



Brain Injury Alliance of Washington

MINDMATTERS
PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

January 2020

MindMatters is a
publication of BIAWA



Brain Injury
Alliance
WASHINGTON

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Supporters and Friends,

Wow - the Roaring 20's have come back around! I started my second decade with BIAWA this January. It was a reminder of how fast time goes by - I felt like it was just yesterday when I joined BIAWA as the Executive Director. The time has flown by and when I look at what a difference we all have made, not only here in Washington, but nationally, I am very proud of the huge strides we have accomplished. Our vibrant community works together to support each other through times of joy and success, as well as lift each other up when the struggles are overwhelmingly difficult and we need someone to depend on.

When you look through this newsletter at all that is upcoming and has passed, it is a true testament to the work of us all. We have built together a nationally respected community supporting survivors of Brain Injury, their family members, loved ones, and caregivers. There is always more to do and together we will continue to accomplish amazing things!

All the best,

Deborah Crawley
Executive Director

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!



SUPPORT BIAWA



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PAST EVENTS

The 2019 Brain Injury Gala

The theme of our Gala this year was *Unbreakable*. We had a wonderful celebration on Saturday, November 2nd at the Westin in Seattle. Our sincerest thanks to everyone who attended and supported BIAWA! Our Gala is the largest fundraiser for Brain Injury in the nation, and BIAWA's primary source of funding. Proceeds directly fund services to help survivors of Brain Injury and their caregivers.

This year, we had the opportunity to honor Richard Adler and the Law Firm of Adler Giersch. Richard has been a Board Member and supporter of BIAWA since the early 2000s, and he has instilled the same passion for the organization in his team. We're so grateful for Richard and the team at Adler Giersch.

Our Gala video this year showcased Richard's longstanding involvement, advocacy and support. You can watch it here: <https://www.youtube.com/watch?v=OGIYVzCRksM>



View the entire online photo gallery here: <https://catiebergmanphotography.pic-time.com/-braininjurygala/gallery>



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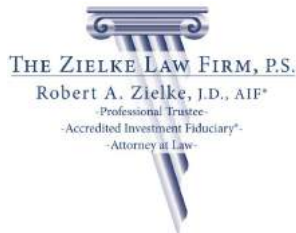
DIAGNOSTIC IMAGING*



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Community Holiday Party -

What a great celebration to end the year of events and activities with BIAWA! We had a really fun group come out to celebrate the Holidays with us on Thursday, December 5th in Seattle. We enjoyed each others company, ate delicious food, and sang Holiday tunes.

There were even some awesome raffle prizes! Thanks to everyone who came out and we look forward to another great year of fellowship in 2020!



RESOURCE CENTER

The Resource Line is available Monday through Friday from 9:00 am — 5:00 pm

Call **877-982-4292**



Washington Brain Injury
— Resource Center —

A PROGRAM OF BIAWA

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**



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

Upcoming Classes at Verdant Wellness Center in Lynnwood —

- ◆ Wednesday, February 5th: [Tai Chi](#)
- ◆ Thursday, March 26th: [Changing Your Mind](#)

Upcoming Classes at Harborview Medical Center in Seattle —

- ◆ Wednesday, February 12th: [Nutrition and Supplements after Brain Injury](#)
- ◆ Wednesday, March 11th: [Advocacy](#)

Upcoming Classes at MultiCare Good Samaritan Hospital in Puyallup —

- ◆ Thursday, February 6th: [Chair Yoga I](#)
- ◆ Thursday, February 13th: [Chair Yoga II](#)
- ◆ Wednesday, March 4th: [How the Brain Works with the Rest of the Body](#)
- ◆ Thursday, March 26th: [Memory, Organization, and Time Management: Tools for Successful Daily Living](#)

Upcoming Classes at University Place Pierce County Library in Tacoma —

- ◆ Wednesday, January 29th: [Modified Gentle Yoga for Brain Injury](#)
- ◆ Wednesday, March 11th: [The Art of Goal Setting: Tools, Tricks, and Tips to Help with Achieving Goals](#)



We are looking for your help in learning more about the Brain Injury resources available in your region of Washington State. Please take this quick survey that will help us understand where additional resources are needed and what those resources are. The survey is only 8 questions long and will take you less than 5 minutes to complete. At the end, you have the option to provide your contact information to be entered into a drawing. The winner will receive a \$25 Visa gift card! We greatly appreciate your time and feedback!

Take the survey here: <https://www.surveymonkey.com/r/KY6DQTF>

UPCOMING EVENTS

March Brain Injury Awareness Month

Brain Injury Awareness Dinner and Celebration: Wednesday, March 18th from 5:00—8:00 PM

Registration to open beginning of February on biawa.org

WALK RUN & ROLL

Support Brain Injury Survivors

April 18th 2020



Brain Injury
Alliance
WASHINGTON

biawa.org

More information and register here: join.biawa.org/wrr

Join Us Wednesday, April 22th, 2020

Stroll Through the Tulips

Enjoy the Amazing Fields of Tulips at RoozenGaarde Tulip Farm in Skagit Valley!



RESOURCES WE LOVE

2020 Washington State Traumatic Brain Injury Conference

When: Wednesday, April 15th—Thursday, April 16th, 2020

Where: Hotel Murano in Tacoma, WA

[1320 Broadway](http://1320Broadway.com)

[Tacoma, WA 98402](http://Tacoma.WA.98402.com)

Cost: Get more information and register here:

<http://bit.ly/2020TBIConference>

What: This year's conference theme is *Expanding the Circle of Care, Support for Caregivers, Survivors, & Service Providers*.

The TBI conference provides a unique venue for the exchange of ideas and information across public and private sectors. This event represents an opportunity for individuals living with Brain Injury, family caregivers, and professionals from across the state to gather in one spot for mutual learning across disciplines, perspectives, and experiences. We hope you'll be a part of this exchange.

A limited number of scholarships will be available for individuals with TBI and/or unpaid caregivers of individuals with TBI. If you are interested in applying for a scholarship, please contact Tammi Olson at tammio@uw.edu or call 425-774-4446.



2020 Washington State Traumatic Brain Injury Conference

Dates:
Wednesday, April 15 to
Thursday, April 16, 2020

Location:
Hotel Murano, Tacoma, Washington

Sponsors:
DSHS, WA State TBI Strategic Partnership
Advisory Council

Conference partners include:
Brain Injury Alliance of Washington,
Brain Injury Support Team, and
Department of Veterans Affairs

Cost:
Conference registration fee is \$175

Conference costs include:
April 16 breakfast and lunch
TBI Resource Fair

A limited number of scholarships will be available for individuals with TBI and/or unpaid caregivers of individuals with TBI.

SAVE THE DATE

Registration opens November 25, 2019!

To Register:
<http://bit.ly/2020TBIConference>

KEYNOTE ADDRESSES

Sean Dwyer
Teacher, Author, Survivor

Dr. Nancy Torgerson, O.D.
Vision Therapy Practitioner

Dr. Jeff Skolnick, M.D., Ph.D.
Behavioral Health and Brain Researcher

Workshop topics include:

- TBI 101: Understanding Traumatic Brain Injury
- Viewing of the PBS TBI Documentary "Going The Distance"
- Taking Care of Yourself: Using Respite Care and Other Options
- Curriculum modules in:
 - TBI Management, -Communication
 - Challenging Behaviors
 - Social Development After a TBI
 - Fostering Independence
 - Hands-on Assistive Technology
 - Caregiver Support Group





Do You Need A Break?



In collaboration with **The Brain Injury Alliance, Lifespan Respite Washington** is offering \$1,000 respite vouchers to unpaid caregivers throughout Washington to take a break!

YOU MAY QUALIFY FOR UP TO \$1,000 IN ASSISTANCE!

Do you help someone with a brain injury for free?

- ✓ Preparing Meals
- ✓ Going to Appointments
- ✓ Getting Ready for the Day
- ✓ Getting Ready for Bed
- ✓ Taking Medication
- ✓ Laundry

If you answered yes, please contact the **Brain Injury Alliance of Washington** for more information and to see if you qualify.

Call us on our Resource Line if you have any questions or need applying for this Respite opportunity.

877-982-4292



**Brain Injury
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Washington Brain Injury Resource Center
877-982-4292
blawa.org

STAFF

Outgoing Staff — We will miss you!



Jan Collver joined our team in October 2017 as the Pediatric Resource Manager.

Jan was a tremendous asset to the BIAWA team. Jan assisted countless individuals and families in finding the resources they need to better navigate life with Brain Injury. She was an outstanding advocate for educational planning and pediatric programming and behind a lot of our greatest adult client successes the past couple years. We will miss you, Jan!



During her almost 5 years with BIAWA, Nicole Chamblee played a key role in growing the organization and Resource Center to be what it is today. Her leadership in the Resource Center led to thousands of individuals and families impacted by Brain Injury getting connected to much needed support.

Nicole has greatly enjoyed her time with the BIAWA team and is looking forward to seeing this wonderful community at future events. Nicole will certainly be missed at BIAWA!



In order to move forward with her MSW degree, King County Resource Manager Millie Heye will be transitioning to a position with another organization to fulfill practicum requirements. She will be working with the Law Enforcement Assisted Diversion program (LEAD) providing intensive case management to individuals who would benefit from services and housing in lieu of arrest. Housing justice and transformation of our criminal justice system are areas Millie is passionate so she is very excited for this new challenge!

Millie is grateful for the past two and a half years with BIAWA. She especially wants to say thank you to the survivors she was lucky enough to spend time with, muddling through the beautiful mess of life after Brain Injury. We will certainly miss Millie!

Welcome New Staff!



Katy Parrish is not new to our organization, but we are pleased to share that she has transitioned into the role of Resource Center Supervisor! Katy has been the Western Washington Resource Manager for Pierce, Thurston, and Kitsap Counties for nearly two years and is now leading the Resource Center team. Keep up the excellent work, Katy!



Suzette Hart joined the BIAWA team this month as the new Marketing and Development Manager. She comes to us after working at Pushing Boundaries in Redmond for over seven years.

Suzette has been involved in community engagement throughout her life. Whether it has been creating and administering recreation programs and park facilities, creating opportunities to experience live performing arts and educational programs, or raising funds and awareness about paralysis – relationships, customer experiences, and community are at the heart of what motivates Suzette. Suzette is very engaged in her community, currently serving on an Inclusionary Practices Pilot Leadership Team for the Northshore School District. She also is the Chair for a Career Day, which brings over 80 parent/community volunteers to talk with the student body about career paths, at her son's middle school. She is also an active board member for the Northshore Performing Arts Foundation. Suzette and her husband Hal will celebrate their 30th wedding anniversary this summer and have two teenage sons. Welcome to the team, Suzette!