



Brain Health & Wellness

A PROGRAM OF BIAWA



JANUARY - APRIL 2019 CLASS CATALOG

MultiCare 

Good Samaritan Hospital

Brain Injury Alliance of Washington increases public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy. We serve all Washingtonians affected by Brain Injury including survivors, caregivers, and family members.

**For more information contact us at 206-467-4800,
call the Washington Brain Injury Resource Center at
877-982-4292, or visit www.biawa.org.**



Brain Injury
Alliance
WASHINGTON

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Brain Health & Wellness Partner

MultiCare 

Good Samaritan Hospital

MultiCare Health System

Brain Injury Alliance of Washington

Our **vision** is a world where Brain Injury is prevented, and every person already affected by its impact benefits from resources that maximize their quality of life.

Our **mission** is to increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy.

BIAWA works on a daily basis with individuals across Washington on the phone, in-person, and in group settings to enhance the quality of life for survivors of Brain Injury and their loved ones. BIAWA operates the toll-free Washington Brain Injury Resource Line, provides in-person resource management and clinical care management, offers academic scholarships, and organizes outings for survivors of Brain Injury and their caregivers throughout the year.

Brain Health & Wellness Program

The BIAWA Brain Health & Wellness Program tailors learning opportunities specifically for individuals affected by Brain Injury and their loved ones. The Brain Health & Wellness Program focuses on classes that support survivor and family member integration. The program offers non-clinical classes to enhance social skills, organizational skills, relationships and communicating, as well as a mentoring program, all designed to empower participants and give them the tools to take ownership of their health and well-being.

Registration

Registration is now open! All classes are **free**. Please join us!

Register online:

- Go to www.biawa.org/calendar
- Click on the class you want and follow the directions to register.
- You will need an email address to register. If you do not have an email address, please call BIAWA for assistance.
- Once you submit your registration, you will receive a confirmation email. You can also print the confirmation page for your records.
- Unless otherwise noted, you must register for each class and session separately.

You can also call us at 206-467-4800 to help you register over the phone.

Holidays

We will be closed for the following holidays. No classes will be held on these days:

- Tuesday, January 1st New Year’s Day
- Monday, January 21st Martin Luther King Jr Day
- Monday, February 18th President’s Day

Modified Gentle Yoga for Brain Injury

Learn about the benefits and practice of mindfulness-based stress reduction combined with gentle yoga for improved recovery from Brain Injury. Basic diaphragmatic breathing exercises, guided relaxation, and basic meditation practice will be offered. Whether you may require modifications or use of props to assist with balance, alignment, and posture this class is designed for the beginner. We will practice breathing exercises, and you will discover the benefit of practicing yoga following Brain Injury. Please wear comfortable clothing. For the yoga sequences, we will practice in bare feet, but you are welcome to wear braces or supports if you need them! You will be provided a resource list and handouts to allow you to continue at home or seek out appropriate classes at local studios.

University Place Pierce County Library

Wednesdays: January 2nd, 9th, & 16th, 2019. 3:00—4:00 pm

Facilitated by: Judith Thierry, RYT 200

An Introduction to Meal Planning: Navigating the Grocery Store

This is part one of a two-part course. In this class, you will be provided with information about ways to effectively plan your grocery trips, along with time-saving tips on navigating your way through the grocery store. This class will cover various organizational tools to set your grocery shopping trips up for success!

MultiCare Good Samaritan Hospital - Mount Rainier Room

Thursday, January 10th, 2019. 4:30—5:45 pm

Facilitated by: Emily Winn, CF-SLP, Speech Language Pathologist

An Introduction to Meal Planning: How to Meal Prepare for the Week

This is part two of a two-part course. In this class, you will be provided with structured planning tools to prepare meals ahead of time to fit in your schedule. This class is for those who find themselves eating out more than they'd like, or for those who want more structure around mealtimes.

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, January 24th, 2019. 4:30—5:45 pm.

Facilitated by: Emily Winn, CF-SLP, Speech Language Pathologist

Brain Anatomy: How the Brain Works with the Rest of the Body

This class will review the anatomy and blood supply to the brain, as well as how the brain is connected to the rest of the body. We will go over specific areas of the brain and the deficits that arise when that area is damaged. This class will also address common symptoms following a Brain Injury.

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, February 7th, 2019. 5:00—6:15 pm

Facilitated by: Robert Burke, DPT, Physical Therapist

Discovering New Hobbies

Part One: "Knot" Sure What You Like?

It can be hard to discover and participate in hobbies, whether you are a survivor of Brain Injury, caregiver, family member, or friend. Macrame, the "art" of knots and cords, is an excellent outlet that combines creativity, repetition, and craftiness. This class will teach you the basics- simple knot tying, organization, basic techniques, and possible projects. Supplies included for a small project of your own!

University Place Pierce County Library

Wednesday, February 13th, 2019. 4:30—6:00 pm

Facilitated by: Kelsey Fowler, CCC-SLP, Speech Language Pathologist & Grace Bender, CCC-SLP, Speech Language Pathologist

Cleared for Work: Navigating Employment after a Brain Injury

This class will provide you with practical and helpful information as you look to re-enter the workforce after a Brain Injury. Resources will be provided!

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, February 21st, 2019. 5:00—6:15 pm

Facilitated by: Nicole Sabovich, LPN, Rehabilitation Nurse

Discovering New Hobbies

Part Two: "Growing" New Interests

Whether you consider yourself a green thumb or not, there is a houseplant for you! It has long been thought that caring for plants can be calming, on top of building a sense of purpose and success when your plants thrive. This class will teach you some basics for successful indoor gardening, as well as provide you with additional resources so your new hobby can flourish! Supplies included for a small plant project!

University Place Pierce County Library

Wednesday, February 27th, 2019. 4:30—6:00 pm

Facilitated by: Kelsey Fowler, CCC-SLP, Speech Language Pathologist & Grace Bender, CCC-SLP, Speech Language Pathologist

Metacognition: The Art of Thinking

Ever thought about thinking about your own thinking? Maybe you should; Who would have thought? Come learn strategies on how to tune in, get organized, and self-regulate. It's time to learn about learning!

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, March 7th, 2019. 5:00—6:15 pm

Facilitated by: Michelle Steele, CCC-SLP, Speech-Language Pathologist

Mindfulness for Brain Injury Series

Week One: Yoga Nidra for Brain Injury

Yoga Nidra is a meditative, restorative, guided-relaxation practice that can improve sleep quality, decrease anxiety and stress, improve mental focus, increase self-awareness, and manage PTSD, depression, and chronic pain. In this class, participants will learn more about the benefits of Yoga Nidra practice, and will participate in a 45-minute Yoga Nidra session. Please dress comfortably for the practice. Participants will be positioned in supine with pillows, blankets, and wedges to provide support.

MultiCare Good Samaritan Hospital - Physical Therapy Gym

Thursday, March 21st, 2019. 6:30—7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Mindfulness for Brain Injury Series

Week Two: Meditation for Brain Injury

Learn about the benefits and practice of meditation and mindfulness-based stress reduction for improved recovery from brain injury. In this class, you will learn basic breathing exercises, and formal and informal meditation practices. Resources and handouts will be provided to help you to continue a home practice. Please wear loose-fitting, comfortable clothing.

MultiCare Good Samaritan Hospital - Physical Therapy Gym

Thursday, March 28th, 2019. 6:30—7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Mindfulness for Brain Injury Series

Week Three: Modified Yoga for Brain Injury

This class is designed for those who are new to yoga, have never tried yoga, or for those who may require modifications and the use of props to assist with balance, alignment, and posture in standing or sitting. In this class, we will practice both a seated vinyasa sequence, as well as a standing balance sequence with use of a chair or table. Resources and handouts will be provided to help you continue a home practice and we will discuss how to find appropriate classes at local studios. Please wear loose-fitting clothing that allows you to move and stretch freely.

MultiCare Good Samaritan Hospital - Physical Therapy Gym

Thursday, April 4th, 2019. 6:30—7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Symptom Management and Tips for Speaking with Your Doctor after Brain Injury

By the end of the presentation, participants should be able to understand the basic mechanisms of Brain Injury, the symptoms that various injuries can cause, and ways to treat or improve those symptoms. There will also be tips on how to speak with your provider about symptom management.

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, April 25th, 2019. 6:00—7:00 pm

Facilitated by: Paul Nutter, MD

January 2019

Mon	Tue	Wed	Thu	Fri
	1 New Year's Day	2 Modified Gentle Yoga 3-4 pm (page 5)	3	4
7	8	9 Modified Gentle Yoga 3-4pm (page 5)	10 Intro to Meal Planning: Part One 4:30-5:45 (page 5)	11
14	15	16 Modified Gentle Yoga 3-4 pm (page 5)	17	18
21 Martin Luther King Jr. Day	22	23	24 Intro to Meal Planning: Part Two 4:30-5:45 pm (page 6)	25
28	29	30	31	

February 2019

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7 Brain Anatomy 5:00-6:15 pm (page 6)	8
11	12	13 Discovering New Hobbies: Part One 4:30-6:00 pm (page 6)	14	15
18 President's Day	19	20	21 Cleared for Work: Navigating Employment 5:00-6:15 (page 7)	22
25	26	27 Discovering New Hobbies: Part Two 4:30-6:00 pm (page 7)	28	

March 2019

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7 Metacognition: The Art of Thinking 5:00-6:15 pm (page 7)	8
11	12	13	14	15
18	19	20	21 Mindfulness: Week One 6:30-7:30 pm (page 8)	22
25	26	27	28 Mindfulness: Week Two 6:30-7:30 pm (page 8)	29

April 2019

Mon	Tue	Wed	Thu	Fri
1	2	3	4 Mindfulness: Week Three 6:30-7:30 pm (page 9)	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25 Symptom Management 6:00-7:00 pm (page 9)	26
29	30			

Class Location: **MultiCare Good Samaritan Hospital**



401 15th Ave SE, Puyallup WA 98372
Accessible by Community Transit
bus route #425

- 1 - Main Entrance to Hospital,
For Dally Tower Executive
Conference Room**
- 4 - A Meadow Entrance,
For Mount Rainier Room and
Physical Therapy Gym**

Class Location: University Place Pierce County Library

University Place Pierce County Library
3609 Market Pl W
University Place, WA 98466

BIAWA Resource Center Programs

Resource Line

The toll-free Resource Line provides direct 1:1 support throughout Washington State for individuals with Brain Injury, caregivers, loved ones, and professionals. Our trained Resource Line Specialists will help you locate the appropriate supports including medical providers, legal representation, and community support like community agencies and support groups. The Resource Line is available Monday through Friday 9:00am to 5:00pm by calling **877-982-4292**.

Resource Management

Resource Management is offered to individuals with Brain Injury, their families, and caregivers. We provide clients with the option of over-the-phone or in-person assistance. Resource Managers help connect people to resources and support in their communities while working toward individualized, identified goals. Call the Washington Brain Injury Resource Center at **877-982-4292** to find out how Resource Management can benefit you.

Pediatric Resource Management

Individualized assistance for clients and families is designed to seek out and manage resources that meet the needs of children and youth while enhancing the caregiving capabilities of families, resulting in success in their schools and communities. Pediatric Resource Managers develop short and long-term intervention strategies to support Brain Injury patients and their families with reintegration into their homes, schools, and communities during and subsequent to the patient's hospital discharge process.

Social Engagement Opportunities

BIAWA recognizes the value of social engagement in enriching the quality of life for individuals with Brain Injury and their families. We provide numerous activities throughout the year, including trips to the Skagit Valley tulip fields, dinners, and sporting events. For more information on upcoming events, please visit our calendar at **www.biawa.org/calendar**.

SAVE THE DATE!

Join BIAWA For These Upcoming Events

March- Brain Injury Awareness Month

April 27th- Walk Run & Roll for Thought, Green Lake, Seattle

Brain Health & Wellness Instructors

If you are interested in teaching a class in our Brain Health & Wellness Program, you can call our office at (206) 467-4800 or email admin@biawa.org to request an instructor interest form.

Not seeing the class you want?

If you have an idea for a new Brain Health & Wellness class, call us at (206) 467-4800 or email us at admin@biawa.org.

Check our online calendar for new classes!

BIAWA continually adds new classes to our online calendar for the upcoming quarters. You can see the latest learning opportunities online at:

biawa.org/calendar



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