



# Brain Health & Wellness

A PROGRAM OF BIAWA™

## SUMMER 2022 MAY—AUGUST CLASS CATALOG



# SWEDISH



UNIVERSITY OF WASHINGTON

TRAUMATIC BRAIN INJURY  
MODEL SYSTEM

PATIENT CARE • RESEARCH • EDUCATION & TRAINING

**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 [brainhealth@biawa.org](mailto:brainhealth@biawa.org) or call the Washington Brain Injury Resource Center at **1-877-982-4292**, or <https://www.biawa.org/>.



**Brain Injury**  
Alliance  
WASHINGTON

### 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 offers non-clinical classes to enhance social and organizational skills, relationships, and communication that are free and beneficial to all. The classes create the opportunity to acquire new skills and take ownership of one's health and well-being. While most of the topics are tailored to survivors, there are a few included for family members and providers in the Brain Injury Community. Even if a class is "tailored" to a particular audience, anyone can benefit from them. The Brain Health & Wellness Program focuses on classes that support a sense of community for survivors and family members. Classes do not prescribe or diagnose, but offer more generalized information and advice.

## Registration

Registration is now open! All classes are **free**. All classes are taking place VIRTUALLY. You must register to get the information to connect to the class on Zoom.

### 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 at **1-877-982-4292**.
- Once you submit your registration, you will receive a confirmation email.
- One to two days before the class, a Zoom link will be sent out to those that have registered.
- Unless otherwise noted, you must register for each class and session separately.

You can also email or call at [brainhealth@biawa.org](mailto:brainhealth@biawa.org) or **1-877-982-4292** for help with registration.

## Getting Organized with Brain Injury

Lauren will offer organizing suggestions to her attendees in an informational conversation based on the challenges they mention. This class is beneficial not only to survivors of TBI, but also caregivers and family members whom can utilize the information for the people they are helping.

*Wednesday May 4th 2022 • 2:00PM — 3:00 PM*

Facilitated by: Lauren Williams, Founder of Casual Uncluttering

## Brain Anatomy

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. Robert will go over specific areas of the brain and the deficits that arise when that area is damaged. This class will also address common symptoms following a Brain Injury.

*Tuesday May 10th 2022 • 5:00PM —6:00 PM*

Facilitated by: Robert Burke, Physical Therapist

## LoveYourBrain Yoga

This class includes mindful breathing, meditation, gentle yoga poses and guided community conversation. Libby, from the organization LoveYourBrain, will provide specific poses in ways that prevent dizziness and headaches while supporting learning and memory. It is taught at a slow pace, with simple movements, and includes repetition to reduce confusion and stress. It will also build community through group discussion with empowering brain injury-related themes.

*Tuesday May 17th 2022 • 1:00PM — 2:00 PM*

Facilitated by: Libby Nicholaou, MA, E-RYT, Manager, Yoga Program and Outreach Operations, LoveYourBrain Foundation

## Understanding Behaviors after Brain Injury

This class will identify common personality changes an individual may experience after brain injury and explore why these changes can occur. The class will provide coping skills to help combat several challenging symptoms and outline a plan to help you take back control. It will also build community through group discussion, questions and answers.

*Wednesday May 25th 2022 • 2:00 PM — 3:00PM*

Facilitated by: Amy Pfarr, BIAWA, M. Ed., NADD-DDS

## Building Self-Advocacy for Survivors and Families

As a Certified Life Coach, Anita helps people improve self-advocacy skills for individuals with TBI and their caregivers. Learn tools and attributes that can help empower you to get your needs met and be your most successful self.

*Wednesday June 1st 2022 • 1:00 PM — 2:00PM*

Facilitated by: Anita Chin, ICF ACC Certified Life Coach

## Therapeutic Songwriting

Megumi will engage with the participants in drafting a song that reflects their thoughts and feelings around their journey with a Traumatic Brain Injury. The class is both collaborative and individualized as each attendee creates their own lyrics and melodic patterns. The songwriting process will lead to resolutions while showcasing the progress or representing a transformed state post-TBI. Prior music knowledge is not necessary to take the class.

*Tuesday June 7th 2022 • 12:00 PM — 1:00 PM*

Facilitated by: Megumi Azekawa, MM, MT-BC, Neurologic Music Therapist, Fellow

## Rhythm (drum) circle

Megumi will facilitate a rhythm (drum) circle to empower and encourage the participants to non-verbally express ideas and communicate with others through instrumental playing. This allows participants to exercise their attention control, memory skills, executive functioning skills, non-verbal and verbal communication skills to apply in daily situations. An important note is that the class may be loud and very stimulating as drum beats (from a djembe, ocean drum, bongos), piano, guitar or a soundtrack will be playing during the class.

*Tuesday June 14th 2022 • 12:00PM — 1:00 PM*

Facilitated by: Megumi Azekawa, MM, MT-BC, Neurologic Music Therapist, Fellow

## Muscle Tightness after TBI

Muscle tightness and over activity are common after TBI. In this class, we will learn about different types of muscle over activity and tightness (like spasticity), treatment approaches, and when to talk to your doctor.

*Thursday June 23rd 2022 • 12:00 PM — 1:00PM*

Facilitated by: Kaylie Gimarc, UW MD and Allison Wallingford, UW MD

## **BE with Your Brain, Yoga!**

As a brain injury survivor, I know how the tools of yoga help me to restore and can restore other TBI survivors from the inside out. Trauma can create a sense of being unsettled and disconnected to self. By connecting brain to body and breath, we will practice letting your thoughts just BE. Wear clothes comfortable for light movement, have a cup of tea or water nearby you, and set out a towel or yoga mat for your comfort.

*Wednesday June 29th 2022 • 1:00 PM — 2:00PM*

Facilitated by: Maria Dalbotten, MA, LMHC, RYT 500 hours

## **Discover Your Authentic Self: Re-Frame Your Life Story for an Empowering Personal Identity**

As a Certified Life Coach, Anita helps brain injury survivors and their caregivers re-frame their thinking and clarify their core values. The power to live consciously and truly be who you are is a choice.

*Wednesday July 13th 2022 • 1:00 PM — 2:00PM*

Facilitated by: Anita Chin, ICF ACC Certified Life Coach



## Speech and Language Neurologic Music Therapy

Dianna will talk about the evidence-based practice neurologic music therapy (NMT), which applies music-based (NMT), which applies music-based elements for non-musical goals, and will share interventions used to support those with aphasia and similar issues common with brain recovery. This class is divided into two areas— educational and experiential. She will facilitate experiential within the class, and also provide tools and engagements that attendees can engage with at home.

*Tuesday July 19th 2022 • 3:00 PM — 4:00PM*

Facilitated by: Dianna Rose, MA, Board-Certified Music Therapist

## TangoStride Walking Workshop

Improve balance, coordination, endurance and confidence—one step at a time—with Gabriela Condrea's dance-based TangoStride Technique, specifically designed to help people with mobility challenges improve walking. This class is for survivors of Brain Injury who are able to stand, with or without assistance, for at least 10 seconds. No partner required, but caregivers, family members, and friends are welcome.

*Friday July 29th 2022 • 2:00 PM — 3:00PM*

Facilitated by: Gabriela Condrea, Teacher & Founder of Tango is About the Connection/ TangoStride

## **Return to Driving and Work after TBI**

Dr. Ott will discuss her clinical experience with TBI survivors who return to driving and work. Included in the class will be common challenges after TBI that affect these crucial functions. Resources available at UW and in the community to support these efforts will also be discussed. If comfortable, participants will be encouraged to share their success and challenges in these endeavors as we learn from one another.

*Thursday August 4th 2022 • 12:00 PM — 1:00PM*

Facilitated by: Dr. Jamie Ott, D.O., University of Washington/Harborview

## **Daily Life Signs from American Sign Language**

Learn to sign some basic day to day signs in American Sign Language! Whether vocalizing is a challenge, you know someone hard-of-hearing, or you're just looking to learn a new skill, we will be learning some critical signs. The class will include: the alphabet, numbers, emotions, food, drink, activities, and medicinal signs such as help, pain and doctor.

*Tuesday August 9th 2022 • 3:00 PM — 4:00PM*

Facilitated by: Taylor Wood, BIAWA & Special Support Provider for the Deaf-Blind

## Budgeting on a Limited Income

Scott, a Certified Public Accountant, will be creating an example profile to help others learn how to budget out their income and expenses. This will include an income of SSDI and expenses of food, utilities, rent, transportation and medical.

*Friday August 19th 2022 • 12:00 PM — 1:00PM*

Facilitated by: Scott Slater, BIAWA Executive Director & CPA

## Resilience during Community Emergencies

Katy is a Certified Community Emergency Response Team member for the City of Tacoma. She will cover the basics of being prepared for the most common types of emergencies people living in Washington may encounter and explore how participants would like to move forward in developing their own emergency preparedness plan.

*Thursday August 25th 2022 • 3:00 PM — 4:00PM*

Facilitated by: Katy Parrish, BIAWA Resource Center Supervisor & CBIS and CERT

## **BIAWA Resource Center Programs**

### **Resource Line**

The toll-free Resource Line provides support throughout Washington state for individuals with a Brain Injury, their 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 from agencies and support groups. The Resource Line is available Monday-Friday 9 am to 5 pm by calling **1-877-982-4292**.

### **Resource Management**

Resource Management is offered to individuals with a Brain Injury, their family members, and caregivers. We provide clients with over-the-phone or in-person assistance depending on availability. Resource Managers help identify and create individualized goals to promote self-advocacy by connecting people to resources and supports in their communities. Call the Washington Brain Injury Resource Center at **1-877-982-4292** to find out how Resource Management can benefit you.

# SAVE THE DATE!

## 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 engagement outings, and conferences. BIAWA recognizes the value of social engagement in enriching the quality of life for individuals with Brain Injury and their families. We provided numerous activities through the year including trips to the Annual Art Show, dinners, and sporting events. For more information on upcoming events and classes, please visit our calendar at

[biawa.org/calendar](https://biawa.org/calendar)

Brain Health & Wellness supportive funding provided by:



**AL TSA** Aging and Long-Term  
Support Administration



Traumatic  
Brain Injury

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## Brain Injury Alliance WASHINGTON

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