



Brain Injury Alliance of Washington

MINDMATTERS
PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

September 2020

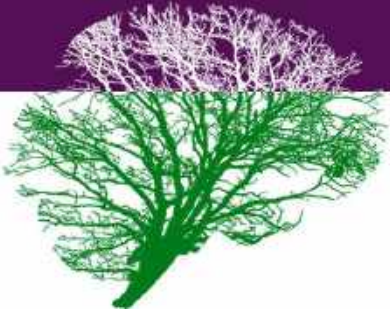
MindMatters is a
publication of BIAWA



Brain Injury
Alliance
WASHINGTON

WHAT'S NEW

Brain Injury Today is the official podcast of the Brain Injury Alliance of Washington hosted by Deborah Crawley and is produced in collaboration with Goal 17 Media. We started this podcast in response to the pandemic in the hopes of creating a fun and innovative way to stay connected and informed with our community. You can listen on our website www.BrainInjuryTodayPodcast.com or you can also listen on Google Podcasts, Spotify, or Apple Podcasts.



Inspiring • Learning • Growing

Brain Injury Today PODCAST

Going VIRTUAL!

2020 has definitely challenged us all to adapt to a new way of communicating and staying connected. BIAWA has embraced this challenge and have gone virtual with many of our services, events, and activities. Some of our biggest fundraising events like the Walk, Run, & Roll and BrainRide were redesigned to be virtual events over Facebook Live. We've been utilizing Zoom to hold monthly Brain Injury Support Groups and Brain Health & Wellness classes. Our Annual Brain Injury Art Show this Fall will have a virtual gallery tour so we can all view the amazing talents of survivors in our community.

While it looks like we will be maintaining a highly electronic event calendar for the rest of the year, we are always looking forward to the day when we can come together again safely.

Black Lives Matter – A Message from BIAWA

The Brain Injury Alliance of Washington is heartbroken and outraged by the senseless murders of George Floyd, Ahmaud Arbury, Breonna Taylor, Manuel Ellis, and countless others who came before them. We stand in solidarity with the peaceful protestors in our communities speaking up and speaking out, to demonstrate against the systematic racism that has divided us and plagued the United States for centuries.

Please read our full statement on our website and how we are pledging to support this movement:

www.biawa.org/black-lives-matter



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 opportunities, resources, and fun photos from our community!

Connect with us!



Brain Injury Support Groups: Virtual Education and Social Support

The Washington State Traumatic Brain Injury (TBI) Advisory Council provides Support Groups through the Department of Social and Health Services (DSHS) that emphasize education and interpersonal support.

Group offerings will be focused on centralized topics, which will be rotated. Group session may include, but are not limited to, the following:

- Communication Skills
- Daily Organization
- Fostering Interpersonal Relationships
- Long-Term Goals

These educational support groups will be hosted 100% online through the Hey Peers platform by certified support group facilitators.

These monthly meetings can be accessed through the website below:

heypeers.com/meetings

Questions???

Email tbihelp@outlook.com

If you live in a rural area, you can access the internet through Washington State Drive-In Wi-fi Hotspots. Locations can be found on the website: www.driveinwifi.wa.gov

Current Monthly Group Schedule

2nd Wednesday 3-4 PM or 6-7 PM

2nd Saturday 11 AM-12 PM

3rd Friday 5-6 PM

4th Monday 6-7 PM

4th Thursday 2-3 PM

SUPPORT BIAWA



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You Shop. Amazon Gives.

Amazon donates 0.5% of the price of your purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know and love!

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

PAST EVENT

Walk, Run, & Roll — THANK YOU to everyone who supported, participated, donated, and/or sponsored our first *VIRTUAL* Walk, Run, & Roll! 2020 has been anything but normal. We usually hold this event at Green Lake in Seattle- coming together to walk, run, or roll around the lake as a community and build awareness. While we couldn't do that in-person this year, it was amazing to feel the same excitement virtually during our Facebook Live event on June 20th. Check out all these awesome photos of people getting out in their own neighborhoods to support survivors of Brain Injury! We thank everyone for their support in raising almost \$50,000!



This event was proudly presented by



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UPCOMING EVENTS

Saturday, September 19th, 2020 - Participate from anywhere! Virtually!



BrainRide — You can participate in the 2020 BrainRide Bike & BBQ event from anywhere because we are going VIRTUAL! Join us on Saturday, September 19th at 2:00 PM on Facebook Live. Be sure to register at BrainRide.org so you get your event t-shirt and swag bag mailed directly to your doorstep before the event!



Brain Injury Art Show — We are very pleased to have been invited back to *Bellevue Arts Museum* again this year! We will be exhibiting in the Community Education Gallery October 2020—January 2021. NEW this year is that there will be a virtual gallery available to view online! Depending on circumstances around COVID-19, we will be holding a Closing Reception at the venue, date TBD. Visit our Art Show webpage at www.BrainInjuryArtShow.org to learn more.

A Gala & Auction Benefiting the Brain Injury Alliance of Washington

B.I.G.
the brain injury gala

SAVE THE DATE!

Saturday, May 22, 2021



2020 BIAWA Academic Scholarship Recipients

Recipients of the Higher Education/Professional Scholarship:



William Hortenstine is attending Western Governors University to achieve a Master's Degree in Business Administration



Hye Soo Shin is attending University of Washington to achieve her Master's of Occupational Therapy Degree

Recipients of the Eastern Washington Scholarship:



Denise Beck is attending Western Governors University to achieve her Master's Degree in Nursing Education



Jose Riera is attending Washington State University—Pullman to achieve his PhD in Language, Literacy, & Technology

Recipients of the Western Washington Scholarship:



Kendall Nedley is attending Washington State University—Bellingham to achieve his Bachelor's Degree in Environmental Education



David Wong is attending Green River College to achieve his Business Associates Degree



Washinton 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**

***YOU Can Make A Difference
in the Lives of Survivors of
Brain Injury***



When You Become a Brain Champion:

- Your monthly donation is automatic and paper-free
- Gifts will occur monthly on the date of your choice
- You can modify your gift at any time through our portal or by contacting us

All Brain Champions Receive:

- A subscription to our quarterly newsletter, MindMatters
- Discounts on BIAWA event tickets
- BIAWA Swag
- Knowledge that you are making a meaningful impact in the Brain Injury community

Learn more about our Brain Champion Membership Program [HERE](#).

If you are not in a place to donate right now, don't worry! Our Resource Center services will always be available free of charge. You do not need to be a member to utilize services or participate in events!

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. 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.

All classes are being offered VIRTUALLY online via Zoom for the rest of 2020!

Registration is REQUIRED to participate in these classes.

- ◆ Monday, September 14th from 11:00 am — 12:00 pm: [Basics to Build On](#)
- ◆ Wednesday, September 30th from 1:00 — 2:30 pm: [Advocacy](#)
- ◆ Wednesday, October 7th from 10:30 — 11:30 am: [Modified Gentle Yoga](#)
- ◆ Thursday, October 8th from 10:00 — 11:00 am: [Tips for Optimal Recovery from Brain Injury](#)
- ◆ Wednesday, November 4th from 10:30 — 11:30 am: [Modified Gentle Yoga](#)
- ◆ Tuesday, December 8th from 1:00—2:00 pm: [Mindfulness after Brain Injury](#)



pact[®]

The
Pooled
Alliance
Community
Trusts[®]

Building Lifetime Trust

BIAWA has 35 years of experience in supporting individuals to achieve their highest quality of life. BIAWA was made aware that individuals receiving government assistance after sustaining a disabling injury often find themselves in a paradox where acquiring assets (e.g. from a dispute settlement) jeopardizes their qualification for government benefits.

To fill this gap, BIAWA has created The Pooled Alliance Community Trusts (PACT)[®] in partnership with leading investment and trust management firms including Robert Zielke at The Zielke Law Firm (Trust Manager), UBS Financial Services, Inc. Special Needs Group, and True Link Financial. Together, we provide Pooled Special Needs Trusts (for individuals affected by disability) as well as Pooled Basic Support & Maintenance Trusts.

PACT Trusts are open for enrollment. Please contact us via the form on our webpage pactrusts.org or email us at info@pactrusts.org or call 877-448-7228.

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

STAFF



Sarah Fritze joined the BIAWA team in February 2020 as a King County Resource Manager. She has a BA in Society, Ethics, and Human Behavior with a minor in Education from the University of Washington. Sarah previously worked at Rainier State School in Buckley, Washington. Working with people is her passion. Engaging folks that come from all different back grounds and getting to hear their stories is truly a gift. In her free time, Sarah likes to go on walks with her two pups, spend time with family, and read a good book. Sarah has especially enjoyed working with BIAWA team during these unprecedented times. Welcome to the team, Sarah!



Sara Netter joined the BIAWA team in July as the new Resource Line Specialist. She comes to us after working at the YMCA for almost 10 years. Through her work at the YMCA, she has helped develop and maintain adaptive and rehabilitative aquatic programs. She is a Washingtonian and graduated with a Bachelor's of Science in Psychology from Washington State University. Go Cougs! Some of Sara's favorite hobbies are video games and playing dungeons & dragons with her friends. We are excited to welcome Sara to the team!



Kylie Jo Uriostegui joined the BIAWA team this past March as the Tri-Cities Washington Resource Manager. She has also been a member of the Traumatic Brain Injury Council Of Washington State for three years now.

In 2004, Kylie Jo was in a car accident along with several siblings and cousins. Her sister and two cousins sustained severe Brain Injuries. She is a strong advocate for those affected by Brain Injury because she is passionate about improving the quality of life for those in and around Brain Injury. No one should have to go it alone.

These are a few of her favorite things: J.R.R. Tolkien, farming, The Great British Baking Show, PBS: Finding Your Roots, PBS: Craft In America, baking, walking along the Columbia River with her husband, NPR, ice cream ,and watching my 2 year old reel in a large-mouth bass. We are so lucky to have Kylie Jo bring her compassion to our team!



Ashley Minyard has been Central Washington Resource Manager for BIAWA for over 6 years! She has been a huge asset to the community in her region. She was a strong advocate for the individuals she worked with and was especially talented in navigating resources and support for children and families. Not only was she behind many tremendous client strides and successes, she was also our Operations Coordinator, keeping our database organized and developing a lot of our outreach materials. We wish Ashley all the best in her future endeavors. We will miss you Ashley!