



Brain Health & Wellness™

A PROGRAM OF BIAWA

**SUMMER 2020
MAY — AUGUST**

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.**



**Brain Injury
Alliance
WASHINGTON**

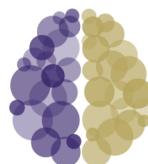
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Brain Health & Wellness Partners:



SWEDISH



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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
- 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.

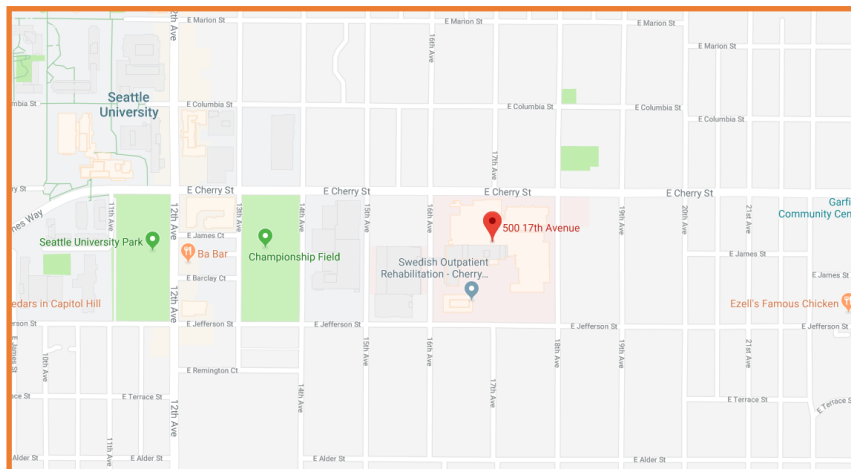
Holidays

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

- Monday, May 25th Memorial Day
- Friday, July 3rd Independence 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.

Card Marking

Spend an hour making your own cards for friends or family. We will have different materials to try along with some fun techniques to experiment with. No experience necessary. All materials will be provided!

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Tuesday, June 16th, 2020. 1:00 — 2:00 pm

Facilitated by: Marguerite DeVinney, Physical Therapist

Balance Basics

Balance issues are common for individuals with Brain Injury. Learn what contributes to good balance, three keys to improving balance, and how to do safe and effective exercises at home. Participants will have the opportunity to learn from watching each other in one-on-one instruction and will leave with at least one exercise to continue independently.

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Thursday, June 18th, 2020. 2:00 — 3:00 pm

Facilitated by: Ziadee Cambier, Physical Therapist

Mindfulness after Brain Injury

Stress and anxiety are common after Brain Injury. In this class, you will learn and practice mindfulness and relaxation techniques to help lower stress, decrease anxiety, and improve the function of your brain.

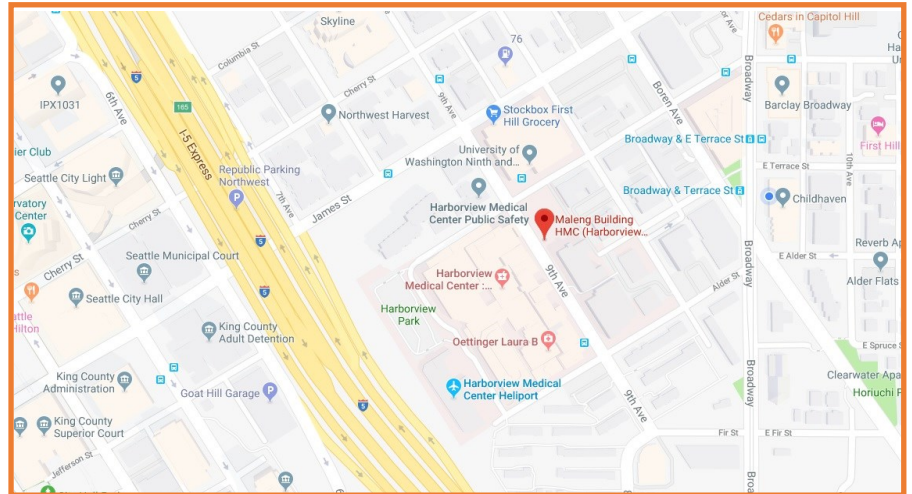
Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Tuesday, July 14th, 2020. 1:00 — 2:00 pm

Facilitated by: Marguerite DeVinney, Physical Therapist

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.

Managing Depression after Brain Injury

Depression is highly common in both the general population and individuals following Brain Injury. In this class, we will discuss the symptoms of depression and how our thoughts and behaviors contribute to our mood. We will also discuss several strategies to help cope with depression.

Harborview Medical Center — Maleng Building

Wednesday, June 10th, 2020. 10:30 — 11:30 am

Facilitated by: Liu Huiting, PhD

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, July 8th, 2020. 11:30 am — 12:30 pm

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

Strategies for Sleep after Brain Injury

In this class, we will provide information and strategies for supporting good sleep after Brain Injury. We will discuss how and why your sleep can be disrupted and offer several tools to help improve sleep.

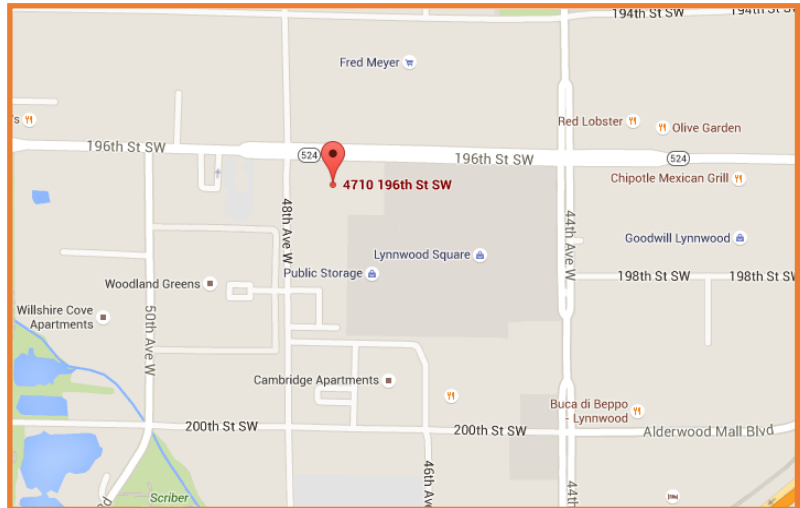
Harborview Medical Center — Maleng Building

Wednesday, August 12th, 2020. 10:30 — 11:30 am

Facilitated by: Kayli Gimarc, MD & Tracy Herring, PhD

Site Location #3: Verdant Wellness Center

4710 196th Street SW
Lynnwood, WA 98036



The Art of Change — Dynamic Imagery for Balance, Strength, & Flexibility

The Franklin Method uses Dynamic Neuro-cognitive Imagery, the disciplined use of the body/mind interphase to improve movement ability and other talents to create lasting positive change in your body and mind.

Barbara Miller is a certified American College of Sports Medicine Health Fitness Specialist, working in the health and wellness industry for 20 years.

Verdant Wellness Center — Birch Room

Wednesday, June 24th, 2020. 10:00 am — 12:00 pm

Facilitated by: Barbara Miller, Exercise Physiologist

Building a Better Brain

Learn more about how the brain works, what happens when it is damaged, and why you might have the symptoms you are having. Most importantly, we will discuss ways to support healing and long term health of the brain and why these things are important.

Verdant Wellness Center — Birch Room

Thursday, July 30th, 2020. 12:30 — 2:00 pm

Facilitated by: Jason Penaluna, DC, DACNB

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 — Birch Room

Thursday, August 13th, 2020. 1:00 — 2:00 pm

Facilitated by: Anita Chin, Certified Life Coach

May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25 Memorial Day	26	27	28	29

June 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10 Harborview Managing Depression 10:30-11:30 am	11	12
15	16 Swedish Cherry Hill Card Making 1—2 pm	17	18 Swedish Cherry Hill Balance Basics 2-3 pm	19
22	23	24 Verdant The Art of Change 10am-12pm	25	26
29	30			

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	Independence Day
6	7	8 Harborview ABC's of Problem Solving 11:30 am—12:30 pm	9	10
13	14 Swedish Cherry Hill Mindfulness 1-2 pm	15	16	17
20	21	22	23	24
27	28	29	30 Verdant Building a Better Brain 12:30-2pm	31

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12 Harborview Strategies for Sleep 10:30—11:30 am	13 Verdant Changing Your Mind 1-2 pm	14
17	18	19	20	21
24	25	26	27	28
31				

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

SAVE THE DATE!

Join BIAWA For These Upcoming Events

June 20th: Walk Run & Roll — Virtual!

August 19th: Chuckanut Bay Boat Cruise — Bellingham

August 29th: BrainRide — Redmond

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!



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www.biawa.org

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



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 1-877-982-4292, or visit www.biawa.org