



Brain Health & Wellness

A PROGRAM OF BIAWA

New Classes
for Winter
2017!

FEBRUARY - APRIL 2017 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 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' 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:

- January 2nd New Years Day
- January 16th Martin Luther King Jr. Day
- February 20th President's Day

Winter Classes

Finding Quality of Life After Brain Injury

Building resiliency and adapting to changes after Brain Injury can be challenging. In this class we will explore strategies to help you find new ways that allow you meaningful opportunities for engagement, pleasure and satisfaction.

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

Thursday February 9th, 5:00 - 6:00 pm

Facilitated by: Janet Blaisdell, CTRS, Recreation Therapist

Executive Function, Goal Setting, & Problem Solving Strategies

After Brain Injury, problem solving may become less automatic and needs to become more conscious and deliberate. In this class, you will learn ways to improve setting realistic goals, making plans to achieve the goals, starting goal-directed actions, stopping distracting behaviors, monitoring performance, evaluating outcomes, and making strategic adjustments.

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

Tuesday February 28th, 3:00 - 4:00 pm

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

Winter Classes

Assertive & Effective Communication Strategies

Having effective communication skills can help 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 communications styles and teach you some skills to help you be able to stand up for your own or other people's rights in a calm and positive way.

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

Tuesday March 14th, 12:00 - 1:30 pm

Facilitated by: Emily Traupman, PhD, Psychologist

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 Hospital, Olympic Room, Floor 1, Forrest Pavilion

Thursday March 30th, 5:30 - 6:30 pm

Facilitated by: Destini Jammeh, PTA, Physical Therapy Assistant

Winter Classes

Living Energetically: Coping with Fatigue & 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, Olympic Room, First Floor, Forest Pavilion

Wednesday April 5th, 5:00 - 6:30 pm

Facilitated by: Phuong Chau, PhD, Neuropsychologist

Planning for Leisure & Community Involvement

This class will help you 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 help you and family/caregiver learn how to access and plan for improved recreation/leisure participation both at home and in 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.

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

Tuesday April 18th, 3:00 - 4:30 pm

Facilitated by: Debbie Jankanish, CTRS, Recreation Therapist

Winter Classes

Foundation of Stress Management and Mindfulness Meditation

“You can’t stop the waves, but you can learn to surf” - Jon Kabat-Zinn

Brain injury can be a life-changing event. After the initial recovery period, people continue to adapt and adjust. Come learn more about how you can better manage your adjustment and thrive! We will introduce skills for relaxation and provide brief mindfulness training.

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

Thursday April 27th, 4:00 - 5:30 pm

Facilitated by: Sharon Hsu, PhD, Psychologist

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 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.

February 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|---|------------------|---|---------------|
| 6 | 7 Caregiver Support Group | 8 | 9 Finding Quality 5 - 6 pm (pg. 5) | 10 |
| 13 | 14 | 15 | 16 Support Group | 17 |
| 20 <i>President's Day</i> | 21 | 22) | 23 | 24 |
| 27 | 28 Executive Function, Goal Setting 3 - 4 pm (pg. 5) | | 29 | 30 |

March 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|------------------|---|---------------|
| 6 | 7 Caregiver Support Group | 8 | 9 | 10 |
| 13 | 14 Communication Strategies 12 - 1:30 pm (pg. 6) | 15 | 16 Support Group | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 Fall Prevention & Harm Reduction 5:30 - 6:30 pm (pg. 6) | |

April 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---------------|
| 3 | 4 Caregiver Support Group | 5 Living Energetically 5 - 6:30 pm (pg. 7) | 6 Support Group | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 Planning for Leisure & Community Involvement 3 - 4:30 pm (pg. 7) | 19 | 20 Support Group | 21 |
| 24 | 25 | 26 | 27 Stress Management 4 - 5:30 pm (pg. 8) | 28 |

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
- 4 - Mt Tahoma Room, Floor A.

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.

Notes

Notes

SAVE THE DATE!

Join BIAWA For These Upcoming Events:

March - Brain Injury Awareness Month

April 2nd - Walk, Run, & Roll for Thought, Seattle

April 10th & 11th - 2017 Washington State TBI Conference, Seatac
**Scholarships Available*

Check our online calendar for new classes!

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

www.biawa.org/calendar.php



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