



# Brain Health & Wellness

A PROGRAM OF BIAWA

New Classes for  
Summer 2017!

**MAY - AUGUST 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](http://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.php](http://www.biawa.org/calendar.php)
- 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.

## Holidays

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

- May 29<sup>th</sup> .....Memorial Day
- July 3<sup>rd</sup> and 4<sup>th</sup> .....Independence Day

## Summer 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. We will also share tips and ideas on how to advocate for accommodations while traveling.

**MultiCare Good Samaritan Hospital, Olympic Room, First Floor, River Pavilion**

*Tuesday May 2<sup>nd</sup>, 2017. 12:00 - 1:00 pm*

Facilitated by: Carole Gibson-Smith, DPT, Physical Therapist

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

*Tuesday May 9<sup>th</sup>, 2017. 12:00 - 1:00 pm*

Facilitated by: Kitty Anderson, RN, Rehab Nurse

## Summer Classes

### Basics of Assistive Technologies for Memory & Cognitive Changes

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

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

*Tuesday May 16<sup>th</sup>, 2017. 5:00 - 6:15 pm*

Facilitated by: Grace Bender, MS & Kelsey Fowler, MS, Speech Therapists

### 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 the specific areas of the brain and the deficits that arise when those areas are damaged. This class will also address common manifestations and symptoms following a brain injury or stroke.

**MultiCare Good Samaritan Hospital, Olympic Room, First Floor, River Pavilion**

*Wednesday June 7<sup>th</sup>, 2017. 5:00 - 6:00 pm*

Facilitated by: Robert Burke, DPT, Physical Therapist

## Summer Classes

### Planning for Outdoor Activities After Brain Injury: Camping, Fishing, & More

There are opportunities abound in the Puget Sound area for participation in outdoor adventure following a 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 becoming more active in your favorite activities.

**MultiCare Good Samaritan, Mt Tahoma room, Floor A, Meadow Pavilion**

*Tuesday June 20<sup>th</sup>, 2017. 3:00 - 4:30 pm*

Facilitated by: Debbie Jankanish, CTRS, Recreation Therapist

### Assertive & Effective Communication Strategies

Having effective communication skills can help with problem solving, improve relationships, and help individuals feel empowered and less stressed. This class will help you understand the difference between passive, aggressive, and assertive communication styles and teach you the skills that help you stand up for your own or other people's rights in a calm and positive way.

**MultiCare Good Samaritan Hospital, Olympic Room, First Floor, River Pavilion**

*Thursday July 6<sup>th</sup>, 2017. 3:00 - 4:30 pm*

Facilitated by: Emily Traupman, Ph.D., Psychologist

## Summer Classes

### Living Energetically: Coping with Fatigue & Boosting Energy

Fatigue is one of the most common complaints after 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, Mt Tahoma Room, Floor A, Meadow Pavilion**

*Tuesday July 18<sup>th</sup>, 2017. 6:00 - 7:30 pm*

Facilitated by: Megan Skipper, DPT, Physical Therapist

### The New Normal

New Normal is a course designed for Caregivers, Family Members and Friends of individuals who have recently sustained a brain injury. If you are currently learning to navigate this new way of life, New Normal will help you understand and accept the changes in your loved one. New Normal provides a safe place for you to explore your feelings about the changes you are now experiencing. It is a four week course with different subject matter each week.

*Attendance required at all sessions. This course is not appropriate for survivors of Brain Injury.*

**MutliCare Good Samaritan Hospital - Olympic Room, First Floor, River Pavilion**

*Fridays: August 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>, 2017. 11:00 - 1:00 pm*

Facilitated by: Lorriane Fournier



## 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](mailto: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](mailto:KelseyW@biawa.org) to request an instructor interest form.

# May 2017

Mon	Tue	Wed	Thu	Fri
1	2 <b>Traveling after Brain Injury 12 - 1 pm (Pg. 5)</b>	3	4	5
8	9 <b>Traveling after Brain Injury 12 - 1 pm ( Pg. 5)</b>	10	11	12
15	16 <b>Basics of Assistive Technologies 5 - 6:15 pm (Pg. 6)</b>	17	18	19
22	23	24	25	26
29	30	31		
<b>Memorial Day - No Class</b>				

# June 2017

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7 Brain Anatomy 5 - 6 pm (Pg. 6)	8	9
12	13	14	15	16
19	20 Planning for Outdoor Activities 3 - 4:30 pm (Pg. 7)	21	22	23
26	27	28	29	30

# July 2017

Mon	Tue	Wed	Thu	Fri
3 <b>Holiday - No Class</b>	4 <b>4th of July - No Class</b>	5	6 <b>Assertive &amp; Effective Communication Strategies 3 - 4:30 pm (Pg. 7)</b>	7
10	11	12	13	14
17	18 <b>Living Energetically 6 - 7:30 pm (Pg. 8)</b>	19	20	21
24	25	26	27	28
31				

# August 2017

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11 New Normal 11 - 1 pm (Pg. 8)
14	15	16	17	18 New Normal 11 - 1 pm (Pg. 8)
21	22	23	24	25 New Normal 11 - 1 pm (Pg. 8)
28	29	30	31	

### Class Location



## MultiCare Good Samaritan Hospital

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

- 1 - Main Entrance to Hospital, for Olympic Room
- 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](http://www.biawa.org/calendar.php).

To learn more, go to our website at [www.biawa.org](http://www.biawa.org)  
or call our Resource Center at 1-877-824-1766.

# SAVE THE DATE!

## Join BIAWA For These Upcoming Events

**June 30<sup>th</sup> to October 1<sup>st</sup>** - Brain Injury Art Show, Bellevue Arts Museum

**July 13<sup>th</sup>** - Opening Art Show Reception & BIAWA Annual Meeting, Bellevue

**July 31<sup>st</sup>** - Brain Injury Golf Tournament, Bellevue

**August 9<sup>th</sup>** - Tacoma Rainiers Baseball Game

**August 16<sup>th</sup>** - Seattle Mariners Baseball Game

**August 24<sup>th</sup>** - Everett Aquasox Baseball Game

**August 26<sup>th</sup>** - Bolt the Tolt - Bike Ride Event, Carnation

**October 21<sup>st</sup>** - 11<sup>th</sup> Annual Brain Injury Gala, 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:



**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](http://www.biawa.org).**