



Brain Health & Wellness™

A PROGRAM OF BIAWA

FALL 2019
SEPTEMBER — DECEMBER
PUYALLUP & TACOMA 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.

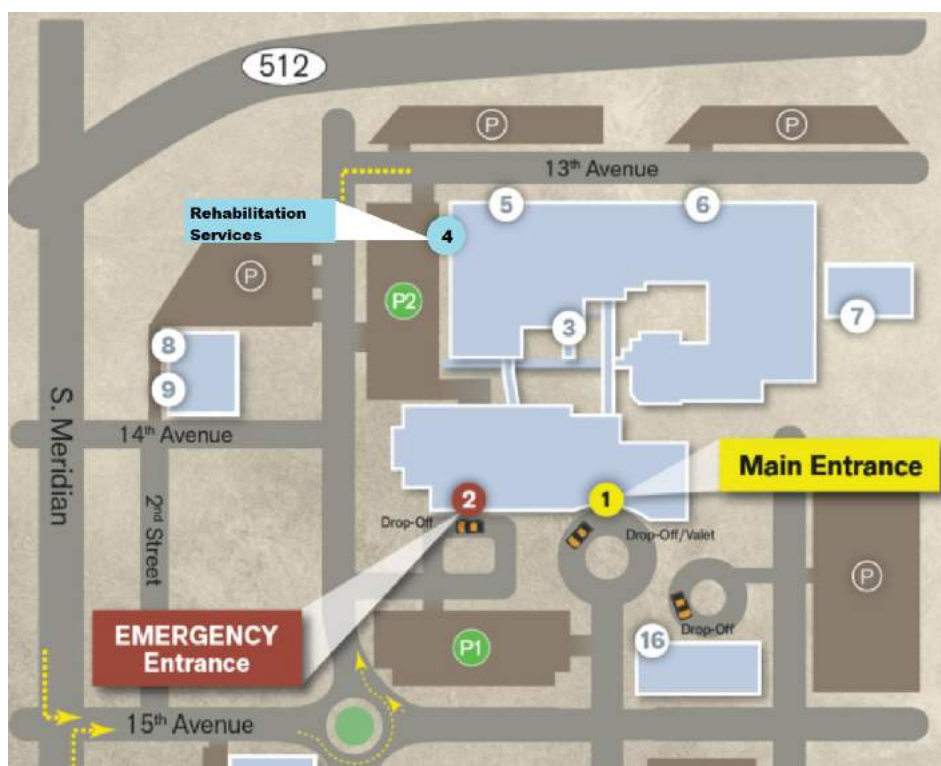
Holidays

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

- Monday, September 2nd Labor Day
- Monday, November 11th Veterans Day
- Thursday & Friday, November 28th & 29th Thanksgiving
- Wednesday, December 25th Christmas

Site Location #1: MultiCare Good Samaritan Hospital

401 15th Ave SE
Puyallup, WA 98372



1 - Main Entrance to Hospital
For Dally Tower Executive
Conference Room
Park in P1 Parking Ramp

4 - A Meadow Entrance
For Physical Therapy Gym
Park in P2 Parking Ramp

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 manifestations and symptoms following a Brain Injury.

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, September 12th, 2019. 5:00 — 6:00 pm

Facilitated by: Robert Burke, DPT, Physical Therapist

Meditation and Pranayama

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, October 3rd, 2019. 6:30 — 7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Chair Yoga I

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga is a safe and gentle option for those with mobility limitations and is great for beginners or anyone who wants to focus on a gentle practice. This practice increases flexibility, strength and body awareness, and emphasize seated postures with the option for a reclined relaxation pose. This class will also include Pranayama breathing techniques and meditation to promote focus, mental clarity, and relaxation.

Chair Yoga I will focus on the upper body, with special emphasis on the shoulders, arms, neck, and upper back. Please dress comfortably, you do not need to bring equipment.

MultiCare Good Samaritan Hospital — Physical Therapy Gym

Thursday, October 10th, 2019. 6:30 — 7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Chair Yoga II

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga is a safe and gentle option for those with mobility limitations and is great for beginners or anyone who wants to focus on a gentle practice. This practice increases flexibility, strength and body awareness, and will include seated postures as well as the option to perform modified standing postures with use of chair for balance and stability. This class will also include Pranayama breathing techniques and meditation to promote focus, mental clarity, and relaxation.

Chair Yoga II with focus on the lower body, with special emphasis on the hips, legs, pelvis, and lumbar spine.

Please dress comfortably, you do not need to bring equipment.

MultiCare Good Samaritan Hospital — Physical Therapy Gym

Thursday, October 17th, 2019. 6:30 — 7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Managing Fatigue after Brain Injury

Feeling tired? Experiencing chronic fatigue can be a common symptom after Brain Injury. In this class, we hope to help you understand and learn new ways of managing your fatigue so you can feel more in control of your life.

MultiCare Good Samaritan Hospital — Dally Tower Executive Conference Room

Thursday, October 24th, 2019. 6:00 — 7:00 pm

Facilitated by: Nicole Bustamante, MA, CCC-SLP & Emily Winn, MS, CCC-SLP

Returning to Work or School after Brain Injury

If your goal is to return to work/school or if you have already returned and would like some tips for success, this is the class for you! In this class, we will discuss common challenges, as well as provide strategies and resources for a successful return to work or school.

MultiCare Good Samaritan Hospital — Dally Tower Executive Conference Room

Thursday, November 14th, 2019. 6:00 — 7:00 pm

Facilitated by: Nicole Bustamante, MA, CCC-SLP & Emily Winn, MS, CCC-SLP

Ask a Therapist

Would you like to learn more about the differences between physical therapy, speech therapy, and occupational therapy? Do you have questions about what types of rehabilitation services are available after Brain Injury? Do you have questions about what each discipline does, and how we work with patients and families with Brain Injury? Meet with our panel of rehab professionals to gain answers to your questions and learn more about rehabilitation after Brain Injury.

NOTE: We will be able to answer general questions but will not be providing evaluations or treatments.

MultiCare Good Samaritan Hospital — Dally Tower Executive Conference Room

Thursday, December 12th, 2019. 5:00 — 6:00 pm

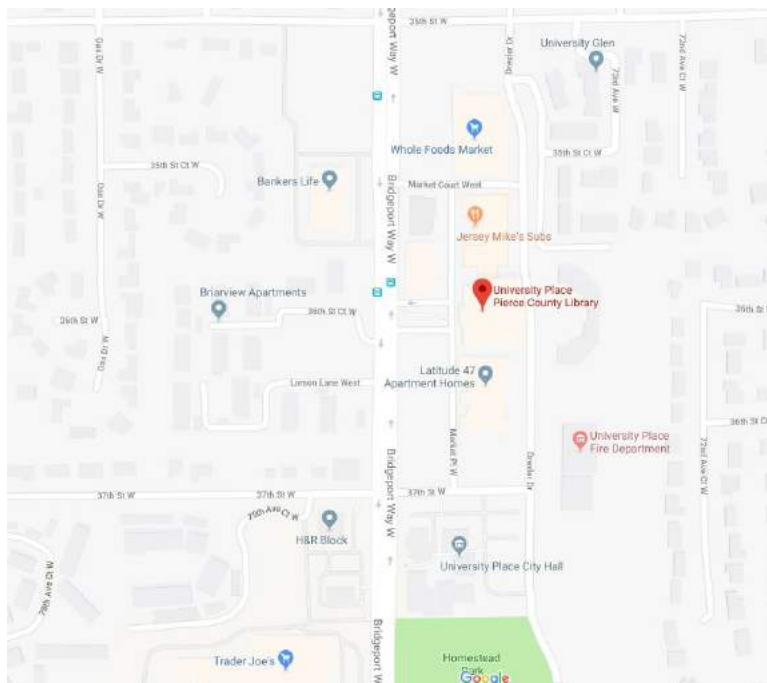
Facilitated by: Julie Cole, DPT, Physical Therapist

Callie Cruchon, OT, Occupational Therapist

Grace Bender, CCC-SLP/CBIS, Speech Language Pathologist

Site Location #2: University Place Pierce County Library

3609 Market Pl W
University Place, WA 98466



Modified Gentle Yoga for Brain Injury

Learn about the benefits and practice of Mindfulness-Based Stress Reduction combined with gentle yoga for improved recovery. Basic diaphragmatic breathing exercises, guided relaxation, and basic meditation practice will be offered. Whether you 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 benefits of yoga after Brain injury. 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. Please wear comfortable clothing.

University Place Pierce County Library

Wednesdays: September 11th, 18th, and 25th, 2019. 4:00 — 5:00 pm

Facilitated by: Judith Thierry, RYT 200

Notes

Notes

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3	4	5	6
9	10	11 University Place Library Modified Gentle Yoga 4–5 pm	12 MultiCare Hospital How the Brain Works 5–6 pm	13
16	17	18 University Place Library Modified Gentle Yoga 4–5 pm	19	20
23	24	25 University Place Library Modified Gentle Yoga 4–5 pm	26	27
30				

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 MultiCare Hospital Meditation and Pranayama 6:30–7:30 pm	4
7	8	9	10 MultiCare Hospital Chair Yoga I 6:30–7:30 pm	11
14	15	16	17 MultiCare Hospital Chair Yoga II 6:30–7:30 pm	18
21	22	23	24 MultiCare Hospital Managing Fatigue 6–7 pm	25
28	29	30	31	

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11 Veterans Day	12	13	14 MultiCare Hospital Returning to Work or School 6—7 pm	15
18	19	20	21	22
25	26	27	28	29 Thanksgiving

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12 MultiCare Hospital Ask a Therapist 5—6 pm	13
16	17	18	19	20
23	24	25 Christmas	26	27
30	31			

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

September 7th— BrainRide

September 18th— Northwest Trek

October 8th— Raise Your Glass for BIAWA

November 2nd— Brain Injury Gala

December 5th— Community Holiday Party

Check out our online calendar!

Our online calendar is a great way to stay updated on all things happening at BIAWA and the Brain Injury Community! It lists all upcoming Brain Health & Wellness classes, Support Groups throughout the entire state of Washington, upcoming social engagements outings, and conferences!

biawa.org/calendar



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www.biawa.org



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The Brain Health & Wellness Program is offered in Seattle at Swedish Cherry Hill and Harborview Medical Center as well as Verdant Wellness Center in Lynnwood! View the class catalogue for these additional locations on our website.

biawa.org/support/brain-health-wellness-classes



Brain Injury Alliance WASHINGTON

www.biawa.org

For more information about BIAWA or the Brain Health & Wellness Program, contact us at 206-467-4800, call the Washington Brain Injury Resource Center at 877-982-4292, or visit www.biawa.org