



Brain Health & Wellness™

A PROGRAM OF BIAWA

WINTER 2020 JANUARY — APRIL 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

Table of Contents

About BIAWA and Brain Health & Wellness	3
Registration & Holidays	4
Site Location #1: MultiCare	5
MultiCare Class Information	6-9
Site Location #2: University Place Library	10
University Place Class Information	10-11
Class Calendar	12-13
Additional BIAWA Programs	14
Upcoming Events and Information	15

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.

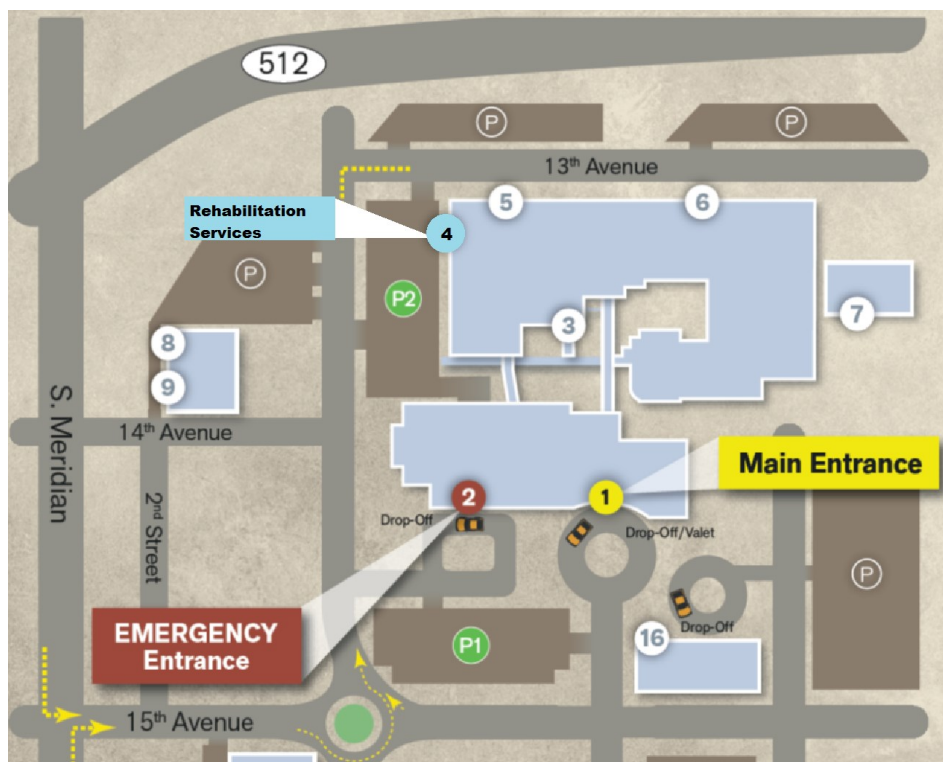
Holidays

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

- Wednesday, January 1st New Year's Day
- Monday, January 20th Martin Luther King, Jr. Day
- Monday, February 17th Presidents' Day

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

Eating for Wellness

This class will provide straightforward information on how to support both physical and mental wellness through food. We will discuss how small changes can have large impacts, and the importance of self compassion when trying something new.

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, January 16th, 2020. 5:30 — 6:30 pm

Facilitated by: Maggie Capron, MS, RD, CNSC

Making Malas for Meditation

Mala, a Sanskrit word for 'garland,' is a set of beads used for meditation practice, and are counted one by one as an affirmation, mantra, or intention is repeated. The beads help the meditator maintain focus and awareness during meditation practice. Join Julie Cole (registered yoga teacher, neurorehabilitation physical therapist, and owner of Kama Lila Malas) to learn about how to start a mala meditation practice, and how to make your own 27 bead mala that can be worn or carried with you as a reminder of your intentions. You will learn about the symbolism of the mala, discover the benefits of this practice after Brain Injury, learn how to choose an intention, affirmation, or mantra, and will learn how to start a daily mala meditation practice, called japa mala.

All materials will be provided, and each participant will leave with their very own handmade mala!

MultiCare Good Samaritan Hospital - Dally Tower Executive Conference Room

Thursday, January 23rd, 2020. 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 accessible to 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, February 6th, 2020. 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 accessible to 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 will 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, February 13th, 2020. 6:30 — 7:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

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

Wednesday, March 4th, 2020. 4:30 — 5:30 pm

Facilitated by: Robert Burke, DPT, Physical Therapist

Memory, Organization, and Time Management: Tools and Strategies for Successful Daily Living

This class will cover the process of memory, elements for successful planning, and provide a general review of strategies for improving memory, organization, and time management on a daily basis. Written and visual resources will be provided!

MultiCare Good Samaritan Hospital — Dally Tower Executive Conference Room

Thursday, March 26th, 2020. 4:00 — 5:00 pm

Facilitated by: Grace Bender, MS, CCC-SLP, Speech Language Pathologist

The Art of Goal Setting: Tools, Tricks, and Tips to Help with Achieving Your Goals

We all have self-determined goals we set for ourselves throughout the day; they can be regular day-to-day tasks or large projects. Working our way toward these goals can be overwhelming when we do not know where to start. This class will aim to teach the skills needed to break tasks into manageable pieces, track progress, troubleshoot challenges, and evaluate outcomes in order to obtain realistic goals.

MultiCare Good Samaritan Hospital — Dally Tower Executive Conference Room

Wednesday, April 8th, 2020. 5:00 — 6:00 pm

Facilitated by: Kelsey Fowler, MS, CCC-SLP, Speech Language Pathologist

Wheelchair Maintenance Tips

This class will cover basic maintenance and tips for manual wheelchairs, walkers, and canes. Topics will include measurement adjustments, tips for improved usability, and maintenance for brakes/wheels. Power chairs will not be a focus of the class, though references will be provided upon request.

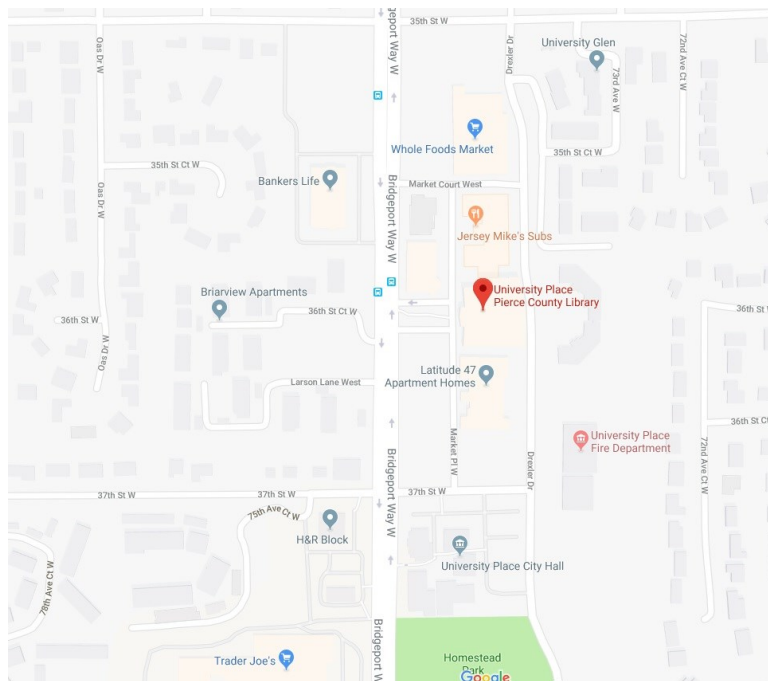
MultiCare Good Samaritan Hospital — Dally Tower Executive Conference Room

Thursday, April 23rd, 2020. 4:30 — 5:30 pm

Facilitated by: Ann Badore, Inpatient Rehabilitation Aide

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: January 15th, 22nd, and 29th, 2020. 4:00 — 5:00 pm

Facilitated by: Judith Thierry, RYT 200

The Art of Goal Setting: Tools, Tricks, and Tips to Help with Achieving Your Goals

We all have self-determined goals we set for ourselves throughout the day; they can be regular day-to-day tasks or large projects. Working our way toward these goals can be overwhelming when we do not know where to start. This class will aim to teach the skills needed to break tasks into manageable pieces, track progress, troubleshoot challenges, and evaluate outcomes in order to obtain realistic goals.

University Place Pierce County Library

Wednesday, March 11th, 2020. 5:00 — 6:00 pm

Facilitated by: Kelsey Fowler, MS, CCC-SLP, Speech Language Pathologist

Memory, Organization, and Time Management: Tools and Strategies for Successful Daily Living

This class will cover the process of memory, elements for successful planning, and provide a general review of strategies for improving memory, organization, and time management on a daily basis. Written and visual resources will be provided!

University Place Pierce County Library

Wednesday, April 1st, 2020. 5:00 — 6:00 pm

Facilitated by: Grace Bender, MS, CCC-SLP, Speech Language Pathologist

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		New Year's Day	2	3
6	7	8	9	10
13	14	15 University Place Library Modified Gentle Yoga 4—5 pm	16 MultiCare Hospital Eating for Wellness 5:30—6:30 pm	17
Martin Luther King, Jr. Day	21	22 University Place Library Modified Gentle Yoga 4—5 pm	23 MultiCare Hospital Making Malas for Meditation 6:30—7:30 pm	24
27	28	29 University Place Library Modified Gentle Yoga 4—5 pm	30	31

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 MultiCare Hospital Chair Yoga I 6:30—7:30 pm	7
10	11	12	13 MultiCare Hospital Chair Yoga II 6:30—7:30 pm	14
Presidents' Day	18	19	20	21
24	25	26	27	28

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 MultiCare Hospital How the Brain Works 4:30—5:30 pm	5	6
9	10	11 University Place Library The Art of Goal Setting 5—6 pm	12	13
16	17	18	19	20
23	24	25	26 MultiCare Hospital Memory, Organization, and Time Management 4—5 pm	27
30	31			

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 University Place Library Memory, Organization, and Time Management 5—6 pm	2	3
6	7	8 MultiCare Hospital The Art of Goal Setting 5—6 pm	9	10
13	14	15	16	17
20	21	22	23 MultiCare Hospital Wheelchair Maintenance Tips 4:30—5:30 pm	24
27	28	29	30	

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

March: Brain Injury Awareness Month

Saturday, April 18th, 2020: Walk, Run & Roll, Green Lake, Seattle

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





Brain Health & Wellness™

A PROGRAM OF BIAWA

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