



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

August 2019

MindMatters is a
publication of BIAWA



**Brain Injury
Alliance
WASHINGTON**

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends of BIAWA,

A whirlwind summer is coming to an end. Maybe it's the cooler weather we've had all summer, but it feels like we just started. The best part of summer for BIAWA has been connecting with so many in our community at our events - from baseball games in Seattle, Everett, and Tacoma to the Brain Injury Art Show. It has been a pleasure to meet or reconnect with so many of you! The events we host give us all, including myself and staff, the opportunity for an intimate discussion, to not only catch up on the journey of living with a Brain Injury, but simply to share the moments that bring joy, fun, and laughter together.

As fall approaches, it may be because we all have been engrained since our school days that life will get busier and there are tasks to get back to, we leave behind the more relaxed feeling of summertime. It's important for us all to pace ourselves and ease back into old or new routines. BIAWA wants you to know that we are here through every season to help find the support you need and connect you with a community that cares. I hope to see you at our BrainRide on Saturday, September 7th at Marymoor. It will be a wonderful kick off to fall!

Sincerely,

Deborah Crawley
Executive Director

SUPPORT BIAWA



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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

BIAWA Academic Scholarship Recipients

Recipients of the Higher Education/Professional Scholarship:



Lilibeth Falaminiano is attending University of Washington to pursue a Doctor of Nursing Practice in Adult and Gerontology Acute Care.



Orli Shulein is attending University of Washington to pursue a PhD in Rehabilitation Sciences.

Recipients of the Eastern Washington Survivor Scholarship:



Calli Donaldson is attending Central Washington University to pursue her degree in Sports Medicine and Education.



Samantha Freeman is attending Spokane Community College to pursue her Associate Degree.



Nicole Marquart is attending Wenatchee Valley College to pursue her Occupational Therapy Assistant degree.

Recipients of the Western Washington Survivor Scholarship:



Wilson Middleton is attending Washington State University—Murrow College of Communication to pursue his Bachelor's Degree in Journalism and Media Production.



Sandra Patterson is attending Shoreline Community College to pursue her Associate Degree in Entrepreneurship.



Emma Tornow is attending Northwest University to pursue her degree in Nursing.

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...

- Navigating the Medical System
- Applying for Social Security Benefits
- Developing Education Interventions
- Planning Vocational Training
- Finding Legal Help
- Talking to Loved Ones about Brain Injury
- Facing Any Complex Issue Related to Brain Injury

We're here to help! All of our services are FREE! 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

NOC Society

Needs Of The Community Society is a non-profit organization based in Seattle that offers FREE travel and adventure opportunities for young adults aged 18-35 with medical illnesses and disabilities. Their Camp Without Borders program addresses issues of social, emotional, and physical isolation. On their trips, participants have the opportunity to develop genuine friendships with their peers. They did a trip to Portland, Oregon this summer as well as the Olympic Peninsula.



Learn more about the organization and reach out about other upcoming adventures on their website:

nocsociety.com

Opportunities Hiring and Resource Event

Need help with any of the following?

- Building your resume and working on interview skills
- Finding employment and training resources
- Finding a job that will accommodate you

Attend this DSHS event on September 24th from 10 am—2 pm at the Seattle Goodwill on Dearborn! For more information, email abawd@dshs.wa.gov

UPCOMING EVENTS

Saturday, September 7, 2019



BrainRide.org



Northwest Trek with BIAWA



Wednesday, September 18, 2019



Northwest Trek Wildlife Park METRO PARKS TACOMA



Contact Jenna for more information jennak@biawa.org and 206-467-4807

Event is for Survivors and One Guest Reserve your space today!

Raise Your Glass in Support of BIAWA!



LAGUNITAS BREWING COMPANY



Tuesday, October 8th: 5:30pm to 8:30pm



Lagunitas TapRoom 1550 NW 49th St. Seattle, WA

100% of proceeds from beer sales directly benefit BIAWA



Brain Injury Alliance WASHINGTON

B.I.G. the brain injury gala

SATURDAY • NOVEMBER 2, 2019 The Westin Seattle • 1900 Fifth Avenue biawa.org/gala



Survivor Scholarships for the Gala will be available in September!

PAST EVENTS

Brain Injury Art Show-

We are so grateful for getting a seven week exhibit at Seattle Art Museum this summer! It was our biggest Brain Injury Art Show yet with nearly 70 survivors who shared their talents of painting, pottery, photography, and sculpture work.

The Opening Reception on June 6th was a wonderful evening celebrating the talented artists. Over 300 guests came to Seattle Art Museum to admire the artworks and congratulate the participating artists.



Summer Baseball Game Outings-

We enjoyed three great summer baseball games with our community this year! We went to a Seattle Mariners vs Texas Rangers game, Everett Aquasox vs Tri-City Dust Devils, and Tacoma Rainiers vs the Salt Lake Bees! We always look forward to these lively summer activities!





Brain Health & Wellness

A PROGRAM OF BIAWA

The Brain Health & Wellness Program provides FREE classes on topics such as communication, relationships, health and fitness, cognition and memory, and social skills. Classes are being offered at several locations in 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 —

- ◆ Thursday, September 12th: [Nurturing Ourselves with Nature's Abundance](#)
- ◆ Tuesday, October 8th: [Yoga](#)

Upcoming Classes at Harborview Medical Center in Seattle —

- ◆ Wednesday, September 11th: [Advocacy](#)
- ◆ Wednesday, October 9th: [Communication and Relationships](#)

Upcoming Classes at Swedish Cherry Hill in Seattle —

- ◆ Tuesday, September 17th: [Mindfulness after Brain Injury](#)
- ◆ Tuesday, October 15th: [Core Stability after Brain Injury](#)

Upcoming Classes at MultiCare Good Samaritan Hospital in Puyallup —

- ◆ Thursday, September 12th: [How the Brain Works with the Rest of the Body](#)
- ◆ Thursday, October 3rd: [Meditation and Pranayama](#)
- ◆ Thursday, October 10th: [Chair Yoga I](#)
- ◆ Thursday, October 17th: [Chair Yoga II](#)
- ◆ Thursday, October 24th: [Managing Fatigue after Brain Injury](#)

Upcoming Classes at University Place Pierce County Library in Tacoma —

- ◆ Wednesday, September 11th: [Modified Gentle Yoga for Brain Injury](#)
- ◆ Wednesday, September 18th: [Modified Gentle Yoga for Brain Injury](#)
- ◆ Wednesday, September 25th: [Modified Gentle Yoga for Brain Injury](#)

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!

