 2nd Tues. of each month, 6:00–7:30 p.m. Providence St. Peter Hospital Campus, Emilie Gamelin Pavilion, Third Floor Classroom, 410 Providence Lane, Olympia. Contact: Pat Gabrielse 360-493-4432.

Puyallup: 1st and 3rd Thurs. from 6:00–7:30 p.m. Good Samaritan Hospital in the Mt. Rainier Room, Puyallup. Contact: Sheri and Ed Van Veldhouse, 253-841-9635 or sherivanv@yahoo.com

Quad Cities: 2nd Sat. of each month, 9:00 a.m. Tri State Memorial Hospital 1221 Highland Avenue, Clarkston. Contact: Deby Smith, 509-758-9661, biaqcdeby@earthlink.net

San Juan County: Telephone Support only, 8:00 a.m.–6:00 p.m. Contact: Andrea Simmons, 360-378-9541.

Seattle/Cherry Hill (<http://cherryhill.supportgroup.blogspot.com/>): 4th Thurs. of the month from 1:00–3:00 p.m. Casey or Mother Joseph Room, inside the cafeteria, at Swedish Medical Center/Cherry Hill Campus 500 17th Ave, Seattle. 2nd Thurs. of the month from 1:00–3:00 p.m. Frontier Room restaurant in the Belltown area of Downtown Seattle, 2203 1st Ave (near the corner of 1st & Blanchard). Contact for both groups: Doris Andrechak, MC, CRC, 206-784-6820 or Zsche Navarre, 206-818-2050.

Seattle/Wallingford: 3rd Tues. of each month, 4:00–5:30 p.m., Room 202, Good Shepherd Center, 4649 Sunnyside N, Seattle. Contact: Janet Novinger, 206-547-2526.

Sequim/Port Angeles: 4th Tues. of

each month, 3:00–4:30 p.m. VFW site at 169 East Washington Street, Sequim, WA 98382 at least until Summer 2009 because the Sequim Library is being remodeled. Contact: Kurt Rittenmyer, 360-683-8901

Skagit Valley: 2nd Tues. of each month, 6:00–8:00 p.m. Skagit Valley Hospital, San Juan Room across from Cafeteria, Mt. Vernon. Contact: Charles Yahnke, 425-328-7424.

South Snohomish County: 3rd Thurs. of each month, 7:00–9:00 p.m. Stevens Hospital, 21601 76th Avenue W, Edmonds. West side of the cafeteria on the 2nd floor of the main hospital building. Contact: Jeff Slater, 425-466-0900, or Lou Nash, 425-776-7264.

Spokane County Brain Injury Support Group: 4th Wed. of each month, 6:30–8:30 p.m. Spokane County Library, 12004 East Main, Spokane Valley. Contact: Craig Sicili, 509-218-7982.

Spokane (<http://www.biawa.spokane.org/>): TBI Survivor Support Group, 2nd Wed. of each month at 7:00 p.m. Family & Care Giver Brain Injury Support Group: 4th Wed. of each month at 7:00 p.m. Both at St. Luke's Rehabilitation Institute, 711 S Cowley Street, Room 200 Spokane. Contact: Craig Sicilia 509-218-7982, and Gloria Malmoe, 509-251-4342.

TBI Self Development Workshops: 2nd and 4th Tues. 11:00 am–1:00 p.m. Downtown Public Library, 900 West Main Spokane. Contact: Craig Sicili, 509-218-7982.

Education–Transition Brain Injury Support Group: For current schedule, please call: Craig Sicili, 509-218-7982.

Stanwood-Camano Island-North Snohomish County: 3rd Monday of each month, 6:30 – 8:00 p.m. Stanwood Community and Senior Center, 7430 276th Street NW, Stanwood. Contact: Karen Furney, 425- 68-2934.

Tacoma (<https://home.comcast.net/~tbsig/>): 2nd and 4th Thurs. of

each month, 7:00–9:00 p.m. TACID Center, 6315 South 19th Street, Tacoma. Contact: Penny Condoll, 253-426-5735, or email tbsig@comcast.net

Tri Cities: 1st Wed. of each month, 7:00 p.m. The Neurological Resource Center, 712 Swift Blvd, #1, Richland. Contact: 509-943-8455 or tnrc@kadlecmed.org.

Vancouver (www.darsw.com): 2nd and 4th Thurs. of each month, 2:00 p.m. DisAbility Resources of Southwest Washington, 2700 NE Andresen, Suite D5, Vancouver. Contact: Cacy Lee, 360-694-6790 or e-mail: disabilityresources@darsw.com.

Walla Walla: Monthly phone conferences and meetings every other month in person at St. Mary's hospital, Walla Walla. Contact: Craig Sicili, 509-218-7982.

Wellpinit Tribal Brain Injury Support Group (www.spokanetribe.com): 2nd Monday of each month—open to tribal residents only. Contact: Craig Sicili, 509-218-7982, or call Jack Louie, Wellpinit Human Services, 509-458-6500.

Whidbey Island/Coupeville: 1st Monday of each month, 6:30–8:30 p.m. Whidbey General Hospital Board Room. Contact: Arlene/Allen House, 360-678-5392 or e-mail rwriter2000@comcast.net.

Whitman County Brain Injury Support Group: Pullman Regional Hospital, Pullman. Meeting times vary, please call for details. Contact: Sha Peterson, 509-747-6166.

Yakima: 3rd Wed. of each month, 4:00 p.m. to 5:30 p.m. Yakima Regional Medical & Cardiac Center, 110 S 9th Avenue, Yakima, 5th floor conference room. Contact: Teresa Shervey, 509-573-3481 or emailteresa.shervey@hma.com. NOTE: This group does not meet in July or August.

Washington State Heads Up: Concussion in Youth Sports Campaign

More than 300,000 sports- or recreation-related traumatic brain injuries (TBI) occur in the U.S. each year.

Join BIAWA, the Center for Disease Control, the Seattle Seahawks, Seattle's KING 5 Television and many youth athletic groups in our campaign to manage concussions and reduce secondary brain injury in middle school and high school athletes.

For information and to find out how you can receive prevention toolkits, visit www.biawa.org or call 1-877-TBI-1766.



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