



Brain Injury Alliance of Washington

**MINDMATTERS**  
PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

**September 2018**

MindMatters is a  
publication of BIAWA



Brain Injury  
Alliance  
WASHINGTON

## MESSAGE FROM THE EXECUTIVE DIRECTOR

Here Comes Fall -

I'm of the age that I think a bit about the movie *Grease* and the song where summer is coming to an end. So much has happened at BIAWA this summer! We fit in some great activities and events during this unusually smoky season and have been working on a full fall calendar, which will continue to support this ever expanding community of caring, compassionate, and dedicated individuals.

In particular, we've had some wonderful staff additions here at BIAWA. They are already making things happen and integrating within our community. I also want to commend current staff, who through diligence and commitment, BIAWA employs more than 20% of the individuals in the entire state of Washington who are Certified Brain Injury Specialists. It's an important commitment by the BIAWA Board of Directors to invest in the certification training and testing for staff who are focused and committed to enhancing their knowledge and skill base. Learning at BIAWA is an ongoing process for all of us.

That is a great way to launch into the fall as it always reminds me of going back to school. BIAWA continues to provide outstanding resources and support and we want you to call and connect whenever you need our services. Hoping that our paths cross again soon and that each of you enjoyed some of the spectacular summer days that we had!

Sincerely,

Deborah Crawley

Executive Director



Visit us on Facebook, Twitter, and Instagram to stay up to date on what BIAWA is doing in your community. We utilize these social media platforms to share information on upcoming events, resources, and fun photos from our events! Check us out!



Find us on  
**Facebook**



follow us on  
**twitter**

FOLLOW US ON  
**Instagram**



Stay up to date with all the things happening at the Brain Injury Alliance of Washington! Newsletters come out every other month. To get the newsletter sent to your home address, call Jenna at 206-467-4800 or email [JennaK@biawa.org](mailto:JennaK@biawa.org)

## RESOURCE CENTER

Want to learn more about the support and services BIAWA offers? Call the Resource Center! We are available Monday-Friday from 9am-5pm.

**1-877-982-4292**



### What can the Resource Center help you with?

*Finding a Doctor*

*Support Groups*

*Social Activities*

*Connecting to Legal Aid*

*School Planning*

*Finding a Counselor*

*Getting on public assistance programs*

*Housing Resources*

## RESOURCES WE LOVE

### Did You Know...

Your EBT card can get you more than just groceries. Individuals and families who are receiving benefits in Washington State can use their EBT or Provider One card for free or discounted admission into many museums, the Pacific Science Center, and even the aquarium or zoo!

Click [HERE](#) to see all the benefits you may not know about.



Northwest  
**Access**  
Fund



### Northwest Access Fund

Northwest Access Fund is a non-profit that provides financial empowerment services to people with disabilities. They offer free one-on-one financial coaching to individuals with disabilities and seniors! Services are available to people across Washington State and even Oregon!

In addition to financial coaching, they provide funds assistance for assistive technology through low-interest loans. Low-income individuals living with disabilities may be eligible for their IDA Program, which matches savings dollar-for-dollar for assistive technology purchases!

They also have ongoing financial education workshops and Credit 101 workshops in Seattle!

Find out more on Northwest Access Fund Website: [www.nwaccessfund.org](http://www.nwaccessfund.org)

You can also call their toll free number: 1-877-428-5116

For advertising opportunities, contact the BIAWA office at 206-467-4800 or visit <http://www.biawa.org/advertise.php>



## UPCOMING EVENTS

### Northwest Trek with BIAWA



Wednesday, September 12<sup>th</sup>, 2018



**Northwest Trek**  
Wildlife Park  
METRO PARKS TACOMA



Contact Jenna for more information [jennak@biawa.org](mailto:jennak@biawa.org) and 206-467-4807

Event is for Survivors and One Guest Reserve your space today!

### Raise Your Glass in Support of BIAWA!



**Brain Injury**  
Alliance  
WASHINGTON

Tuesday, September 18<sup>th</sup> - 5:30pm to 8:30pm

**LAGUNITAS**  
**BREWING COMPANY**  
Lagunitas Tap Room - 1550 NW 49th St. Seattle, WA



**FREE ADMISSION**  
**LIVE MUSIC**

*Igniting*  
**HOPE**

SATURDAY, NOVEMBER 3, 2018

**B.I.G.**  
the brain injury gala

Funds raised at this event provide  
hope and support for our community.

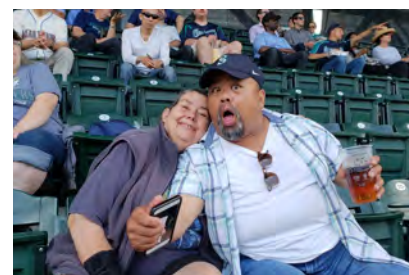
See an event you would like to attend or learn more about?

Click on the Event Banner above to register online, visit [www.biawa.org](http://www.biawa.org), or call 206-467-4800

## PAST EVENTS

### Seattle Mariners Game:

This is a really fun outing every year! BIAWA took a huge group of 55 for an afternoon game at Safeco Field on August 1st. Even though the Mariners lost to the Houston Astros, it was the perfect day to enjoy the Seattle sunshine. Continue reading on the next page about our other baseball outings this summer!





**Bellingham Picnic:** Over 20 survivors and caregivers joined us on Saturday, August 11th for an afternoon picnic at Whatcom Falls Park!



### **Tacoma Rainiers and Everett Aquasox Games:**

Both of these games occurred on the same night, Wednesday, August 22nd, and both teams won!

BIAWA cheered on the Everett Aquasox for a 2-1 win against the Spokane Indians. The Tacoma Rainiers absolutely smoked the Reno Aces with a 11-1 win!

As always, it was great to share this fun, summer activity together!



### **BrainRide:**

It was another amazing day in Carnation, WA for the 2018 BrainRide. Forty-five riders joined and got to choose between a 15 mile ride or 30 mile ride. We couldn't have asked for better weather on Saturday, August 18th. It was beautiful!

Thank you to everyone who donated and volunteered! BrainRide raised nearly \$10,000. It's fundraisers like this that bring our community together for a fun activity while also raising money to provide free services and support to survivors of Brain Injury, their family members, and caregivers.

For more photos from BrainRide, click [HERE](#)



### **Special Thank You to Our Sponsors:**



Compassionate counsel, tough advocacy™



## BRAIN HEALTH & WELLNESS



### Brain Health & Wellness

A PROGRAM OF BIAWA

The Brain Health & Wellness Program provides free classes that support Survivors of Brain Injury and their loved ones. These classes are non-clinical and focus on social skills, organizational skills, exercise, relationships, communication, and more. Classes are currently taking place at three different locations throughout Washington State! Upcoming classes are listed below. Click on a class to learn more or register online at [http://biawa.org/brain\\_health\\_wellness.php](http://biawa.org/brain_health_wellness.php)

#### Upcoming Classes at Swedish Cherry Hill in Seattle:

- ♦ [Core Stability after Brain Injury](#)
- ♦ [Compensatory Strategies for Memory](#)
- ♦ [Mindfulness for Brain Injury Survivors](#)
- ♦ [Plan-Do-Review: Tools for Approaching Big and Small Projects](#)



#### Upcoming Classes at Verdant in Lynnwood:

- ♦ [No, When Necessary!](#)
- ♦ [Clearing Anxiety for More Fun & Productivity](#)
- ♦ [Stress Strategies](#)
- ♦ [Tai Chi](#)
- ♦ [Nurturing Ourselves with Nature's Abundance](#)



#### Upcoming Classes at MultiCare in Puyallup:

- ♦ [Planning for Outdoor Activities after Brain Injury](#)
- ♦ [Word Finding Strategies: Tips, Tricks, & Tools to Maximize Conversation](#)
- ♦ [Mindfulness-Based Stress Reduction after Brain Injury](#)
- ♦ [Modified Yoga after Brain Injury](#)



## SUPPORT BIAWA WITH A GIFT



Amazon donates 0.5% of the price of your purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service. Just sign on to your Amazon account at [smile.amazon.com](https://smile.amazon.com) and make **Brain Injury Association of Washington** your supporting organization.



## 2018 Academic Scholarship Recipients

### *Recipients of the Higher Education/Professional Scholarship:*

Bethany Davis

Bethany is attending Northwestern University to obtain her Doctorate in Speech and Language Pathology.



Austin Duncan

Austin is attending the University of Arizona to obtain his PhD in Medical Anthropology.



Lucas Hedrick

Lucas is attending Bastyr University to get his Doctorate in Acupuncture.

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### *Recipients of the Western Washington Undergraduate Scholarship:*

Mariah Binag

Mariah is attending Western Washington University to obtain her Bachelor's Degree in Sociology.



Kelley Bluthenthal

Kelley is attending Peninsula College for education in medical tech and diagnostic imaging.



Sheila Croft

Sheila is attending Bellevue College for education and training in Personal Fitness.



Hannah Hults

Hannah is attending the University of Washington in order to obtain her Bachelor's Degree in Public Health .



Daniella Melegh

Daniella is starting school at Debrecen Egyetem/University of Debrecen in Hungary and pursuing her Doctor of Medicine Degree.

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### *Recipient of the Eastern Washington Undergraduate Scholarship:*

Bjorn Phillips

Bjorn is attending Eastern Washington University for his degree in Mechanical Engineering



## STAFF

### *Welcome New Staff!*



Maura Barstead joins BIAWA as our new Development Coordinator. She has a background in event management from her time at the Seattle Art Museum and in planning life enrichment activities from her experience at a local retirement community. Maura is excited to join the team and to be a part of the incredible community of the BIAWA.



Katy Parrish is our new Western Resource Manager. She has over 26 years of experience providing direct service to individuals who experience special health and developmental needs as well as their caregivers in Alaska and Washington. She began her family support efforts as one of the founding volunteer members of Parents for Parents support group for Providence Alaska Medical Center NICU in 1992. She served families at Yakima Memorial Hospital/Children's Village as a Family Resource Coordinator in 1995 and provided community trainings on special education services and advocacy as the Director for the Parent Training Center for Stone Soup Group in Alaska beginning in 2004. She has been active in system reform efforts for individuals experiencing developmental disabilities in Alaska resulting in significant funding being allocated to provide services for people who had waited over nine years for services. Most recently in Washington, she participated in Family, Youth System Partner Roundtable efforts to implement wrap around services for youth needing intensive behavioral health services in the Key Peninsula and South Sound. She is the proud mother of a son who sustained an injury at birth resulting in severe brain hemorrhages and hydrocephalus. He is now a Junior at Washington State University. Katy loves animals, gardening, hiking, cooking, reading, and exploring new places in our beautiful country. She also is a volunteer Certified Emergency Response Team member for Tacoma and a beginning podcast producer for Radio Tacoma.



Leah Baldwin is excited to come to BIAWA as our first ever Development Officer. She spent the last six years producing global financial technology events and has a strong knowledge of targeted marketing, corporate sponsorships, and vendor management.

Leah is extremely passionate about BIAWA's mission, as she is a brain injury survivor herself. Leah had a ruptured aneurysm in April 2017. She underwent successful emergency surgery and spent two weeks in the ICU. Leah is incredibly grateful to have made a full recovery, and she looks forward to being part of this organization's great work that helps so many survivors.

Leah lives in Sammamish with her husband and their eight-year old pug. In her free time, she enjoys perusing local farmer's markets, trying different cuisines, and exploring new places. Leah has traveled throughout the US, Canada, Central America, Europe, and Asia, and hopes to add Africa to the list soon!