



Brain Health & Wellness

A PROGRAM OF BIAWA

New Classes for
Winter 2018!

JANUARY - APRIL 2018 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 (206) 467-4800, or
call the Washington Brain Injury Resource Center at
1-877-982-4292 or visit www.biawa.org.**



Brain Injury
Alliance
WASHINGTON

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Brain Health & Wellness Partner



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 survivors of Brain Injury 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 Survivors of Brain Injury 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:

- January 1st New Year’s Day
- January 15th Martin Luther King Jr. Day
- February 19th President’s Day

Winter Classes

Cardio and Conditioning at Home: Transitioning from Outpatient Therapies to Home Exercise

In this two-part class you will learn exercises and tips to starting an at-home workout program after brain injury. The first class will be lecture-based and the second class we will be trying out some of the exercises. Please wear comfortable clothes and shoes and bring some water.

MultiCare Good Samaritan Hospital, Outpatient Physical Therapy Gym, Floor A, Forest Pavilion

Tuesday January 16th & January 30th, 2018. 5:30 - 6:30 pm

Facilitated by: Brooke Emtman, DTP, Physical Therapist

Adjusting at Home: Living with a Loved One with Brain Injury

This class will discuss adjusting at home following a loved one's brain injury from a wife and daughter's perspective. This class will be more tailored to loved ones of survivors of Brain Injury, though survivors are welcome to attend.

Puyallup Recreation Center, Centennial Room (Address & Map on Pg. 14)

Thursday February 1st, 2018. 5:00 - 6:30 pm

Facilitated by: Tara Knutsen & Di Knutsen, PTA, Physical Therapy Aide

Winter Classes

“Plan-Do-Review”: Tools for Approaching Big Projects and Daily Hurdles

Both daily tasks and larger projects can be overwhelming when you don't know where to start. This class will teach the skills to break tasks into manageable pieces, track progress, and troubleshoot challenges.

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

Thursday February 15th, 2018. 6:30 - 7:30 pm

Facilitated by: Janelle Chezwick, MS, CCC-SLP, Speech Therapist

Recognizing Scams

In this class, we will discuss how to recognize scams (through phone calls, emails, websites, etc.). The instructors will provide tips and tricks to protecting your personal information.

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

Thursday March 1st, 2018. 4:00 - 5:30 pm

Facilitated by: Emily Brandjord, MS, CCC-SLP & Sarah Horsfall, MS CCC-SLP Speech Therapists

Winter Classes

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

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

Wednesday March 28th, 2018. 5:00 - 6:00 pm

Facilitated by: Robert Burke, DPT, Physical Therapist

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, Floor 1, River Pavilion

Wednesday April 4th, 2018. 5:30 - 7:00 pm

Friday April 13th, 2018. 11:00 - 12:30 pm

Facilitated by: Kitty Anderson, RN, Rehabilitation Nurse

Winter 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, Olympic Room, Floor 1, River Pavilion

Tuesday April 24th, 2018. 5:00 - 6:00 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.

January 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
New Year's Day				
8	9	10	11	12
15	16	17	18	19
MLK Jr's Day				
22	23	24	25	26
29	30	31		
	Cardio & Conditioning at Home 5:30 - 6:30 pm (Pg. 5)			
	Cardio & Conditioning at Home 5:30 - 6:30 pm (Pg. 5)			

February 2018

Mon	Tue	Wed	Thu	Fri
			1 Adjusting at Home 5 - 6:30 pm (Pg. 5)	2
5	6	7	8	9
12	13	14	15 "Plan-Do-Review" 6:30 - 7:30 pm (Pg. 6)	16
19 President's Day	20	21	22	23
26	27	28		

March 2018

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

April 2018

Mon	Tue	Wed	Thu	Fri
2	3	4 Traveling After Brain Injury 5:30 - 7 pm (Pg. 7)	5	6
9	10	11	12	13 Traveling After Brain Injury 11 - 12:30 pm (Pg. 7)
16	17	18	19	20
23	24 Living Energetically 5 - 6 pm (Pg. 8)	25	26	2
30				

Class Location

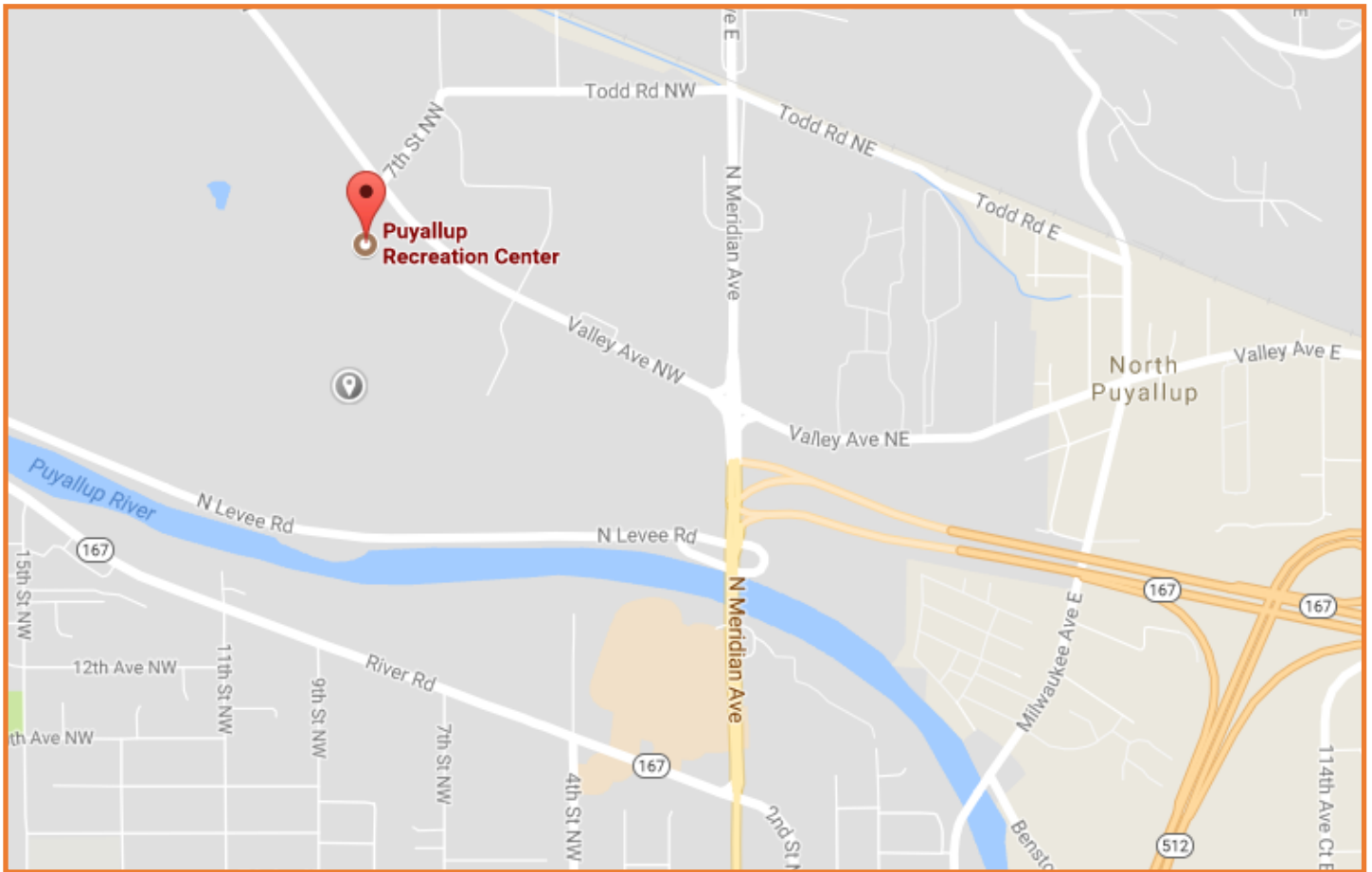


MultiCare Good Samaritan Hospital

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

**1 - Main Entrance to Hospital,
For Olympic Room**

4 - Mt Tahoma Room, Floor A



Puyallup Recreation Center

808 Valley Ave NW, Puyallup, WA 98371
Accessible by Community Transit
Bus Route #402

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 877-982-4292.

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 at 877-982-4292 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.

To learn more, go to our website at www.biawa.org
or call our Resource Center at 1-877-982-4292.

SAVE THE DATE!

Join BIAWA For These Upcoming Events

March - Brain Injury Awareness Month

April 22nd - Walk, Run, & Roll for Thought, Seattle

May 29th & 30th - 2018 Washington State TBI Conference,* Tacoma

**Scholarships Available*

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



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