



Brain Injury Alliance of Washington

MIND MATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

October 2019

MindMatters is a
publication of 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



Brain Injury
Alliance
WASHINGTON

Our biggest event of the year, the Brain Injury Gala, is coming up this weekend! You can still attend as a guest, donate to the organization, or volunteer with us! Check out the [Gala Page](#) on our website for more information: <https://www.biawa.org/biawa-gala>

Be sure to check out the next Newsletter in December for pictures and highlights from the B.I.G Event!



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**

PAST EVENTS

BrainRide— We had another successful biking event on Saturday, September 7th. This was our first year riding from Marymoor Park on the Sammamish River Trail all the way up to Woodinville. Riders were able to choose between a 10 mile or 20 mile route. Postdoc Brewing in Redmond let us use their space for our post-ride celebration where riders and supporters enjoyed a delicious barbeque lunch!

Thank you to those who participated and fundraised. You brought in over \$16,000 for the organization!



Special *Thank You* to our 2019 BrainRide Sponsor:

[Adler Giersch](#)



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SUPPORT BIAWA



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Same products, same prices, same service. Just sign on to your Amazon account at smile.amazon.com and make **Brain Injury Association of Washington** your charitable organization of choice.

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!



PAST EVENTS

Northwest Trek— We had so much fun on September 18th at Northwest Trek Park in Eatonville, WA. While it did rain a little, that didn't seem to bother the animals one bit! We saw Roosevelt Elk, North American Bison, lots of deer and big-horn sheep, and a few fluffy, white mountain goats!

After our tour of the park, we enjoyed a delicious picnic lunch and more time at the park to check out all the exhibits. It was a great day!



Raise Your Glass in Support of BIAWA—

Our 3rd Annual fundraiser at Lagunitas Brewing Company in the Ballard neighborhood of Seattle was a success! We especially enjoyed having Brandon Blake there to perform his music! Lagunitas is so generous to donate all beer sales to us from the night. We also enjoyed a delicious Mediterranean food truck and raffle prizes. Thanks to everyone who came out! This event always brings out some that we see on a regular basis throughout the year and lots of new people!



RESOURCES WE LOVE

9th Annual Seattle Stand Down for Veterans

When: December 12th and 13th

Where: South Seattle College, Georgetown Campus

Gene Colin Educational Hall—Building C

6737 Corson Ave S, Seattle, WA 98108

What: Employment, housing, and legal resources. Medical, Dental, and Vision check-ups. Breakfast and Dinner will be provided. Clothing, haircuts, and foot care.

BIAWA will also be there!

For more information: www.THEseattlestanddown.org

Have you served in the military?

9TH ANNUAL SEATTLE STAND DOWN

December 12- 13, 2019
Georgetown Campus

South Seattle College
Gene Colin Education Hall - Building C
6737 Corson Ave S, Seattle, WA 98108

Ride transit for FREE:

All King County Metro and Sound Transit buses and trains are FREE for Veterans showing the following forms of identification:

- ★ Veteran Health Identification (ID) Card
- ★ Uniformed Identification (ID) Card
- ★ Veteran Designation on drivers' license
- ★ DD-214
- ★ Special Stand Down bus pass provided by local social service providers. Visit our website for a list of locations.

Metro routes closest to the Georgetown Campus include routes 60, 107, 126, 131, 132 and 154.

For assistance finding the best transit directions to the event, call METRO at 206-533-3000 ext. 5, or visit the "Transportation and Direction" section of the Stand Down website.

Like us on Facebook.

facebook.com/TheSeattleStandDown

For more info visit: www.THEseattlestanddown.org

Veteran Led, Community Driven

DAY 1

Thursday, December 12
Registration 7 am
Services: 8 am - 4 pm

DAY 2

Friday, December 13
Registration 7 am
Services: 8 am - 2 pm

- ★ Food: Breakfast & Lunch
- ★ Employment Resources
- ★ Housing Assistance
- ★ Legal Services / Resources
- ★ State & Federal Benefit Assistance
- ★ Gear and Clothing
- ★ Medical / Dental / Vision
- ★ Behavioral Health
- ★ Haircuts / Foot Care
- ★ Women-Specific Services
- ★ Veterinarian Care for Service Animals

Bringing your DD-214 or VA ID speeds up processing.

Assistance with DD-214 retrieval will be available at the event!



Georgetown Campus
SOUTH SEATTLE COLLEGE
Site of the Seattle College



Memory Café

Fridays, 10:30am-1pm
Federal Way Library

For those living with dementia, and their caregivers.

A time for social activity and strengthening memory through games, movement, song, and sharing stories.

The library provides the space and the games—you bring the fun!

Registration not required. Just drop-in!



Federal Way Library • 34000 1st Way S • Federal Way, WA 98003 • 253.838.3090
14800th Placely • 12240 1st Way S • Burien, WA 98148 • 253.838.3090
14800th Placely • 12240 1st Way S • Burien, WA 98148 • 253.838.3090

Memory Café

When: Every Friday from 10:30 am— 1:00 pm

Where: Federal Way Library

34200 1st Way S, Federal Way, WA 98003

What: For those living with dementia and survivor of Brain Injury are welcome! Join for social activity and finding ways to strengthen your memory through games, movement, songs, and sharing stories.

Registration is not required, you can just show-up!

STAFF



Leon Tran joined the BIAWA team this month as an additional King County Resource Manager. Welcome Leon!

Leon immigrated to the U.S. in 1992 and has since been a lifelong Seattleite. He graduated from Seattle Central College with a Bachelor of Applied Behavioral Science and is looking to enter the field of counseling in the future. Leon enjoys the outdoors of the Pacific Northwest almost as much as he does cozying up indoors. We are excited to have Leon on board to support the growing need in King County!

BRAIN HEALTH & WELLNESS



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! If you need help getting signed up, call Jenna at 206-467-4807.

Upcoming Classes at Verdant Wellness Center in Lynnwood —

- ◆ Monday, November 18th: [Navigating Major Life Changes Post Brain Injury](#)
- ◆ Thursday, December 12th: [Building a Better Brain](#)

Upcoming Classes at Harborview Medical Center in Seattle —

- ◆ Wednesday, November 20th: [Physical Activity and Exercise after Brain Injury](#)
- ◆ Wednesday, December 11th: [Relaxation and Mindfulness Practices after Brain Injury](#)

Upcoming Classes at Swedish Cherry Hill in Seattle —

- ◆ Tuesday, November 19th: [Mindfulness after Brain Injury](#)
- ◆ Thursday, December 5th: [Balance Basics](#)

Upcoming Classes at MultiCare Good Samaritan Hospital in Puyallup —

- ◆ Thursday, November 14th: [Returning to Work or School after Brain Injury](#)
- ◆ Thursday, December 12th: [Ask a Therapist](#)

Upcoming Classes at University Place Pierce County Library in Tacoma —

- ◆ Wednesday, November 20th: [Modified Gentle Yoga for Brain Injury](#)

UPCOMING EVENT

Thursday, December 5th, 2019 from 5:30 to 8:00pm

Make it a Jolly Holiday with  Brain Injury Alliance WASHINGTON

Join Us at Seattle's Swedish Cultural Center  BIAWA.org for more info

Newsletters come out every other month. To get the newsletter sent to your mailing address, call Jenna at 206-467-4807 or email JennaK@biawa.org