



Brain Injury Alliance of Washington

# MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

March 2018

MindMatters is a publication of BIAWA.



Brain Injury  
Alliance  
WASHINGTON

## WHAT'S NEW...

### Membership

Being a BIAWA member has never been better! Membership benefits range from fun BIAWA swag to permission to use the BIAWA logo on your website. Members receive discounts on registration for events and help keep BIAWA services free or low-cost.



**Membership is not required to receive services and support from BIAWA. It is completely optional!** Becoming a member costs as little as \$5. Find out more by clicking below or go online at

<https://biawa.rallybound.org/membership/Donate>

**Tell me more about Membership!**

## WASHINGTON TBI CONFERENCE

### Washington State 2018 Traumatic Brain Injury Conference

**When:** Tuesday, May 29th and Wednesday, May 30th

\*Tuesday is a half day from 2:00-5:30pm

**Where:** Hotel Murano

1320 Broadway

Tacoma, WA 98402

**Cost:** Find out more about cost to attend and register online by clicking [HERE](#).

\* A limited number of scholarships will be available for individuals with TBI and/or unpaid caregivers. You can get the Scholarship application [HERE](#) or online at <http://bit.ly/TBIConference2018>

The Annual Washington State TBI Conference is a wonderful educational opportunity for all in our community. This year's conference features 5 tracks: Adults with TBI, Support for Caregivers, Military and Veterans Issues, Supporting Teens and Young Adults with TBI, and Professional Interests.

Learn about topics such as Respite Care for Caregivers, Therapy for Headaches and Migraines, Compassion Fatigue, Survivor Success Stories, and much more.

BIAWA will see you there!



## RESOURCE CENTER



### Washinton Brain Injury — Resource Center —

A PROGRAM OF BIAWA

Find out how BIAWA can support you!

Call the Resource Line Monday-Friday from  
9am-5pm:

**1-877-982-4292**

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

- A medical provider who understands Brain Injury
- Applying for State or Federal Benefits
- Free Legal Aid
- Planning for Return to Work or School
- Support Groups
- Talking to loved ones about Brain Injury

BIAWA can help you. Give our **Resource Line** a call to talk with a specialist who can point you in the right direction.

## RESOURCES WE LOVE

### The MAX Impact TBI Assistance App

MAX, your virtual service dog is here to make an impact for Veterans who have experienced a Traumatic Brain Injury. Max Impact is a free app designed to empower veterans, family, friends, and caregivers. You can use a screening tool to determine whether your symptoms may be related to a TBI, connect with providers in your area who can help, learn how to manage symptoms and better relax, and connect with other veterans with TBIs.



While this resource is geared towards veterans, it is available and free to everyone. Just download the app on your smartphone!

Learn more on the WDVA website: <http://www.dva.wa.gov/benefits/traumatic-brain-injury-tbi>

## LIVE UNITED



United Way of King County

### FREE TAX HELP!

If you make less than \$66,000 per year, United Way of King County will prepare and file your taxes for free. This is happening through April 19th, 2018 at many locations throughout King County. United Way can also help you sign up for healthcare, public benefits, and ORCA Lift.

Find out more here: <https://www.uwkc.org/need-help/tax-help/>

## UPCOMING EVENTS



*Enjoy a fun day trip with your friends! Stroll through fields of beautiful tulips! Eat delicious pasta!*

This event is for survivors of Brain Injury and a guest or caregiver only. We hope you can join!



**Sunday - April 22, 2018**

**Green Lake Community Center**

7201 E. Green Lake Dr. N. Seattle, WA 98115

visit [BIAWA.org](http://BIAWA.org)  
for more info



**Brain Injury**  
Alliance  
WASHINGTON



Last year, over 400 members of the Brain Injury Community gathered at Green Lake Park in Seattle for this fundraising event. We hope you all join again this year! Money raised is used to support survivors of Brain Injury throughout Washington State so that they have access to the resources they need and deserve. It's also the perfect opportunity for survivors to share their story. We hope to see you there!



*Exhibit Dates: June 4th through July 20th at Mercer Island Community & Event Center*

Survivors of Brain Injury of all ages and abilities are encouraged to submit a piece of art to the 2018 Brain Injury Art Show. Deadline to send in your [Submission Form](#) is May 4th, 2018. We hope you share your talents in this exhibit.

There will be an Opening Reception on Thursday, June 14th.

**See an event you would like to attend or learn more about?**

**Click on the Event Banner above to register online, visit [www.biawa.org](http://www.biawa.org), or call 206-467-4800**

## PAST EVENTS

In January, BIAWA celebrated our amazing volunteers with a dinner at Gordon Biersch! Volunteers keep this organization running smoothly at events and the office. We appreciate your commitment to the community! Thanks to all our volunteers throughout the year whether it be at volunteer Thursdays or fundraising events.

*You make a huge difference!*



Most of our volunteer opportunities with BIAWA are for survivors of Brain Injury. We have a monthly Volunteer Group of Survivors come into the office on the first Thursday of every month from 10am-12pm. It's a great opportunity to meet new people, be active in the community, and build your administrative skills! If you are a survivor of Brain Injury and wish to get involved, please follow the link to complete an interest survey: <http://biawa.org/volunteer.php>

If you are not a survivor of Brain Injury, we have several fundraising events throughout the year that require volunteers for day-of support. We are still looking for volunteers for the Walk, Run & Roll at Green Lake on Sunday, April 22nd. Follow the link to learn more and sign up: <https://biawa.rallybound.org/walkrunroll/Forms/Volunteer>

Our annual Brain Injury Awareness Dinner at Pyramid Restaurant took place on March 14th. This is definitely one of our favorite events of the year! Everyone enjoyed delicious food, entertainment from a local musician, dessert, and fellowship. Most importantly, we celebrated and promoted greater awareness for brain injury.

You might have heard or seen some of our media campaigns throughout Brain Injury Awareness Month. BIAWA built awareness via billboards, bus ads, and announcements on the radio.



Washington Brain Injury Resource Center - 877-982-4292

March is Brain Injury Awareness Month

# Discover, Share, Give

If you or someone you care about is living with brain injury call us. You are not alone.

Brain Injury Alliance WASHINGTON BIAWA.org

The banner features a large green awareness ribbon on the left. To the right of the ribbon is a row of six small photographs showing various people and activities related to brain injury awareness. The background is white with a purple border at the top and bottom.

Stay up to date with all the things happening at the Brain Injury Alliance of Washington! Newsletters come out every other month. To get the newsletter sent to your home address, call Jenna at 206-467-4807 or email [JennaK@biawa.org](mailto:JennaK@biawa.org)

More Pictures from March Awareness Dinner!



**BRAIN HEALTH & WELLNESS**

Free Classes!  
Interesting Topics!  
Located in Lynnwood and  
Puyallup



Topics Such As:  
Communication, Exercise,  
Yoga, Creative Writing,  
Building Happiness

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. We hope you take advantage of these free classes!



Upcoming Classes at MultiCare in Puyallup:

- [Brain Anatomy: How the Brain Works with the Rest of the Body](#)
- [Traveling After Brain Injury: Vacation & Travel Planning](#)
- [Living Energetically: Coping with Fatigue & Boosting Energy](#)

Upcoming Classes at Verdant Center in Lynnwood:

- [Laughing Yoga for Survivors](#)
- [Yoga](#)
- [Get Organized!](#)
- [Fall 7 Times, Rise Up 8](#)

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.

