



Brain Injury Alliance of Washington

# MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

June 2022

MindMatters is a  
publication of BIAWA



Brain Injury  
Alliance  
WASHINGTON

*Our Mission:* To increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy.

## WHAT'S NEW

### BIAWA's Offices Have Gone Virtual!

After several years at our offices located in the Childhaven building in Seattle, BIAWA has made some necessary changes.

The Childhaven building has been sold and BIAWA's lease was not renewed. As of mid-June, the office officially closed to visitors and clients. All team members are working remotely. Staff member phone numbers will remain the same.



### New Mailing & Shipping Address for BIAWA and PACT

BIAWA

113 Cherry Street, PMB 40683

Seattle, WA 98104

BIAWA is always a phone call away!

Call the BIAWA Resource Line at 877-982-4292.

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**Brain Health & Wellness is staying virtual for Summer 2022.** (See page 4)

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**Updates for Pooled Alliance Community Trusts | PACT** (See page 4)

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## Connect with Us!

We utilize the following social media platforms to share information on upcoming opportunities, resources, and fun photos from our community! Visit us to stay up to date on what BIAWA is doing in your community.



@BrainInjuryWA



@braininjurywa



YouTube @BrainInjuryWA

## Helpful Information & Resources

### Staying Safe in HOT Weather

We enter the summer season, remember that **extreme heat** can put our friends, family, pets, and ourselves at real risk. After a cooler than normal spring, even when the air temperatures are extremely high, water safety is a big concern. Rivers are still running high and fast and the water is very cold. Lakes and other water bodies are also still quite cold.

KNOW before you go! Here are some helpful resources to keep you comfortable in hot weather.

Heat Watches, Warnings or Advisors in Washington State:  
[Current Watches, Warnings and Advisories for Washington Issued by the National Weather Service](#)



Department of Health—Hot Weather Safety: [Hot Weather Safety | Washington State Department of Health](#)

### Cooling Centers:

- During periods of extreme heat, cooling centers may be established in your area and are free to the public. Dial 2-1-1 to find a cooling center near you. Language assistance is available.
- Where to find cooling centers in Puget Sound: [Ultimate guide to staying cool in Puget Sound region during the heat wave | The Seattle Times](#)

### Keeping Your Pet Safe in Hot Weather:

- [Keep pets safe in the heat | The Humane Society of the United States](#)
- [Hot Weather Safety Tips | ASPCA](#)



## Helpful Information & Resources

### LoveYourBrain

LoveYourBrain is a non-profit that improves the quality of life of people affected by traumatic brain injury through programs that build community and resilience. LoveYourBrain was established by brothers Adam and Kevin Pearce following Kevin's severe TBI from a snowboarding accident before the 2010 Olympics.

LoveYourBrain believes that yoga, mindfulness, and community are essential to transforming the wellbeing of people with brain injury and their caregivers. That's why they offer FREE, research-backed programs and trainings to empower our community with new tools, resources, and connections.



[Learn more about LoveYourBrain's programs here.](#)



### Looking for Resources?

Check out BIAWA's brain specific [Resource Locator Map](#)!

We'd love your feedback on the map! Please send feedback to [info@biawa.org](mailto:info@biawa.org)



### Locate Ongoing Support Groups

Find a [virtual Support Group](#) Now!

### You are not alone!

The Washington Brain Injury Resource Line is available Monday-Friday, 9:00 am– 5:00 pm.

**1-877-982-4292**

## BIAWA PROGRAMS



### Brain Health & Wellness

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. Click on a class to register or go on our website at [www.biawa.org/calendar](http://www.biawa.org/calendar) to see all the classes and register! If you need help getting signed up, call 877-982-4292 or email [brainhealth@biawa.org](mailto:brainhealth@biawa.org).

***Classes are being offered VIRTUALLY online via Zoom for Summer 2022!***

***Registration is REQUIRED to participate in these classes.***

Inspiring • Learning • Growing



## Brain Injury Today PODCAST

Hosted by Sabrina Bonaparte, PhD  
The Official Podcast of the Brain Injury Alliance of Washington

All BIT episodes are available at [BrainInjuryTodayPodcast.com](http://BrainInjuryTodayPodcast.com)



# pact®

The  
Pooled  
Alliance  
Community  
Trusts®

***Building Lifetime Trust***

#### **PACT Updates:**

Congratulations to Robert Zielke for successfully converting his law firm into a financial institution—A Trust Company. Mr. Zielke's new business prohibits him from continuing in the capacity of Trust Manager for PACT.

BIAWA is pleased to announce the appointment of Randi Carter as the new PACT Trust Administrator. Randi will serve as the new point of contact for all inquiries and questions. **Note new mailing address on page 1.**

BIAWA has 40 years of experience in supporting individuals to achieve their highest quality of life. In 2019, BIAWA created The Pooled Alliance Community Trusts|PACT® to provide a responsible investment option for individuals with limited assets. In partnership with leading investment and trust management firms including UBS Financial Services, Inc. and True Link Financial, 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 [PACTTrusts.org](http://PACTTrusts.org) or email us at [info@PACTTrusts.org](mailto:info@PACTTrusts.org) or call 877-448-7228.





## 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!

## UPCOMING EVENTS

### 2022 Brain Injury Art Show

Paintings • Photography • Multimedia



Brain Injury  
Alliance  
WASHINGTON

ART | CRAFT | DESIGN  
BELLEVUE ARTS MUSEUM

Show Opens: October 14, 2022 - Feb 26, 2023



## ARTISTS WANTED

Submit Your Art Before July 8, 2022

## Call for Artists!

Art must be submitted for pre-approval by  
July 8th if you want to participate in the  
2022 Brain Injury Art Show!

Bellevue Arts Museum—October 14, 2022—  
February 26, 2023

[Learn more and complete an application  
form here.](#)

**NOTE:** Approved art must be dropped off  
by August 1st to:

Brothers & Henderson Law Group  
Attn: Caroline Bell  
936 N 34th Street, #200  
Seattle, WA 98103

Contact Randi at [randic@biawa.org](mailto:randic@biawa.org)  
for a downloadable application form  
or with any questions.

**Wednesday - July 27, 2022**

**BASEBALL with BIAWA**

SEATTLE MARINERS VS TEXAS RANGERS

T-MOBILE PARK

T-Mobile Park - 1250 1st Ave S, Seattle, WA 98134

## Join BIAWA at the Ball Game!

Enjoy an afternoon at T-Mobile Park as the M's take on the Texas Rangers!

Meet at Will Call at Noon. Game starts at 12:40 pm.

For brain injury survivors and caregivers only.

Please note: All attendees must be up to date on COVID vaccinations.

[Click here to learn more and reserve your ticket today!](#)

Questions? Contact Randi at [randic@biawa.org](mailto:randic@biawa.org)

## UPCOMING EVENTS



## FORE!

Calling all Golfers! Get out on the green for a great cause—our pediatric programs and help keep our youth safe playing the sports they love.

There will be fun contests and prizes and a silent auction!

Contact Suzette at [suzetteh@biawa.org](mailto:suzetteh@biawa.org) for more details or sponsorship information.

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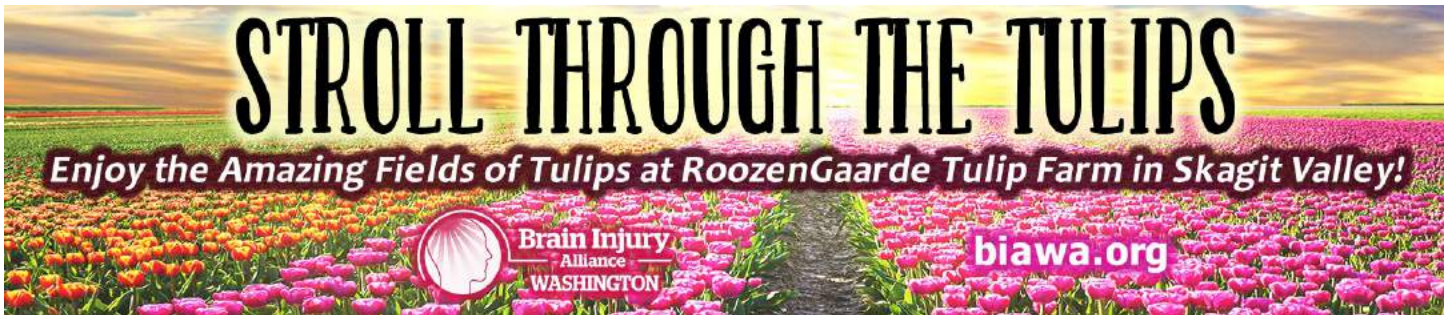


**Stay Tuned for more details!**

Contact Suzette at [suzetteh@biawa.org](mailto:suzetteh@biawa.org) if you would like to receive an invitation or sponsorship information.



## PAST EVENTS



### April 6, 2022 Skagit Valley Tulip Trip

The weather was perfect for a stroll through the tulips at RoozenGaarde Farms!

Please contact Randi at [randi@biawa.org](mailto:randi@biawa.org) if you would like information about upcoming outings for survivors & caregivers.



Delicious pasta lunch to fuel the body after the Tulip Stroll.



## PAST EVENTS

### April 30, 2022 Walk, Run & Roll

It was a wet, cold day—but everyone was celebrating being back in person!

Thank you to all who participated or donated!  
You helped raise \$47,987.00!



#### Thank you to our sponsors:

Presenting Sponsor Adler Giersch

Gold: Dubin Law Group & Alliance Nursing

Silver: Nelson, Langer Engle & The Walthew Law Firm

Nonprofit: Pushing Boundaries & Columbia Bank

Helmet Giveaway: Public Health—Seattle & King County



## **Thank You to our Departing Board Members**

Please join us in a hearty round of applause and gratitude to a couple of BIAWA Board Members who are stepping off the Board.

Their commitment and service to our organization and the brain injury community will have long-lasting impacts.

**Patrice Roney:** HR, Governance Committee, Nominations Committee

**Darin Harris:** Survivor Advocate, Advocacy Committee, Diversity Committee, Support Services Committee

**Robbins Harper:** Treasurer, Finance Committee



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**Are YOU interested in giving your time and talent as a board member to BIAWA?**

**Interested in volunteering for an event?**

Contact us today to learn more.

206-467-4800

*Our Vision:* A world where Brain Injury is prevented, and every person already affected by its impact benefits from resources to maximize their quality of life.