



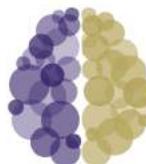
Brain Health & Wellness™

A PROGRAM OF BIAWA

FALL 2019 SEPTEMBER — DECEMBER SEATTLE & LYNNWOOD CLASS CATALOG



SWEDISH



UNIVERSITY OF WASHINGTON

TRAUMATIC BRAIN INJURY
MODEL SYSTEM

PATIENT CARE • RESEARCH • EDUCATION & TRAINING



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**

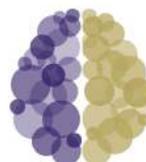
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Brain Health & Wellness Partners:



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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 of 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. Classes are 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 (206) 467-4800.
- 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 for help with registration.

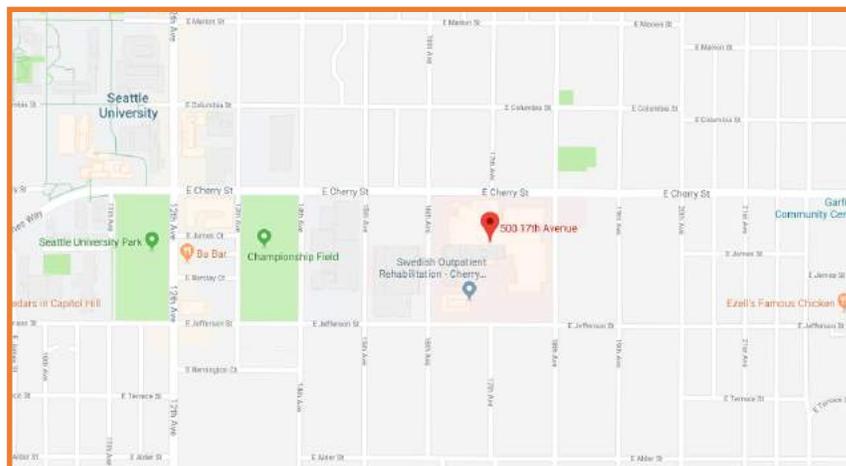
Holidays

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: Swedish Cherry Hill

500 17th Ave
Seattle WA 98122



All classes take place in the Outpatient Rehabilitation Clinic. Enter through the Swedish Cherry Hill Main Entrance (James Tower). The Outpatient Rehabilitation Clinic is to the right of Starbucks. As you enter the clinic, classes take place in the Conference Room, which is the first room on the right. If there is any confusion, ask the individual at the front desk.

Mindfulness after Brain Injury

Stress and anxiety are common after Brain Injury. In this class, you will learn and practice mindfulness and relaxation techniques to help lower stress, decrease anxiety, and improve the function of your brain.

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Tuesdays: September 17th & November 19th, 2019. 1:00 — 2:00 pm

Facilitated by: Marguerite DeVinney, Physical Therapist

Core Stability after Brain Injury

Strengthening your core can improve your posture, balance, and mobility, all of which can be affected by Brain Injury. In this practical class, learn more about core strength and how to use it. You will leave class with a basic core stabilization program that you can perform at home and incorporate easily into your day.

Come dressed in comfortable clothing and prepared to move!

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Tuesdays: October 15th & December 17th, 2019. 1:00 — 2:00 pm

Facilitated by: Marguerite DeVinney, Physical Therapist

Balance Basics

Balance issues are common for individuals with Brain Injury. Learn what contributes to good balance, three keys to improving balance, and how to do safe and effective exercises at home. Participants will have the opportunity to learn from watching each other in one-on-one instruction and will leave with at least one exercise to continue independently.

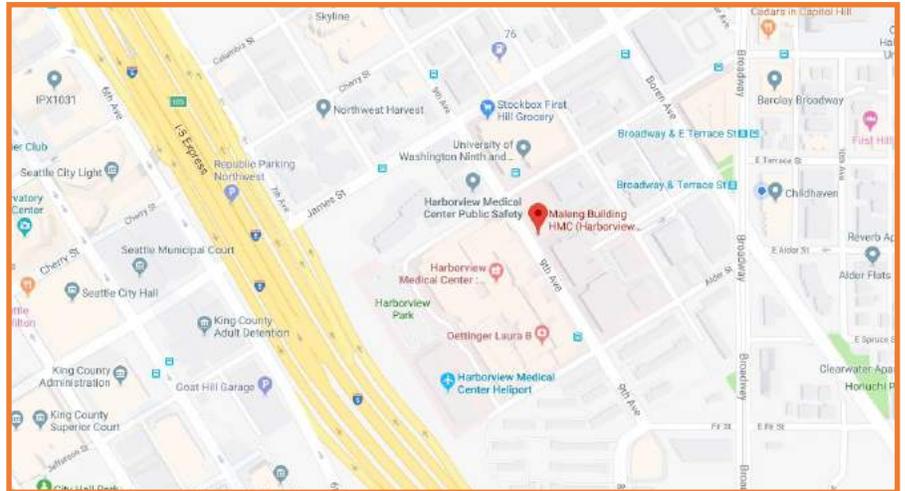
Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Thursday, December 5th, 2019. 10:00 — 11:00 am

Facilitated by: Ziadee Cambier, Physical Therapist

Site Location #2: Harborview Medical Center

410 9th Ave
Seattle, WA 98104



All classes take place in the Norm Maleng Building on Harborview Medical Center campus in Room 118 (first floor). Enter through the main entrance on 9th Ave. Once you enter the building, take a left. Room 118 is on the 1st floor, left side of the hallway.

Advocacy

Having a visible or invisible disability inevitably leads to situations where people make incorrect assumptions about you. It's reasonable to feel the need to correct people, but how do you defend yourself against something that's only been implied? How do you decide when to say something and when to ignore? In this class, we'll seek to answer these questions and discuss strategies for how to handle situations we can anticipate as well as unexpected questions from strangers.

It can be empowering to anticipate and plan for situations where you need to stand up for yourself. It takes time and practice to get good at doing this but when you are successful at helping people see you in a different way, it can build your self-esteem and confidence. Self-advocacy is a skill that can help you with friends, family, acquaintances, care providers and "gatekeepers." Come with questions or situations you want to strategize for!

Harborview Medical Center — Maleng Building

Wednesday, September 11th, 2019. 1:00 — 2:00 pm

Facilitated by: Silas James, MPA

Communication and Relationships

Communication changes are common following TBI. Most agree these changes present a challenge for individuals with TBI. Understanding their impact on the family unit can be confusing and even overlooked. This one-hour class will explore common causes of communication breakdowns and how they manifest in relationships. Most importantly, attendees will learn tools and strategies to not just repair communication breakdowns, but to reduce the frequency of occurrence. This class will be taught by Orli Shulein, a Speech-Language Pathologist with 10 years of experience working with individuals with TBI and their caregivers/family members.

Harborview Medical Center — Maleng Building

Wednesday, October 9th, 2019. 11:00 am — 12:00 pm

Facilitated by: Orli Shulein, MS, CCC-SLP

Physical Activity and Exercise after Brain Injury

In this class we will discuss what we know about physical activity in people with TBI. We will cover the possible benefits and harms of physical activity after TBI. We will talk about how physical activity can impact mood, sleep, pain, fatigue, and thinking abilities. Those present will learn about types of physical activity and how we measure it. Everyone who wants to will complete a measure of physical activity and learn how to interpret it. Participants will be given the chance to discuss why they want to become more physically active and what they might do to achieve that goal.

Harborview Medical Center — Maleng Building

Wednesday, November 20th, 2019. 1:00 — 2:00 pm

Facilitated by: Chuck Bombardier, PhD

Relaxation and Mindfulness Practices

Pain is common after TBI. Managing pain typically requires more than one strategy or treatment. While some people benefit from medication, others need to include exercise and other approaches too. One strategy that is recommended to manage pain is learning how to relax. This class will explore how the mind and body work together during pain and how relaxation can help. It will provide you with some tips on developing a relaxation practice, such as mindfulness meditation or imagery, and end with a short relaxation practice.

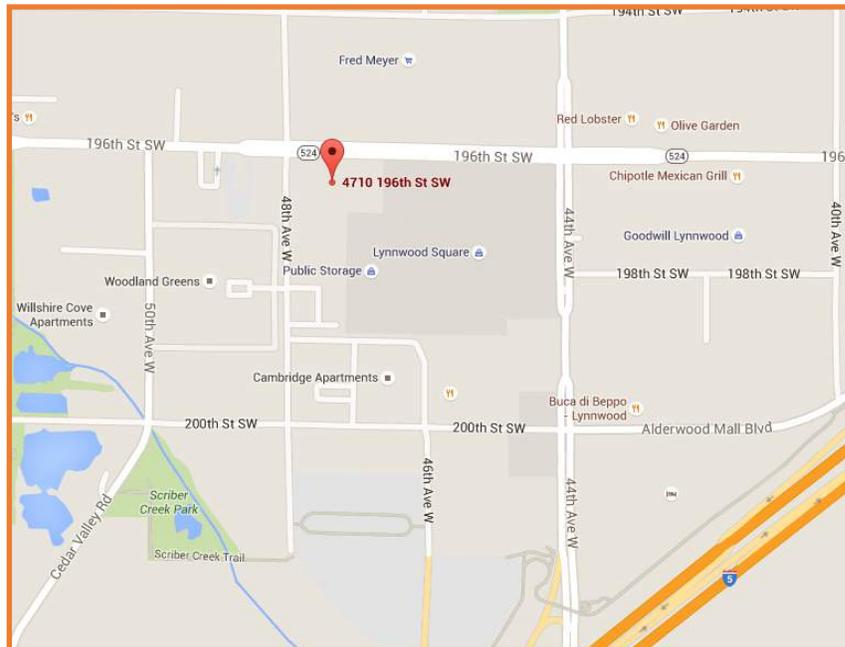
Harborview Medical Center — Maleng Building

Wednesday, December 11th, 2019. 11:00 am — 12:00 pm

Facilitated by: Mary Curran, MSW, LICSW

Site Location #3: Verdant Wellness Center

4710 196th Street SW
Lynnwood, WA 98036



Nurturing Ourselves with Nature's Abundance

Though the passing of summer is tinged with sadness & regret, we will find joy in the harvest. Much as our ancestors depended on the Fall harvest for their winter survival, we will nurture ourselves by making herbal creations for the mind & body. Learn about the benefits of nature and take home your own creation.

Verdant Wellness Center — Birch Room

Thursday, September 12th, 2019. 1:00 — 2:30 pm

Facilitated by: Laura Rumpf, HTR & Peach Jack, MS

Yoga

Take some time for yourself with yoga. Join Janet Novinger, certified yoga instructor, as she teaches techniques for seated yoga and deep breathing. Janet will be available to answer questions about yoga and other places to take yoga lessons in your own community. This class is for anyone interested in yoga, from beginners to experienced practitioners.

Verdant Wellness Center — Birch Room

Tuesday, October 8th, 2019. 10:00 — 11:30 am

Facilitated by: Janet Novinger, M.A., Owner of Explorations Consulting

Navigating Major Life Changes Post Brain Injury

Life after Brain Injury can feel overwhelming. Events like getting a job, going back to school, having a baby, starting a new relationship, dating or moving — can feel impossible. Identify tools to move through transitions or change as the new you.

Verdant Wellness Center — Sequoia Room

Monday, November 18th, 2019. 1:00 — 2:00 pm

Facilitated by: Maria Dalbotten, Licensed Mental Health Therapist

Building a Better Brain

Learn more about how the brain works, what happens when it is damaged, and why you might have the symptoms you are having. Most importantly, we will discuss ways to support healing and long term health of the brain and why these things are important.

Verdant Wellness Center — Sequoia Room

Thursday, December 12th, 2019. 12:30 — 2:00 pm

Facilitated by: Jason Penaluna DC, DACNB

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3	4	5	6
9	10	11 Harborview Advocacy 1—2 pm	12 Verdant Nurturing Ourselves with Nature's Abundance 1—2:30 pm	13
16	17 Swedish Cherry Hill Mindfulness after Brain Injury 1—2 pm	18	19	20
23	24	25	26	27
30				

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 Verdant Yoga 10—11:30 am	9 Harborview Communication and Relationships 11 am—12 pm	10	11
14	15 Swedish Cherry Hill Core Stability 1—2 pm	16	17	18
21	22	23	24	25
28	29	30	31	

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11 Veterans Day	12	13	14	15
18 Verdant Navigating Life Changes 1–2 pm	19 Swedish Cherry Hill Mindfulness 1–2 pm	20 Harborview Physical Activity after Brain Injury 1–2 pm	21	22
25	26	27	28 Thanksgiving	29

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Swedish Cherry Hill Balance Basics 10–11 am	6
9	10	11 Harborview Relaxation and Mindfulness Practices 11 am–12 pm	12 Verdant Building a Better Brain 12:30–2:00 pm	13
16	17 Swedish Cherry Hill Core Stability 1–2 pm	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 throughout your recovery including medical providers, legal representation, and community support, including community agencies and support groups. The Resource Line is available Monday-Friday 9 am to 5 pm by calling **877-982-4292**.

Resource Management

Resource Management is offered to individuals with Brain Injury, their family members, 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 child'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 Annual Art Show, 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 in Support of 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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Notes



Brain Health & Wellness™

A PROGRAM OF BIAWA

The Brain Health & Wellness Program is offered in Puyallup at MultiCare Good Samaritan Hospital and the Puyallup Public Library as well as the University Place Library near Tacoma! 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 1-877-982-4292, or visit www.biawa.org