



Brain Injury Alliance of Washington

MINDMATTERS
PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

May 2019

MindMatters is a
publication of BIAWA



Brain Injury
Alliance
WASHINGTON

MESSAGE FROM THE EXECUTIVE DIRECTOR

Summer is upon us and BIAWA is looking forward to celebrating together at a number of events and activities. We hope you were able to join us on Thursday, June 6th at the Seattle Art Museum for our 11th Annual Brain Injury Art Show Opening Reception and Annual Meeting. We are thrilled to be exhibiting at the Seattle Art Museum for 7 weeks. The Gallery will feature nearly 70 talented artists in our community. It will be an amazing turnout to celebrate each and every one of them.

The summer is always very full of events, from baseball games across the state, our annual Brain Ride (end of summer) and Brain Health & Wellness classes offered at many locations throughout the summer months. Hopefully summer plans for each of you includes taking time to relax and enjoy the beauty of the Pacific Northwest.

Remember, if you are in need of additional support or services any time during the summer, please do call our Resource Center at 1-877-982-4292.

Sincerely,

Deborah Crawley
Executive Director



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



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

Connect with us! @BrainInjuryWA

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PAST EVENTS

Brain Injury Awareness Month Dinner and Celebration -

You might have heard or seen some of our media campaigns throughout the month of March, which was Brain Injury Awareness Month. BIAWA spread awareness all across the State with additional outreach and announcements on the radio.

We celebrated as a community on March 20th at Pyramid Restaurant in Seattle. We had a lively group of almost 100 guests including survivors, their family and friends, and professionals. We enjoyed drinks, dinner, and entertainment by the Seattle Irish Dance Company!



Chuckanut Bay Boat Cruise -

We couldn't have asked for a better day on May 1st for a boat cruise out on the Sound near Bellingham. Nearly 70 survivors, caregivers, and friends joined us for a two hour boat adventure through Chuckanut Bay. It was absolutely gorgeous! We enjoyed a delicious lunch aboard the Victoria Star, Bellingham's largest passenger vessel. We even had a very unexpected and special guest, a Grey Whale! The Captain was very knowledgeable and aware of the whale's presence, turning off the engines while he foraged for food in the Bay. It was a fantastic day with our community!



PAST EVENTS

Walk Run & Roll -

Our 9th Annual Walk Run & Roll was a tremendous success raising over \$63,000! We were joined by over 400 supporters on Saturday, April 27th at Green Lake in Seattle. It was a beautiful day to be joined by so many brave survivors and generous donors! Thank you to everyone who attended and made this our most successful Walk Run & Roll yet!



Special Thank You to our Walk Run & Roll Sponsors:

Presenting Sponsor



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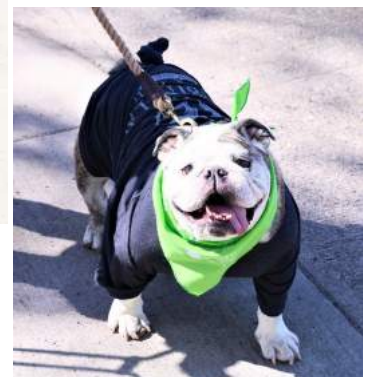
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Click [HERE](#) to see all the photos from the 2019 Walk Run & Roll!



UPCOMING EVENTS



 **Brain Injury Alliance**
WASHINGTON

2019 Brain Injury Art Show
Paintings Photography Multimedia

RECEPTION OPENING
Thursday June 6, 2019 - 5:30pm to 7:30pm

SAM **SEATTLE ART MUSEUM**
1300 First Avenue
Seattle, WA 98101

All are welcome at the Art Show Opening Reception on June 6th from 5:30—7:30 pm at Seattle Art Museum.
The Exhibit will be on display in the Community Corridor Gallery June 5th—July 22nd.

Platinum Sponsor



Summer Baseball Outings with BIAWA

Save the Date—Registration will open beginning of June!



Wednesday, July 24th: Seattle Mariners Game
12:30pm Seattle Mariners vs Texas Rangers



Wednesday, August 14th: Everett Aquasox Game
7:00pm Everett Aquasox vs Tri-City Dust Devils



Tuesday, August 20th: Tacoma Rainiers Game
7:00pm Tacoma Rainiers vs Salt Lake Bees



Brain Health & Wellness

A PROGRAM OF BIAWA



UNIVERSITY OF WASHINGTON
TRAUMATIC BRAIN INJURY
MODEL SYSTEM
PATIENT CARE • RESEARCH • EDUCATION & TRAINING

The Brain Health & Wellness Program provides FREE classes on topics such as communication, relationships, health and fitness, cognitive strategies, and social skills. There are lots of great class coming up this summer at several locations including Lynnwood, Seattle, Puyallup, and Tacoma! Click on a class to register or go on our website at www.biawa.org/calendar to see all the classes and register!

Upcoming Classes at Verdant Wellness Center in Lynnwood —

- ◆ June 13th 2019: [Building a Better Brain](#)
- ◆ July 23rd 2019: [Collage About It](#)

Upcoming Classes at Harborview Medical Center in Seattle —

- ◆ June 5th 2019: [Communication and Relationships](#)
- ◆ July 10th 2019: [Managing Fatigue](#)

Upcoming Classes at Swedish Cherry Hill in Seattle —

- ◆ June 11th 2019: [Mindfulness after Brain Injury](#)
- ◆ June 25th 2019: [Compensatory Strategies for Memory](#)
- ◆ July 16th 2019: [Core Stability after Brain Injury](#)

Upcoming Classes at MultiCare Good Samaritan Hospital in Puyallup —

- ◆ June 13th 2019: [Mindfulness for Brain Injury: Yoga Nidra](#)
- ◆ June 20th 2019: [Mindfulness for Brain Injury: Meditation](#)
- ◆ June 27th 2019: [Mindfulness for Brain Injury: Modified Yoga](#)
- ◆ July 10th 2019: [Discovering New Hobbies: “Knot” Sure What You Like?](#)

Upcoming Classes at Puyallup Public Library in Puyallup —

- ◆ June 5th 2019: [Expand Your Budgeting Skills: Tools to Enhance the Ways You Spend](#)
- ◆ July 29th 2019: [Caregiver Support and Coping Skills](#)

Upcoming Classes at University Place Pierce County Library in Tacoma —

- ◆ June 19th 2019: [Basics of Assistive Technologies for Memory & Cognitive Changes](#)
- ◆ July 17th 2019: [Metacognitive Strategies for Everyday Application](#)

RESOURCE CENTER



Washington 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

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
- 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: **877-982-4292**

RESOURCES WE LOVE

EBT Food Stamps Recipients: Use your card these unique ways this Summer!!!

Did you know that you can use your SNAP/EBT benefits at Farmers Market for fresh, local fruits and vegetables? If you get EBT benefits (food stamps), you can use that money to buy fruits and vegetables at Farmers Markets and you'll get matching Fresh Bucks dollars to spend at Fresh Bucks retailers. Click the following link to find Fresh Bucks markets in Seattle/King County: www.freshbuckseattle.org/

For participating markets in other parts of WA State, click here: www.wafarmersmarkets.org/washingtonfarmersmarketdirectory/

You can also use your EBT card to buy food-producing plants and seeds! Growing your own tomatoes or peppers is amazing! Learn more about how to use your EBT card for these purchases here:

www.snapgardens.org

Through *Museums for All*, those receiving food assistance can gain free or reduced admission to more than 300 museums throughout the United States.

Use the link below to learn more and plan your next trip to a museum:

<https://museums4all.org/>



Learn more about how to apply for an EBT card and how to use your food benefits on the DSHS website or visit your local DSHS Office: www.dshs.wa.gov/

STAFF



Mary Hughes joined BIAWA as the Northwest Resource Manager and Support Group Facilitator in July of 2011. Mary was a great asset to the organization, bringing a lifetime of professional knowledge as well as personal experience as a caregiver to her brother who survived two Brain Injuries. Mary retired in April of 2019 and we are sure she will live retired life to the fullest! We will miss you Mary!



Jessica Lo will miss her position as a Program Assistant and Support Group Facilitator with BIAWA. Jessica joined BIAWA in 2018, coming in with enthusiasm for the brain-injured community and support services. While moving away from Washington, Jessica is excited for the next stage in her career. Jessica will be pursuing a Fellowship at the National Institutes of Health where she will be studying clinical outcomes after head injury. Jessica hopes to return to Washington in the future with more experience to share. We will miss you Jessica!



Veronica West joined the team in May as the new Northwest Resource Manager. She has a background in social services and music education. She loves to help people and provide resources to those in need. When she's not working, you can find her directing a choir, spending time with her daughters, and reading about psychology and health and wellness. Her mission is to be kind to everyone she meets and inspire others to be their best selves. Welcome Veronica!



Alexandra Grigore joined the team in May as the new Resource Line Specialist. She has lived in Seattle for eight years, grew up in the region, and is originally from Montreal, Canada. Alexandra received her BA in Psychology from Seattle University and is pursuing a MA in Clinical Mental Health Counseling at Antioch University. She has spent recent years working with military populations, and is passionate about assisting individuals and families to navigate challenges, in ways that meet their unique needs. In her free time, Alexandra enjoys exploring Seattle neighborhoods, traveling, and exercising at local barre classes! She is excited to join the BIAWA team! Welcome Alexandra!