Wow! What a glorious summer, both for the weather and the abundance of BIAWA activities and events. This summer was full of opportunities for the Brain Injury Community to come together in support of one another.

We, as an organization, are so thankful that we have the chance to connect with so many individuals across the state. We continue to provide day-to-day services such as the toll-free Resource Line available 9am-5pm Monday through Friday (1-877-982-4292) and our in-person Resource Management. We also are striving to provide innovative programming such as Brain Health & Wellness (now in both Snohomish and Pierce County). We continue to gather at fun events such as the baseball games and Northwest Trek adventure for individuals with brain injury and their families.

We have all come together to build a community. This community is built upon a vision of inclusion which has made us all stronger as we work to support one another and anyone whose life has been affected by Brain Injury.

Sincerely,

Deborah Crawley
Executive Director

Are you having a hard time finding resources in your community for...

- Navigating the Medical System
- Applying for State or Federal Benefits
- Finding Legal Aid
- Planning for Return to Work or School

BIAWA can help you! Give our Resource Line a call to learn more about our services.

“I was very discouraged and depressed when I called. Now I feel a glimmer of hope.”
UPCOMING EVENTS

Our biggest event of the year! The **Brain Injury Gala** is a formal event where members of our medical, legal and philanthropic community come out to raise funds supporting the integral services provided by BIAWA.

Broadway star, **Ben Vereen**, will be our special guest again this year. Football legend, **Tony Dorsett**, will also be joining us at this very special event. Please click [here](#) to find more information on our website about purchasing a ticket, making a donation or even volunteering!

![Brain Injury Gala Poster](image)

SUPPORT BIAWA WITH A GIFT

Shop at Amazon and Amazon will make a donation to BIAWA! Click [here](#) or visit smile.amazon.com. Select BIAWA as your charity of choice, and continue with your order as usual. The Amazon Foundation will donate 0.5% of the purchase price to BIAWA. There is no additional cost to you!

Believe it or not, the Holiday Season is right around the corner! Our annual Community Holiday Party will be on Wednesday, December 6th. The evening of festivities will begin at 5:30pm in the Three Crowns Room at Swedish Cultural Center. Enjoy holiday tunes from Restless Vocal Band. There will also be appetizers, wine, and non-alcoholic beverages. This event is free of charge. Just bring yourself and your Holiday Spirit!

Space is limited so please [RSVP](#) to this event!

Fred Meyer now has Community Rewards. Link your rewards card to the Brain Injury Alliance of WA online by clicking [here](#) or go online to [https://www.fredmeyer.com/topic/community-rewards-4](https://www.fredmeyer.com/topic/community-rewards-4)

Use your rewards card while you shop and BIAWA will earn a donation!
PAST EVENTS

Golf Tournament

BIAWA hosted our 2nd Brain Injury Golf Tournament on July 31st. Golfers in our community raised $50,000 for BIAWA’s Pediatric Resource Program. Brain Injury is the leading cause of death in children aged 1-4 years old. It was great to see so many brave the very hot day to raise funds and bring greater awareness for the youth we serve.

Special Thank You to our Sponsors:

Baseball with BIAWA: Survivors, family members, and caregivers joined us at three awesome baseball games throughout the month of August. We cheered on the Tacoma Rainiers, Seattle Mariners, and the Everett Aquasox! Thank you to everyone who came out to one or more of these games. We love sharing this fun summer activity with you all!
We were honored to spend the evening of August 10th with our generous supporters aboard the MV Skansiola. It was a beautiful night and wonderful way to say Thank You to the people and organizations that sponsor BIAWA services and events.

Bolt the Tolt Bike Ride

It was the perfect day for a bike ride out in Carnation on August 26th. A total of 66 riders biked 15 or 30 miles in support of the Brain Injury community. Because of your support, Bolt the Tolt Charity Ride raised over $16,000 for survivors of Brain Injury, their family members, and caregivers! Thank you to everyone who rode, volunteered, and donated to the cause!
Raise Your Glass for BIAWA

BIAWA hosted our first ever beer fundraiser on September 12th at Lagunitas Brewery. The casual event had a great turnout! We had raffle prizes, a delicious taco bar, live music, outdoor games, great drinks, and wonderful conversation with supporters. It was a great way to get new people involved in our community and build awareness! Thank you to everyone who came out to learn more about BIAWA.

Northwest Trek

Rain didn’t keep BIAWA away from our trip to Northwest Trek on September 20th. Participants enjoyed the Discovery Tram Tour and saw so many animals! To name a few: North American Bison, Mountain Goats, Elk, Moose and many deer! It was also fun to learn more about the history of the park and care of the animals who call Northwest Trek home.

We then enjoyed a delicious Italian pizza and pasta buffet for lunch.

Never a dull moment on this adventure!

For advertising opportunities, contact the BIAWA office at 206-467-4800 or visit http://www.biawa.org/advertise.php
Recipients of the Higher Education/Professional Scholarship:

Negin Kourehpazan
We were thrilled to offer Negin the Higher Education Scholarship. She was the BIAWA King County Resource Manager for three years and left to pursue her Doctor of Nurse Practitioner Degree at Seattle University. Through her time with BIAWA, Negin was able to gain hands-on experience about the symptoms and struggles survivors of brain injury endure on a daily basis. She plans to specialize in Neurology and continue to care for those who have sustained a brain injury.

Trevor Duncan
Trevor is currently completing his clinical training in Yakima for a Doctor of Psychology Degree. Trevor wishes to continue working with survivors of brain injury in Central Washington, an area where far more providers are needed. After graduation, Trevor plans to obtain postdoctoral training in Neuropsychology and brain injury rehabilitation.

Courtnie Paschall
Courtnie is currently in her second year in the combined MD-PhD program at University of Washington School of Medicine. Her long term goal is to serve the brain injury community as a Neurosurgeon and Medical Researcher. In addition, Courtnie has a particular heart for working with combat related TBI veterans. Courtnie is also very interested in medical research that can advance the medical care options of future patients.

Recipients of the Lisa Hansen-Yarussi Undergraduate Scholarship:

Robert Carr
Rob has survived two strokes and multiple sports related concussions. Rob is currently pursuing a degree in Trauma Informed Practices and Expressive Art Therapy. Rob hopes to combine Art Therapy with trauma-informed counseling in order to assist trauma survivors with suicide prevention.

Kevin Laakso
We are happy to award Kevin a scholarship to continue his goal of obtaining an Associates Degree from Whatcom Community College. Kevin sustained a brain injury in 2012 when he had a seizure. He has overcome many personal struggles since and is close to obtaining his degree.
The BIAWA Brain Health & Wellness Program provides classes that support Survivors of Brain Injury and their loved ones. These classes are non-clinical and focus on topics such as social skills, organizational skills, exercise, relationships, communication, and more. Classes are currently taking place at Verdant Wellness Center in Lynnwood and Multicare Good Samaritan Hospital in Puyallup. We hope you take advantage of these free classes!

You have three options to get signed up:

1. Online: You can take a look at all the upcoming classes on our calendar by clicking [here](http://biawa.org/calendar) or going online to biawa.org/calendar
2. Call (206) 467-4800
3. Email KelseyW@biawa.org

We made a delicious meal at PCC in September. On the menu: Roasted Chicken and Vegetables, Creamy Vegetable Soup and Mini Cheesecakes. Yum!

Here are some Upcoming Classes at Verdant Wellness Center in Lynnwood:

- Stand Strong, Stay Balanced
- Yoga
- Back To Work
- Tai Chi

Here are some Upcoming Classes at Good Samaritan Hospital in Puyallup:

- Brain Anatomy: How the Brain Works with the Rest of the Body
- Fall Prevention and Harm Reduction
- Preparing for the Holidays and Managing Holiday Stress

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