



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

November 2018

MindMatters is a
publication of BIAWA



Brain Injury
Alliance
WASHINGTON

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends of BIAWA,

This past October, our community lost a pioneer in Brain Injury Advocacy, Tommy Manning. I was honored to be asked to speak at his service. After his service, I received a lovely note from Dennis Flannigan, the state legislator who worked closest with Tommy. I'd like to share his note as we were unable to read it at Tommy's memorial service:

Deborah,

Please know Tommy's one of the more than memorable people I met as a legislator and deserves so many thank yous and accolades. He was often a tough constituent to meet with, as he was determined to change the laws of Washington State to embrace and support people with Brain Injury.

He pestered us until we understood what he and others needed. He would and could interrupt any conversation to make his point, and loved Maralise, myself, and later, Brad for hanging with him. Brad told me that Tommy began as one of those "Flannigan constituents," and became a model for understanding what the disenfranchised must live through and with.

Tommy, you are one of the best memories of my time in the Legislature, and by far the most important constituent I met." Thank you for your gifts to us.

-Denny Flannigan

Tommy's legacy will always be remembered and continued by the BIAWA.

Deborah Crawley
Executive Director



UPCOMING EVENT

Thursday, December 6th 2018

BIAWA Holiday Party

Light Up Your Holidays


Swedish Cultural Center
1920 Dexter Ave. N., Seattle, WA 98109



Brain Injury
Alliance
WASHINGTON

Visit BIAWA.org for more info

Click on the banner to RSVP online! You can also RSVP by emailing jennak@biawa.org or

call Jenna at 206-467-4800



Washington Brain Injury — Resource Center —

A PROGRAM OF BIAWA

We offer a variety of support throughout all of Washington State for survivors of Brain Injury, their loved ones, and caregivers. Support includes:

[Toll-Free Brain Injury Resource Line](#)

Phone support to answer any questions regarding Brain Injury and get information and referral to resources. We are available to talk Monday-Friday from 9am-5pm. [Call 1-877-982-4292.](#)

[Adult and Pediatric Resource Management](#)

1:1 support in navigating systems such as Social Security Disability and DSHS, and assistance in connecting to medical and legal services. Call the Resource Line to complete intake and see if you qualify for this level of support.

[Brain Health & Wellness Classes](#)

Free non-clinical classes that aim to engage individuals with Brain Injury and their caregivers on topics that range from relationships to skill-building. Classes are currently offered in Puyallup, Seattle, and Lynnwood.

[Support Groups](#)

Support Groups are an amazing way to make new friends and get support from your peers. Take a look at our website for information on all Brain Injury Support Groups throughout the state.

[Social Engagement Activities](#)

Social events hosted by BIAWA throughout the year aim to build community among all affected by Brain Injury. Upcoming event is the BIAWA Community Holiday Party.

[Academic Scholarships](#)

An annual award to provide financial support to individuals with Brain Injury enrolled in an undergraduate program or an individual looking to support the Brain Injury community with a post-graduate degree. The ability to apply for a scholarship will open in the new year.

Visit us on Facebook, Twitter, and Instagram to stay up to date on what BIAWA is doing in your community. We utilize these social media platforms to share information on upcoming events, resources, and fun photos from our events!

Connect with us!



Brain Injury Alliance of Washington



Instagram

@braininjurywa



twitter

@BrainInjuryWA

PAST EVENTS

Northwest Trek:

A fun group of thirty individuals enjoyed a trip to Northwest Trek Wildlife Park on Wednesday, September 12th. We all took a tour through the park on the Discovery Tram and saw tons of elk, herds of bison, big-horned sheep, and one mountain goat! We then had a delicious lunch inside the park and wandered around to see even more animals!



Raise Your Glass for BIAWA:

BIAWA hosted our 2nd Annual Beer Fundraiser on Tuesday, September 18th at Lagunitas Brewing Company in Ballard. We had raffle prizes, a delicious taco bar, music, games, 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 support BIAWA and those we serve!



SUPPORT BIAWA WITH A GIFT

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Amazon donates 0.5% of the price of your purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service. Just sign on to your Amazon account at smile.amazon.com and make **Brain Injury Association of Washington** your charitable organization of choice.

B.I.G.
the brain injury gala

Igniting HOPE

A Gala & Auction Benefitting BIAWA
SATURDAY, NOVEMBER 3, 2018

Funds raised at this event provide
hope and support for our community.



The 12th Annual **Brain Injury Gala** took place on Saturday, November 3rd. It was a truly inspiring night, and the theme this year was *Igniting Hope*. Thanks to our generous sponsors and guests, we raised over \$535,000! These funds provide support and services that make a measurable impact in the lives of survivors, their loved ones, and caregivers.

To view all pictures from the evening, follow this [link](#).



Restless Vocal Band performed a cappella throughout the evening.



The night was magical with a magician mingling around and showing off some captivating tricks!



2018 Honorary Chair Award was presented to the Lystedt Family: Victor, Zack, and Mercedes for their unwavering dedication to concussion and safety protocol.



Special Thank You to Seth, Sheri, and Alan Barronian for sharing their story of Brain Injury in this year's Gala video. You can watch the inspiring video [here](#).





UBS



Morgan Stanley



BRAIN HEALTH & WELLNESS

The 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 three different locations throughout Washington State! Upcoming classes are listed below. Click on a class to register online or learn more at http://biawa.org/brain_health_wellness.php.



Brain Health & Wellness

A PROGRAM OF BIAWA



SWEDISH

Upcoming Classes in Seattle at Swedish Cherry Hill:

- ◆ **Mindfulness for Brain Injury Survivors**
Tuesday, December 11th from 1:00-2:00pm
[Register Here!](#)
- ◆ **Plan-Do-Review: Tools for Approaching Big and Small Projects**
Wednesday, December 12th from 3:00-4:00pm
[Register Here!](#)



Upcoming Classes in Verdant Wellness Center in Lynnwood:

- ◆ **Yoga**
 1. Tuesday, December 4th from 11:00-12:30pm
[Register Here!](#)
 2. Tuesday, December 11th from 11:00-12:30pm
[Register Here!](#)
- ◆ **Master Your Emotions**
Wednesday, December 12th from 1:00-2:30pm
[Register Here!](#)

Upcoming Classes at Multicare in Puyallup:

- ◆ **Traveling after Brain Injury**
Tuesday, December 4th from 5:30-7:00pm
[Register Here!](#)
- ◆ **Bladder & Bowel Management after TBI**
Thursday, December 27th from 5:30-7:00pm
[Register Here!](#)



New class catalogues for the January-April Trimester will be available in mid-December!

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 mailing address, call Jenna at 206-467-4800 or email JennaK@biawa.org

RESOURCES WE LOVE

Pediatric Brain Injury Family Day

This resource is a series of support groups for survivors of pediatric Brain Injury and Stroke and their family members. The last Pediatric Brain Injury Family Day was October 14th. Seventeen families enjoyed a day at the Seattle Aquarium. Survivors, parents, and siblings joined for three hours of exhibits, activities, touch tanks, and lunch. The next Pediatric Brain Injury Family Day will actually be an entire weekend! Camp Korey Family Weekend will be happening March 29th-31st, 2019. Mark your calendar!



Upcoming Conferences and Community Events:

Seattle Stand Down: The 8th Annual “Seattle Stand Down” will give a “hand up” to homeless Veterans. This event is taking place on Thursday, December 13, 2018 and Friday, December 14, 2018 on the Georgetown Campus of South Seattle College. The Seattle Stand Down is a one-stop shop for resources and services available to Veterans who currently lack permanent housing or simply need a “hand up” in order to prevent homelessness. More information can be found [here](#).

Sea Mar Holiday Community Health Fair: Come learn about various community resources and services at Lincoln High School in Tacoma, WA on Saturday, December 15, 2018. Navigators will be present to answer questions and do enrollments. More information about this event can be found [here](#).

Spokane Homeless Connect: The 9th Annual Spokane Homeless Connect is taking place on Wednesday, January 30, 2019 at the Salvation Army Community Center in Spokane, WA. Click [here](#) to learn more about this great community resource event.

STAFF



Katie joined BIAWA in May 2017 as the Resource Line & Operations Coordinator. Katie responded to calls on the Resource Line and coordinated outreach efforts to continue growth and raise awareness of Brain Injury throughout Washington state. Katie is now a Customer Success Advocate at Boundless Immigration. Katie will miss the Brain Injury community, but she looks forward to guiding individuals through the marriage green card application process to ensure they can be with their loved ones.

SAVE THE DATE!

The 2019 **Walk, Run, & Roll for Thought** will be held on
Saturday, April 27th, 2019 at Green Lake in Seattle

