



# Brain Health & Wellness™

A PROGRAM OF BIAWA

## WINTER 2020 JANUARY — APRIL SEATTLE & LYNNWOOD CLASS CATALOG



### SWEDISH



UNIVERSITY OF WASHINGTON

TRAUMATIC BRAIN INJURY  
MODEL SYSTEM

PATIENT CARE • RESEARCH • EDUCATION & TRAINING



HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

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](http://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](http://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.

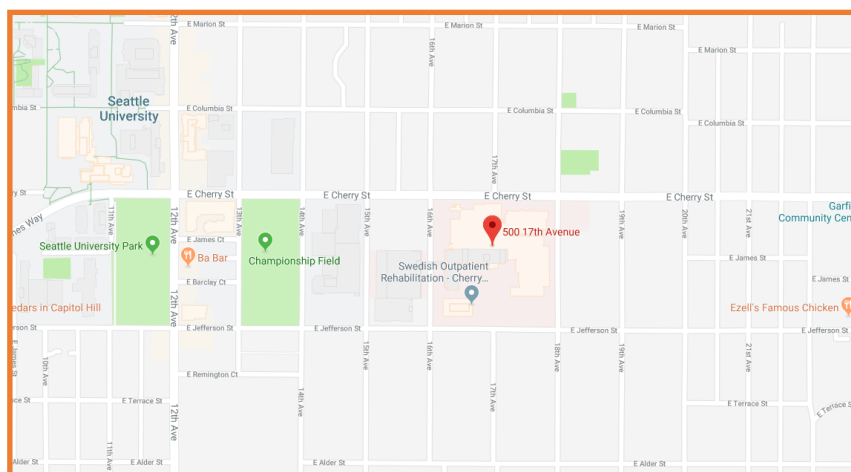
## Holidays

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

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

## Site Location #1: Swedish Cherry Hill

500 17th Ave  
Seattle WA 98122



The class will 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.

## Marriage and Relationships after Brain Injury: Meeting the Challenges

This class is for all couples with a partner who has had a Traumatic Brain Injury. Research has shown that couples wait an average of six years from the first sign of problems to get help. Getting help sooner will help you build and sustain a loving relationship and will support recovery.

Have you had roles change in your relationship?

Do you feel like you don't know who your partner is anymore?

Do you have difficulty communicating?

Do you notice your partner having more symptoms when stressed?

Is your partner suffering from fatigue?

If you answered yes to any of these questions, this class will give you the tools to strengthen your relationship.

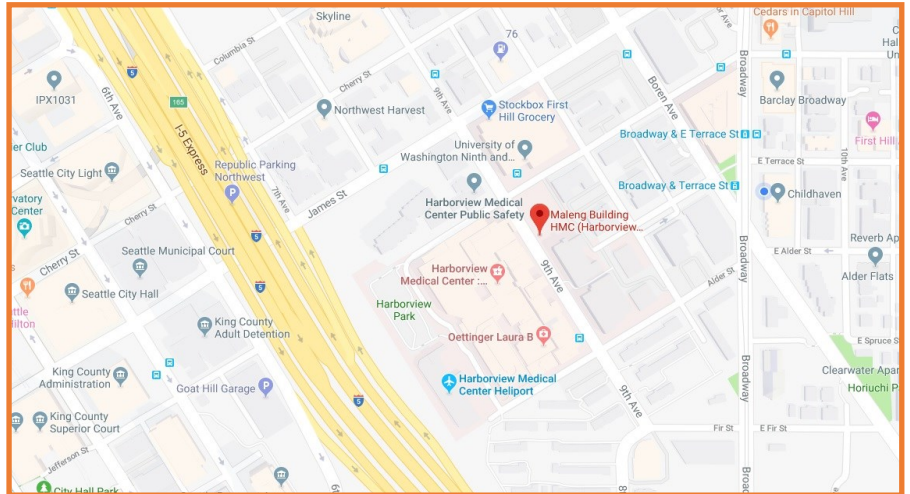
### Swedish Cherry Hill - Outpatient Rehabilitation Clinic

*Monday, February 24th, 2020. 12:00 — 2:00 pm*

Facilitated by: Lori Weisman, MA, LMHC

## 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, January 15th, 2020. 11:00 am — 12:00 pm*

Facilitated by: Silas James, MPA

## **Nutrition and Supplements after Brain Injury**

In this class, we will be discussing how to optimize nutrition after Brain Injury and evaluating the use of various supplements.

**Harborview Medical Center — Maleng Building**

*Wednesday, February 12th, 2020. 12:00 — 1:00 pm*

Facilitated by: Lesley Abraham, MD

## **ABC's of Problem Solving and Reconnecting to Your Goals after Brain Injury**

Following through with setting and implementing goals is a challenge for everyone, and can be particularly challenging after sustaining a Brain Injury. We will discuss and practice proven problem-solving and goal-setting strategies and the importance of setting 'implementation intentions' to increase follow-through.

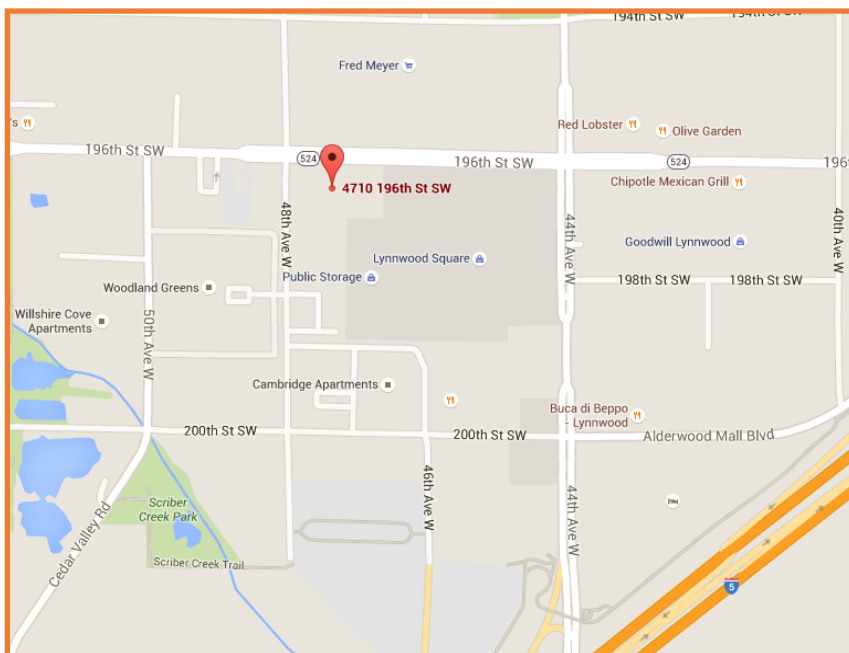
**Harborview Medical Center — Maleng Building**

*Wednesday, April 8th, 2020. 11:30 am — 12:30 pm*

Facilitated by: Sara Fey-Hinckley, LMFT, CBIS & Erin Rants

## Site Location #3: Verdant Wellness Center

4710 196th Street SW  
Lynnwood, WA 98036



## 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, January 27th, 2020. 1:00 — 2:30 pm*

Facilitated by: Maria Dalbotten, Licensed Mental Health Therapist



### Tai Chi

Come learn the basics of Yang Style Tai Chi and experience your personal chi (life force, breath, energy). Tai Chi is a healing art, and in China doctors prescribe Tai Chi for many conditions. Immerse yourself in the gentle process of relaxation - often called meditation in movement.

No experience or special clothing necessary!

**Verdant Wellness Center — Basement**

*Wednesday, February 5th, 2020. 1:00 — 2:30 pm*

Facilitated by: Mary Newbill

### Changing Your Mind

As a Certified Life Coach, Anita helps people reframe their thinking and shift their perspective. Rather than live a life filled with regret and negative thoughts, this workshop is designed to help you feel empowered to regain control in your life and see what possibilities lay ahead.

**Verdant Wellness Center — Sequoia Room**

*Thursday, March 26th, 2020. 1:00 — 2:00 pm*

Facilitated by: Anita Chin, Certified Life Coach

### Juggling and Games for Brain Health

Bring a playful attitude. Combining movement with executive function helps with both. Executive function is our ability to plan, organize, schedule and daydream.

Improve your ability to learn new things. Seated and standing options available. Coach Lisa Stuebing owns Mud Puddle Fitness, a medical exercise practice focused on brain health and chronic pain.

**Verdant Wellness Center — Basement**

*Wednesday, April 22nd, 2020. 10:00 — 11:00 am*

Facilitated by: Lisa Stuebing, Medical Exercise Specialist

## January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		New Year's Day	2	3
6	7	8	9	10
13	14	15 Harborview Advocacy 11 am—12 pm	16	17
Martin Luther King, Jr. Day	21	22	23	24
27 Verdant Navigating Life Changes 1—2:30 pm	28	29	30	31

## February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Verdant Tai Chi 1—2:30 pm	6	7
10	11	12 Harborview Nutrition and Supplements 12—1 pm	13	14
Presidents' Day	18	19	20	21
24 Swedish Cherry Hill Marriage and Relationships 12—2 pm	25	26	27	28

## March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26 Verdant Changing Your Mind 1—2 pm	27
30	31			

## April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8 Harborview ABC's of Problem Solving 11:30 am—12:30 pm	9	10
13	14	15	16	17
20	21	22 Verdant Juggling Games for Brain Health 10—11 am	23	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 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](http://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](https://biawa.org/calendar)



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## **Notes**

## **Notes**



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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](http://biawa.org/support/brain-health-wellness-classes)



## Brain Injury Alliance WASHINGTON

[www.biawa.org](http://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](http://www.biawa.org)**