



Brain Health & Wellness

A PROGRAM OF BIAWA

New Classes for
Fall 2017!

SEPTEMBER - DECEMBER 2017 CLASS CATALOG

MultiCare 
Physical Medicine and Rehabilitation
BetterConnected

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 1-877-982-4292, or
call the Washington Brain Injury Resource Center at
1-877-824-1766 or visit www.biawa.org.**



Brain Injury
Alliance
WASHINGTON

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Brain Health and Wellness Partner

MultiCare 
Physical Medicine and Rehabilitation

BetterConnected

MultiCare Health System

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 Brain Injury survivors' and their loved ones' capacity for the best possible quality of life. 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 Brain Injury survivors and 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 such as social skills, organizational skills, relationships and communicating, as well as a mentoring program, all 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.
- 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 to help you register over the phone

Holidays

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

- Monday September 4th Labor Day
- Monday October 9th Indigenous People's Day
- Friday November 10th Veteran's Day
- Thursday & Friday November 23th & 24th .. Thanksgiving
- Monday December 25th Christmas Day

Fall Classes

Planning for Outdoors Activities After Brain Injury: Camping, Fishing, & More...

There are opportunities abound in the Puget Sound area for participation in outdoor adventure following brain injury. Join this class to learn about community based programs offering outdoor adventure programs for adapted recreation. Learn about outdoor accessibility to get involved with activities for camping, hiking, fishing etc. Information will be shared to modify equipment and activities. This information could be an exciting first step to getting more active in your favorite activities.

MultiCare Good Samaritan Hospital, Mt. Tahoma Room, Floor A, Meadow Pavilion

Tuesday September 12th, 2017. 3:00 - 4:30 pm

Facilitated by: Debbie Jankanish, CTRS, Recreation Therapist

Basics of Assistive Technologies for Memory & Cognitive Changes

This class will explore the varying options for assistive technology to facilitate memory and overall cognitive functioning. We will emphasize the use of smart phones, tablets, alarms, and applications.

MultiCare Good Samaritan Hospital, Olympic Room, Floor 1, Forrest Pavilion

Tuesday September 26th, 2017. 5:00 - 6:00 pm

Facilitated by: Grace Bender, MS CCC-SLP & Kelsey Fowler, MS CCC-SLP, Speech-Language Pathologist

Fall Classes

Traveling After Brain Injury: Vacation & Travel Planning

In this class we will focus on strategies and adaptations to consider when traveling after a brain injury. We will discuss the importance of planning and pacing your itinerary. Also, we will share tips and ideas on how to advocate for accommodations while traveling.

MultiCare Good Samaritan Hospital, Family Birth Center Education Classroom, Floor 1, River Pavilion

Friday October 6th, 2017. 12:00 - 1:30 pm

Facilitated by: Kitty Anderson, RN, Rehabilitation Nurse

Brain Anatomy: How the Brain Works with the Rest of the Body

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. We will go over specific areas of the brain and the deficits that arise when that area is damaged. This class will also address common manifestations and symptoms following a brain injury or stroke.

MultiCare Good Samaritan Hospital, Olympic Room, Floor 1, Forrest Pavilion

Wednesday October 25th, 2017. 5:00 - 6:00 pm

Facilitated by: Robert Burke, DPT, Physical Therapist

Fall Classes

Fall Prevention & Harm Reduction

Are you concerned about falling? Do you worry about a friend or family member who may fall? This class will cover strategies that are helpful in the prevention of falls at home and in the community. Information will be shared to help you learn about assistive device options and environment/home modifications that can reduce the risk of falling.

MultiCare Good Samaritan, Family Birth Center Education, Floor 1, River Pavilion

Wednesday November 8th, 2017. 5:30 - 6:30 pm

Facilitated by: Michelle VanHoof, PTA, Physical Therapist Assistant

Preparing for the Holidays & Managing Holiday Stress

The holiday season is upon us! Join us for a class dedicated to helping you prepare for the hustle, bustle, and added stress of the holidays after a brain injury.

MultiCare Good Samaritan Hospital, Mt. Tahoma Room, Floor A, Meadow Pavilion

Thursday November 16th, 2017. 4:00 - 5:30 pm

Facilitated by: Nicole Sabovish, LPN, Rehabilitation Nurse

Fall Classes

Basics of Assistive Technologies for Memory & Cognitive Changes

This class will explore the varying options for assistive technology to facilitate memory and overall cognitive functioning. We will emphasize the use of smart phones, tablets, alarms, and applications.

MutliCare Good Samaritan Hospital, Mt. Tahoma Room, Floor A, Meadow Pavilion

Tuesday December 5th, 2017. 4:30 - 5:30 pm

Facilitated by: Grace Bender, MS CCC-SLP & Kelsey Fowler, MS CCC-SLP, Speech-Language Pathologists

Living Energetically: Coping with Fatigue and Boosting Energy

Fatigue is one of the most common complaints associated with brain injury. For some individuals, fatigue persists long after other symptoms have disappeared. This class discusses what you can do to help reduce your fatigue and have more energy for your valued life activities.

MutliCare Good Samaritan Hospital, Olympic Room, Floor 1, Forrest Pavilion

Wednesday December 13th, 2017. 4:30 - 5:30 pm

Facilitated by: Julie Cole, DPT, Physical Therapist

Not seeing the Brain Health & Wellness class you want?

If you have an idea for a new Brain Health & Wellness class, call us at (206) 467-4800 or email us at KelseyW@biawa.org.

Brain Health & Wellness Instructors

If you are interested in teaching a class in our Brain Health & Wellness Program, you can call our office at (206) 467-4800 or email KelseyW@biawa.org to request an instructor interest form.

Support Groups at MultiCare Good Samaritan Hospital

Puyallup Caregiver Support Group

1st Tuesday of every month 6 - 7:30 pm

Mt Tahoma Room, Meadow Pavilion

401 15th Ave SE Puyallup WA 98372

Contact Jackie or Jeanne at

jakpope76@aol.com or

jesalvini@hotmail.com

Puyallup Support Group

1st Tuesday & 3rd Thursday of every
month 6 - 7:30 pm

Baker Room

401 15th Ave SE Puyallup WA 98372

Contact Jeff at

(253) 213-2833 or jffhrtsn53@gmail.com

September 2017

Mon	Tue	Wed	Thu	Fri
4 Labor Day	5 Caregiver Support Group 6 - 7:30 pm (Pg. 9)	6	7 Support Group 6 - 7:30 pm (Pg. 9)	8
11	12 Planning for Outdoor Activities 3 - 4:30 pm (Pg. 5)	13	14	15
18	19	20	21 Support Group 6 - 7:30 pm (Pg. 9)	22
25	26 Basics of Assistive Technologies 5 - 6 pm (Pg. 5)	27	28	29

October 2017

Mon	Tue	Wed	Thu	Fri
2	3 Caregiver Support Group 6 - 7:30 pm (Pg. 9)	4	5 Support Group 6 - 7:30 pm (Pg. 9)	6 Traveling after Brain Injury 12 - 1:30 pm (Pg. 6)
9 Indigenous People's Day	10	11	12	13
16	17	18	19 Support Group 6 - 7:30 pm (Pg. 9)	20
23	24	25 Brain Anatomy 5 - 6 pm (Pg. 6)	26	27
30	31			

November 2017

Mon	Tue	Wed	Thu	Fri
		1	2 Support Group 6 - 7:30 pm (Pg. 9)	3
6	7 Caregiver Support Group 6 - 7:30 pm (Pg. 9)	8 Fall Prevention & Harm Reduction 5:30 - 6:30 pm (Pg. 7)	9	10 Veteran's Day
13	14	15	16 Preparing for the Holidays 4 - 5:30 pm (Pg. 7) Support Group 6 - 7:30 pm (Pg. 9)	17
20	21	22	23 Thanksgiving	24 Thanksgiving
27	28	29	30	

December 2017

Mon	Tue	Wed	Thu	Fri
				1
4	5 Basics of Assistive Technologies 4:30 - 5:30 pm (Pg. 8) Caregiver Support Group 6 - 7:30 pm (Pg. 9)	6	7 Support Group 6 - 7:30 pm (Pg. 9)	8
11	12	13 Living Energetically 4:30 - 5:30 pm (Pg. 8)	14	15
18	19	20	21 Support Group 6 - 7:30 pm (Pg. 9)	22
25	26	27	28	29
Christmas Day				

Class Location



MultiCare Good Samaritan Hospital

- 401 15th Ave SE, Puyallup WA 98372
- Accessible by Community Transit bus route #425

- 1 - Main Entrance to Hospital, for Olympic Room & Family Birth Center Education Classroom
- 4 - Mt Tahoma Room, Floor A

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 through Friday 9:00 a.m. to 5:00 p.m. by calling (877) 824-1766.

Resource Management

Resource Management is offered to individuals with Brain Injury, their families 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 877-824-1766 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 patient'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 Skagit Valley tulip fields, dinners, and sporting events. For more information on upcoming events, please visit our calendar at www.biawa.org/calendar.php.

To learn more, go to our website at www.biawa.org
or call our Resource Center at 1-877-824-1766.

SAVE THE DATE!

Join BIAWA For These Upcoming Events

June 30th - October 1st - Brain Injury Art Show, Bellevue Arts Museum

September 12th - Raise Your Glass in Support of BIAWA

Beer Fundraiser, Lagunitas Tap House

September 20th - Northwest Trek, Eatonville WA

October 21st - Brain Injury Gala, Westin Seattle

December 6th - Community Holiday Party, Seattle

Check our online calendar for new classes!

BIAWA continually adds new classes to our online calendar for the upcoming quarters. You can see the latest learning opportunities online at:

biawa.org/calendar



**For more information contact us at 1-877-982-4292,
call the Washington Brain Injury Resource Center at
1-877-824-1766 or visit www.biawa.org.**