



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

February 2019

MindMatters is a
publication of BIAWA



Brain Injury
Alliance
WASHINGTON

MESSAGE FROM THE EXECUTIVE DIRECTOR

The New Year has certainly let us all know it is here! BIAWA's main priority is supporting our community in staying safe during the recent unusual and difficult weather. While our offices were closed for a few days, staff were working from home, connecting with the community, and helping to reschedule as needed. My gratitude to our amazing staff who continued to move forward in the good work of BIAWA even when mother nature intervened.

I was fortunate to be able to attend this month's Support Group at Buckley's in Belltown. We had great attendance and people were so happy to have somewhere to gather and reconnect. We have many more opportunities to connect coming up in March. It is Brain Injury Awareness Month and you'll hear, see, and hopefully be with us at our annual dinner to celebrate our community. We also have a number of other activities scheduled throughout the spring. In particular, it is time for the *Calling All Artists* for our Annual Art Show. We are thrilled to be exhibiting at the Seattle Art Museum this summer. This show has grown in reputation and as a leading and innovative idea. Innovation and the addition of new opportunities for survivors and their family members to engage is always something we at BIAWA are seeking. This is in addition to our daily work on both the Resource Line, which served over 10,000 calls last year, and our in-person Resource Management. It's important to offer a full spectrum of support to ensure we are enhancing the quality of life for as many individuals as possible and also in ways that meet the individuals' goals. An invitational environment! I cannot wait to connect with you this year. Whether at an event, a support group, or call to the office. It's an honor to be part of this community.

Deborah Crawley

BIAWA Executive Director



**Brain Injury
Alliance
WASHINGTON**

www.biawa.org

Have you been on our website lately? Our brand new website went live in December of 2018!

Same URL, new and improved look!

Check it out: www.biawa.org

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 activities, resources, and fun photos from our events!

Connect with us!



Instagram



twitter

UPCOMING EVENTS



Support BIAWA and celebrate friends, food, and fun!
Wednesday March 20 2019

Brain Injury Awareness Month



Pyramid Restaurant
1201 First Avenue South
Seattle, WA 98134



Brain Injury Alliance WASHINGTON
for more info BIAWA.org



WALK RUN & ROLL

Support Brain Injury Survivors

Saturday, April 27th

Green Lake Community Center

7201 East Green Lake Drive North

Seattle, WA 98115

The Walk, Run & Roll brings together over 400 individuals at Green Lake Park. Every dollar raised through the 9th Annual Walk, Run, and Roll goes to support Brain Injury survivors, their loved ones, and caregivers.



Brain Injury Alliance WASHINGTON

5K & 1 Mile



Wednesday - May 1st 2019
Chuckanut Bay Boat Cruise
in Bellingham



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Brain Injury Alliance WASHINGTON

2019 Brain Injury Art Show
Paintings Photography Multimedia



The 2019 Brain Injury Art Show is being exhibited at the Seattle Art Museum June 5th—July 22nd. If you are a survivor of Brain Injury and wish to submit artwork, please complete this [Submission Form](#) by May 6th.

More information on all these events available on our website: www.biawa.org

PAST EVENT

Community Holiday Party

We had so much fun celebrating the Holidays on December 6th, 2018 with over 80 survivors, supporters, and professionals in the community. The event was held at Swedish Cultural Center where we got to enjoy incredible views of Lake Union and Downtown Seattle. The festivities started with delicious appetizers, beverages, desserts, and mingling. Of course, it wouldn't be a BIAWA Holiday Party without Holiday tunes and a joyous sing along session! Guests were able to bid on some great raffle prizes as well. Thank you to everyone who joined! BIAWA is looking forward to enjoying each other's company more throughout 2019!



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

SUPPORT BIAWA WITH A GIFT



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RESOURCE CENTER

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.



Washinton Brain Injury — Resource Center —

A PROGRAM OF BIAWA

The Resource Line is available Monday through Friday from 9:00 am—5:00 pm.

Call 877-982-4292

RESOURCES WE LOVE

2019 Washington State Traumatic Brain Injury Conference

When: Monday, April 15 and Tuesday, April 16

Where: [Double Tree Inn Spokane City Center](#)

322 N Spokane Falls Ct

Spokane, WA 99201



Cost: Conference registration fee is \$175. A limited number of scholarships are available for survivors of Brain Injury and/or unpaid caregivers of individuals with TBI.

Scholarship Application is available at: <https://www.dshs.wa.gov/altsa/traumatic-brain-injury/traumatic-brain-injury-advisory-council>

Registration is open at: <https://web.cvent.com/event/86350ba7-c530-45e3-9c26-56e9b077c1a5/regProcessStep1>

The Annual Washington State TBI Conference is a wonderful educational opportunity for all in our community. BIAWA will see you there!

FREE TAX HELP!

If you make less than \$66,000 per year, United Way of King County will prepare and file your taxes. This is happening now through April 18th, 2019 at many locations throughout King County. The best news: No appointment needed and no fees to pay.

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

LIVE UNITED



United Way of King County

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 www.biawa.org

Upcoming Classes at [Verdant Wellness Center](#) in Lynnwood—

- **Game Changer: Gentle Pain Management for Beginners**

Learn tips for managing chronic pain. [Register Now!](#)

- **Yoga**

Learn techniques for seated yoga and deep breathing. [Register Now!](#)

- **Get Organized**

Learn how to organize and deal with all your stuff. [Register Now!](#)



Upcoming Classes at [Swedish Cherry Hill](#) in Seattle—

- **Marriage After Brain Injury: Meeting the Challenges**

For couples with a partner who has a TBI. [Register Now!](#)

- **Plan-Do-Review**

Learn how to approach big and small projects. [Register Now!](#)

- **Core Stability after Brain Injury**

Strengthening your core can improve balance, posture, and mobility. [Register Now!](#)

- **Compensatory Strategies for Memory**

Learn strategies for the common memory changes after Brain Injury. [Register Now!](#)

Upcoming Classes at MultiCare Good Samaritan Hospital—

- **Metacognition: The Art of Thinking**

Learn the strategies on how to tune in, get organized, and self-regulate. [Register Now!](#)

- **Mindfulness for Brain Injury: Yoga Nidra**

Learn about the benefits of Yoga Nidra and participate in a 45 minute session. [Register Now!](#)

- **Mindfulness for Brain Injury: Modified Yoga**

For all levels of experience. [Register Now!](#)

MultiCare 
Physical Medicine and Rehabilitation
BetterConnected