



Brain Health & Wellness

A PROGRAM OF BIAWA

SEPTEMBER-DECEMBER 2016 MULTICARE 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 those affected by Brain Injury including survivors, caregivers, and family members.

**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.**



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Brain Health & 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 his/her 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' 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 will tailor health and wellness services specifically for individuals affected by Brain Injury and their loved ones. The Brain Health & Wellness Program will focus on classes that support survivor and family member integration. The program will offer non-clinical classes such as social skills, organizational skills, relationships and communicating, as well as a mentoring program, all designed to empower the participants and give them the tools to take ownership of their health and well-being.

Registration

Sign up for our classes now! All classes are **free**. Please join us!

Register online -

- Go to [www.http://biawa.org/calendar.php](http://biawa.org/calendar.php)
- Click on the class you want and follow the directions to register.
- Once you have submitted your registration, if you enter your email , you will receive a confirmation email. Otherwise you can print the confirmation page for your records.

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:

- September 5th Labor Day
- November 11th Veterans Day
- November 24th & 25th ... Thanksgiving

Fall Classes

Stress Management 101

This 2-week class is offered to provide education and skills. Stress is a normal part of life. Let's discover what tools you already have and learn new ways to cope with the challenges.

MultiCare Good Samaritan Hospital, Olympic Room

Monday September 12th & Monday September 26th, 3-4pm

Facilitated by: Dr. Sharon Hsu, PhD, Rehabilitation Psychologist

Compensatory Strategies for Memory

Memory difficulties are common after Brain Injury. A compensatory strategy is coming up with a new way to perform a task. In this class we will review some general strategies that may be useful to provide the necessary supports, structure, and organization to improve cognitive processes or adapt to these new memory changes.

MultiCare Good Samaritan Hospital, Olympic Room

Wednesday September 7th, and 21st 3-4pm

Facilitated by: Lynn Siedenstrang, MS CCC-SLP/Administrator & Grace Bender, MS, CCC-SLP Speech & Language Pathologist

Fall Classes

Leisure Activity Planning & Modifications

Session One: Getting back into life - Play, Leisure, Recreation

Finding quality of life/pleasure following a Brain Injury. This class will help you to explore Recreation/Leisure options, provide information about activity modifications, help identify a person's abilities and to provide information related to community resources. Information will be shared to help you and family/caregiver's learn how to access and plan for improved recreation/leisure participation both at home and in the community. We will be discussing lifestyles/activities pre-brain injury and discuss activities you would like to get involved with in the future.

MultiCare Good Samaritan Hospital, Education Building Classroom

Wednesday, October 5th, 6-7:30 pm

Facilitated by: Debbie Jankanish, CTRS—Recreation Therapist

Session Two: I'm ready to go places - Helpful information you need to know to access the community.

Learn about community accessibility and planning in order to safely and successfully access the community following a Brain Injury. There is more to being in the community than medical appointments and therapy appointments. This class will help to identify planning needs, how to navigate architectural barriers, managing brain injury needs in the community setting and developing a plan to getting out and about. Plan to come to class with ideas of places you would like to be going in the community setting and we will help get you started.

MultiCare Good Samaritan Hospital, Education Building Classroom

Wednesday, October 19th, 6-7:30 pm

Facilitated by: Debbie Jankanish, CTRS—Recreation Therapist

Fall Classes

Moving Forward with Functional Goal Setting

Using the science of habit and human behavior , this class focuses on creating routines that organize and equip persons with brain injury to move forward using function goal setting.

Session One: How to Manage Time and Task

Session one focuses on organizing time and task by linking new tasks with familiar routines and gradually creating "habit: that improves efficiency, accuracy and task completion.

MultiCare Good Samaritan Hospital, Education Building Classroom

Wednesday, October 12th, 6-7pm

Facilitated by: Holly Lu Coon, MS, CCC-SLP—Speech & Language Pathologist

Session Two: How to Make any Goal "Doable"

Session two addresses specific goal setting for personal, vocational or rehabilitation goals. How do we fit something new into an already full schedule? By breaking goals into sub-goals and sub-behaviors, even the most challenging tasks can be accomplished.

MultiCare Good Samaritan Hospital, Education Building Classroom

Wednesday, October 26th, 6-7pm

Facilitated by: Holly Lu Coon, MS, CCC-SLP—Speech & Language Pathologist

Fall Classes

Returning to Work after Brain Injury: Resume Writing & Job Interview Skills

This class will review the purpose of your resume, using the right words to get hired, when to disclose a disability and the reality of when and how, social media do's and don'ts when looking for a job or on the job, the most common interview questions, and how to conduct research on the employer, hiring manager, or anyone you might be in contact with. *Participants—please bring a current resume, with an email or a list of work experience.*

MultiCare Good Samaritan Hospital, Education Building Classroom

Tuesday November 1st and 8th, 6-7 pm

Facilitated by: Colleen Rhoads - Vocational Counselor

Traveling After Brain Injury - Vacation & Travel Planning, Tips & Advocacy Skills

In this class we will focus on strategies and adaptations to consider when traveling after a brain injury. We will discuss the important 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, Education Building Classroom

Thursday November 3rd and 10th, 6-7 pm

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

Fall Classes

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.

MultiCare Good Samaritan Hospital, Family Birth Center Education Room

Thursday December 15th, 6-7:30 pm

Facilitated by: Dr. Phuong Chau, PhD—Neuropsychologist

Not seeing the Brain Health & Wellness class you want?

We strive to offer the classes that are most useful to our community. If you have an idea for a new Brain Health & Wellness class, call us at (206) 467 4800 or email us at NicoleG@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 NicoleG@biawa.org to request an instructor interest form.

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
5 Labor Day	6	7 Compensatory Strategies for Memory 6-7:30 pm (p.6)	9	10
12 Stress Management 101 3-4 pm (p.6)	13	14	12	13
19	20	21 Compensatory Strategies for Memory 6-7:30 pm (p.6)	22	23
26 Stress Management 101 3-4 pm (p. 6)	27	28	29	30

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Leisure Activity Planning & Modifications 6-:30pm (p. 7)	6	7
10	11	12 Moving Forward with Functional Goal Setting 6-7 pm (p.8)	13	14
17	18	19 Leisure Activity Planning & Modifications 6-7:30 pm(p.7)	20	21
24	25	26 Moving Forward with Functional Goal Setting 6-7 pm (p.8)	27	28

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Returning to Work after Brain Injury 6-7 pm (p.8)	2	3 Traveling after Brain Injury 6-7 pm (p. 9)	4
7	8 Returning to Work after Brain Injury 6-7 pm (p.8)	9	10 Traveling after Brain Injury 6-7 pm (p. 9)	11
14	15	16	17	18
21	22	23	24 Thanksgiving	25

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
12	13	14	15 Living Energetically (p.9) 6-7:30 pm	16
19	20	21	22	23
26	27	28	29	30

Class Locations



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
- 3—Family Birth Center
- 7—Education Building

BIAWA Resource Center Programs

Resource Line

The toll-free Resource Line provides direct 1:1 support throughout Washington 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.

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 Center 877-824-1766 to find out how Resource Management can benefit you.

Pediatric Resource Management

Client and family centered, individualized assistance 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-September—Brain Injury Art Show

July 14—BIAWA at the Ball Park—Tacoma Rainier's Game

July 20—BIAWA at the Ball Park—Seattle Mariner's Game

August 1—B.I.G. Golf Tournament

August 27-28—Seattle Over Summit Bike Ride for Brain Injury Support

September 14—NW Trek

October 29—10th Annual Brain Injury Gala

December 1—Holiday Party

For more details, view our online calendar at: www.biawa.org/calendar.php



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call the Washington Brain Injury Resource Center at
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