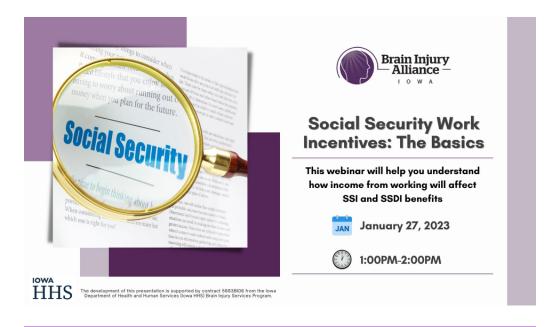


BrainStorming January 2023

BIAIA Events and Support

Trainings, support groups, and other opportunities are highlighted on our **Facebook**, **Linkedin**, and in the **BIAIA Events** tab on our website.

We encourage individuals to ask for accommodations as needed! Email info@biaia.org or call 855-444-6443 for those requests.





Advocacy: Hill Day 2023 In-Person!

Register HERE

Tips for Contacting a Member of Congress



Benefits: The End of Continuous Coverage Requirement for Medicaid



What this means for you

With the initiation of the unwind plan, Iowa Medicaid will share important information with members. It is critical that Iowa Medicaid members:

- Have up-to-date contact information.
- Watch for mail from lowa Medicaid.
- Respond to requests for information.

If members do not respond to renewal letters or requests for information, they may lose coverage.

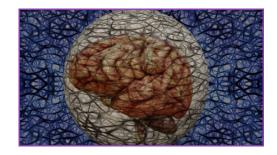
Learn More



Caregivers: Caring for Concussion and Other TBIs

Read the Article

Covid Updates: Evidence of Brain Aging in Severe Covid Cases



More research has emerged and shown the importantance of neurological follow-up after Covid-19! "Many biological pathways in the brain that change with natural aging also changed in patients with severe COVID-19."

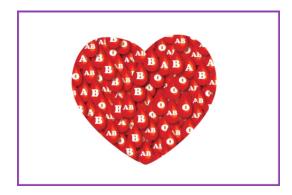
Learn More



Life After Traumatic
Brain Injury: "It" Will
Get Easier

"The dramatic shift in my life from before brain injury to after brain injury made me feel like I was actually two different people, something very common in the brain injury community. Today, thankfully, I no longer feel like I have lived two lives. Time has shown me that I am one person who had something catastrophic happen. And while it remains very easy — and normal — to divide life into the before and after, I am still just one person living my best life possible."

Stroke Highlight: Can Blood Type be a Predictor of Stroke?!



Researchers found those who had blood **type A** had a **16 percent higher** risk of having an early stroke than people with other blood types. Those who had blood **type O** had a **12 percent lower** risk of having a stroke than people with other blood types.

Learn more

Resource Highlight: Rent Reimbursment Through HHS

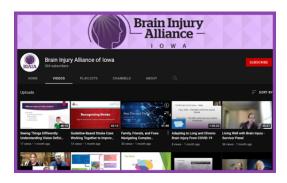
Learn more



#BrainInjuryAllianceolowa #BrainInjury #WhenTheDustSettles2023 #BrainInjuryConference #MarchMadnessForBrainInjury #Blawareness #PurpleThursday #BIAIA

Agenda

Registration



Access over **100 educational webinars** on our **Youtube** page! Additionally, we offer a Brain Injury Fundamentals course, and other opportunities to stay brain injury informed.

Webinars



BIAIA Satisfaction Survey



Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life after brain injury. To reach a Neuro Resource Facilitator please contact 855-444-6443 or email info@biaia.org.

Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.















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