



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

August 2017

MindMatters is a
publication of BIAWA.



Brain Injury
Alliance
WASHINGTON

EXECUTIVE DIRECTOR'S MESSAGE

The glorious summer is here. Washington certainly had a long winter, but this summer is making up for it. We are going to take advantage of this beautiful time of year and I hope you will join us!

You will read about our Art Show going on at the Bellevue Arts Museum. What an amazing venue! We are so honored and thankful for their support. This year's Artist Reception and Annual Meeting was our largest ever and the art and individuals present made for a spectacular celebration. We also welcomed at the meeting our new Board President, Allison Mollner. Allison has been a vital Board Member for a number of years and we are excited as she begins her two-year term of leadership.

More is on the way for this summer and fall. I hope to have a chance to meet many of you and catch up with old friends. There are many challenges ahead of us, particularly with potential federal legislation. Building our community and sharing times of enjoyment are so critical to balance the unknown and the stress that it brings. Working together, we will build a strong network to support us all.

Deborah Crawley

Executive Director



BOARD PRESIDENT'S MESSAGE

It is a pleasure and honor to be President of Brain Injury Alliance of Washington. To be honest, this is a position that until recently, I didn't think was possible for me to hold. In 2010, I was happily being a wife, mother and partner in a successful investment firm until my life changed in an instant. Without notice, I was hurt in an accident at my home, rushed to the hospital and told to not go back to work for four months. I had a concussion. Sound familiar?

I did what they said but when the four months were over the symptoms persisted and I could not figure out what was wrong. Months went by with no answer and no help. Finally, a friend who happened to be on this Board spoke to my husband and he led us in the right direction.

During my recovery I have met many who have experienced the same frustrations. I was frustrated by the lack of support and resources. I was isolated and having other challenges that I wanted to get answers to. During that time, I knew of BIAWA but I wasn't sure what they actually did. I decided to call Deborah Crawley and ask.

When I was asked to be on the Board of Directors, my focus was on building awareness. Awareness is a two-way street. Not only do we need to know about services that are available to us, but they need to know about us too. Most importantly everyone, currently affected or not, must know about brain injury.

My next focus will be on services. How can we help? How can we improve the quality of your new normal? What do we need for our community? This invisible wheelchair does slow us down but it doesn't need to stop us. I am honored to be representing you. I am here for you. I want to work together with you to make our community a better place for all of us.

Allison Mollner

Board President





Brain Health & Wellness

A PROGRAM OF BIAWA



The BIAWA Brain Health & Wellness Program provides free classes that support Survivors of Brain Injury and their loved ones. These classes are non-clinical and focus on 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. Many new classes and instructors are starting this month. 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](https://biawa.org/calendar) or going online to biawa.org/calendar
2. **Call** (206) 467-4800
3. **Email** KelseyW@biawa.org

Here are some upcoming class topics at

Verdant in Lynnwood:

- Creative Writing
- Collage About It
 - Tai Chi



Here are some upcoming class topics at

Multicare Good Samaritan Hospital in Puyallup:

- Living Energetically: Coping with Fatigue and Boosting Energy
 - The New Normal



RESOURCE CENTER

Washington Brain Injury Resource Center

A PROGRAM OF BIAWA

BIAWA offers 1:1 direct support in Washington for individuals with Brain Injury, their 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. The map below demonstrates the colored regions where BIAWA is able to offer in-person Resource Management.

Call the **Resource Line** to learn more about how we can help you. The Resource Line operates from 9am-5pm Monday through Friday.

1-877-824-1766



UPCOMING EVENTS



**Brain Injury
Alliance
WASHINGTON**

2017 Brain Injury Art Show
Painting, Photography, Multimedia

Dates
June 30th through October 1st

Location
Bellevue Arts Museum
Community Education Gallery
510 Bellevue Way NE



WEDNESDAY - August 9th 2017 - 7:00pm
BASEBALL with BIAWA

Rainiers vs **NASHVILLE SOUNDS**

CHENEY STADIUM

\$5 per Ticket - For more info contact Jenna 206-467-4807 or visit www.biawa.org

WEDNESDAY - August 16th 2017 - 12:40pm
BASEBALL with BIAWA

SEATTLE MARINERS vs **Orioles**

SAFECO FIELD

\$5 per Ticket - For more info contact Jenna 206-467-4807 or visit www.biawa.org

THURSDAY - AUGUST 24th 2017 - 7:00pm
BASEBALL with BIAWA

Everett AQUASOX vs **VANCOUVER CANADIANS**

Everett Memorial Stadium

\$5 per Ticket - For more info contact Jenna 206-467-4807 or visit www.biawa.org



**Brain Injury
Alliance
WASHINGTON**

BOLT THE TOLT
CHARITY RIDE BENEFITING BIAWA

**Saturday
August 26th 2017**

Tolt-MacDonald Park in Carnation WA



For those not interested in riding, there will be a gathering after the bicycle ride for all to attend! After the ride, participants and supporters are welcome to join us for a BBQ meal at Tolt MacDonald Park in Carnation, WA. The BBQ will begin around 12:30pm. Join us for delicious food at a beautiful outdoor location!

Join us for these UPCOMING EVENTS

If you are viewing this newsletter electronically, you can click on the banner of each event to register online! You can also call 206-467-4800 or Toll Free 877-982-4292 if you wish to register over the phone.

Raise Your Glass in Support of BIAWA!

Tuesday September 12th - 5:30pm – 8:30pm

LAGUNITAS

BREWING COMPANY

Lagunitas Tap Room - 1550 NW 49th St. Seattle, WA

RSVP by contacting jennak@biawa.org or call 206-467-4800



Brain Injury Alliance WASHINGTON



FREE ADMISSION - TACO BAR - LIVE MUSIC



Northwest Trek with BIAWA

Wednesday - September 20th, 2017



Northwest Trek Wildlife Park METRO PARKS TACOMA



Brain Injury Alliance WASHINGTON

Contact Jenna Krivi for more information jennak@biawa.org or 206-467-4807

Event is for Survivors and One Guest - Reserve your space today!



the B.I.G.

brain injury gala

Envisioning Our Future

Saturday, October 21, 2017



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.

We strive to make all our events accessible to those whose lives are affected by Brain Injury as well as those who support them. Each year, we provide a limited number of scholarships for survivors of Brain Injury and one guest to attend the Gala at a reduced cost of only \$10 per person. To receive a Gala scholarship to this year's event you must complete a **2017 BIAWA Gala Scholarship Application Form** for each person interested in attending. Deadline to submit your application is September 30th.

Visit us on Facebook, Twitter, Instagram and Linkin 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



PAST EVENT

On Thursday July 13th, artists, friends and supporters attended the **2017 Brain Injury Art Show Opening Reception** at Bellevue Arts Museum.

This reception also served as BIAWA's Annual Meeting. Our community welcomed our new Board of Directors President, Allison Mollner, and said thank you to outgoing President, Darin Harris.

It was a beautiful evening at the Museum with incredible art. The Brain Injury Art Show will be on display in the Community Education Gallery at Bellevue Arts Museum until October 1st. There are 32 stunning pieces of art that were completed by artists whose lives were forever changed by an accident or condition that led to what's known as an "invisible disability". Brain Injury is often something that can't be seen, and is often misunderstood or ignored. Art is a vital form of expression to many in our community as it is used as a therapeutic tool in the recovery process from brain injury. We encourage all to go take a look!



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!



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>

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

STAFF

Outgoing Staff- Negin Kourehpazan



Negin worked with BIAWA for three years as the King County Resource Manager. She brought in a strong knowledge base of resources and left to further her education in healthcare. We are excited for Negin to enter the healthcare field in a few years as a provider with strong knowledge and experience in working with the brain injury community.

We will miss you, Negin!

New Staff– Millie Heye



Millie is excited to join the BIAWA team as a King County Resource Manager. She has been working in mental health, addiction, and homeless services in Seattle for the past seven years. Organizations that she has worked for include DESC, Parent-Child Assistance Program, and Peace for the Streets by Kids from the Streets. She also teaches yoga in the Seattle area. Millie loves craft projects, the beach, Netflix crime documentaries, and drag shows.

Welcome to the team, Millie!

RESOURCES WE LOVE



OneSight Program – Lens Crafters



OneSight helps the world see.

OneSight provides comprehensive eye exams, vision care and customized prescription glasses to people in need throughout the world. OneSight and LensCrafters believe good vision isn't a luxury - it's essential to experience a moment.

Step 1: You will need a letter from a registered non-profit organization explaining that you are in need of glasses, that you are unable to pay, and they must include their tax ID number.

* If you would like BIAWA to assist you with this, please call the Resource Line at 1-877-824-1766.

Step 2: Call your local Lenscrafters. Explain that you are seeking an eye exam from the OneSight program and that you have a letter. Make an appointment for your eye exam. Call any LensCrafters and ask if they can get you fitted with eyeglasses through the OneSight Program.

Step 3: Show up for your eye exam and bring your letter. Lenscrafters will have a box of frames from which you can choose. The lenses will be basic plastic lenses. They will not be high-index, transitions, or anything like that. However, they will have your prescription.

The eye exam and glasses are free of charge!