



BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

Email: info@biaia.org | Phone: 855.444.6443



BIA-IA

The mission of the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support

Find us online!

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Upcoming Lunch and Learn Webinar!

A Parent's Perspective: Advocating for Your Child's Success

Thursday January 19th, 2017
11:30a-12:30p

[Click here to register today!](#)

Join us as Roxanne Cogil, Director of the Iowa Epilepsy Foundation, and Annie Randolph, Neuro-Resource Facilitator with BIAIA, partner to bring you a webinar on the topic of advocating for your child's success. We will highlight tips and strategies at IEP school meetings, advocacy with medical and/or other healthcare professionals, and advocacy with your local legislators and more.



What's New at BIA-IA

Our first Telephone Based Brain Injury Support Group went Great! Watch for registration information for the next group coming soon!

The importance of a healthy lifestyle should be a priority for everyone. We are putting together some fitness and nutrition resources for brain injury survivors and their families who want to live HEALTHIER. Please watch for this information soon!

The New Year is nearing! As is another legislative session in Iowa. Our final legislative agenda will be available soon.

Please watch for information about our Annual Needs Assessment in January. It's a priority to us to hear from Iowans affected by brain injury.

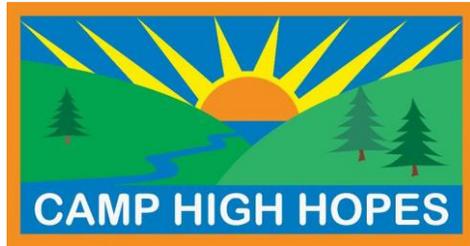
Have you requested BIAIA Rack Cards for your business waiting area? Call us today!



Annual Hill Day Mark Your Calendars!

Iowa's State Capital on
February 15, 2017.
Registration will be open
soon!





Registration is NOW Open for 2017 Camp Sessions:

Spring Weekend Respite

Summer Sleep Away and Day Camp

New for 2017: Camp After Hours

Visit the [Camp Sessions](#) page of their website to download your registration form today or call their office at [713-224-2267](tel:713-224-2267) for more information.



Last year the Brain Injury Alliance began to spearhead the formation of the Iowa Concussion Consortium (or ICC) group in a response to the increased need to provide consistent, rapid, relevant and reliable information on concussion and other brain injury to Iowa's health care professionals, educators and other school related staff, students, parents and guardians. The Iowa Concussion Consortium and the Brain Injury Alliance of Iowa have identified REAP as a nationally recognized concussion management program in a response to this need.

The REAP Project, which stands for **Reduce • Educate • Accommodate • Pace**, is a community-based model for concussion management that was developed in Colorado. The early origins of REAP stem from the dedication of one typical high school and it's surrounding community. After the devastating loss of a student to "Second Impact Syndrome," the Administrators, Teachers, Certified Athletic Trainer, School Nurse, School Psychologist and Counselors all banded together to create a wider safety net for all students in that school.

**Click here to
download
the REAP
Manual**



Courage League's MERRY FIT-MAS CLINIC

When kids are out of school for winter break, it can be a recipe for going stir crazy! Courage League is here to help! Come to our 3 -day holiday clinic offering a variety of large movement activities for toddlers to teenagers!

When: December 27th - 30th

Time: 9:00-10:00 AM (3-6 Year Olds)

10 AM-Noon (7-12 Year Olds)

10 AM-Noon (13-18 Year Olds)

Fee: Non-Members ~ \$50 for ALL 4 days or \$15/day
Members ~ Free

To Register: Call 515-421-4021

or

Email: info@ouragelaguesports.com



"This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities."

25th Annual Best Practices in Brain Injury Services Conference

Shattering the Myths, Unmasking the Opportunities

Save the date!

March 1-3, 2017 - Embassy Suites - Des Moines, IA

March 1

Family Workshop and Resource Fair

Direct Care Professional Educational Workshop

March 2 and 3

Main Conference

Registration coming soon!

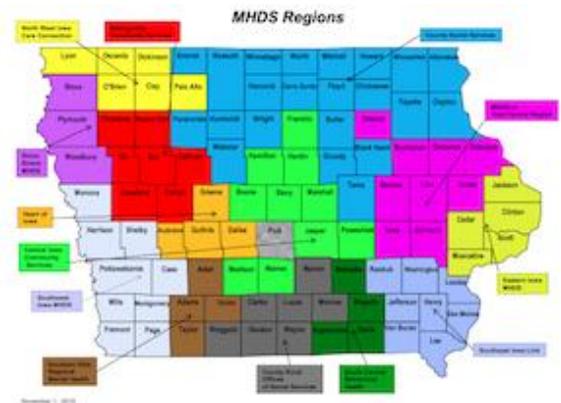


Iowa Mental Health and Disability Services

Iowa's mental health and disability services system can provide locally delivered services, regionally managed with statewide standards. Local access to mental health and disability services for adults can be provided. Depending on your eligibility, Iowa Mental Health and Disability Services (MHDS) Regions, can assist with services such as crisis services, treatment services, family and peer support, support to live in the community, employment and day programs, and other specialized services.

Click below to see if you are eligible for services in your county

Call BIAIA for more info on eligibility guidelines for your region



Iowa Resource Highlight

Managed Care Ombudsman Program **866-236-1430**

The Managed Care Ombudsman Program serves as an advocate for Medicaid managed care members receiving care in a health care facility as well as members enrolled in one of the seven home and community-based services (HCBS) waivers which include AIDS/HIV, Brain Injury, Children's Mental Health, Elderly, Health and Disability, Intellectual Disability, and Physical Disability Waiver Programs.

Jessie Parker Building
510 E. 12th St, Ste. 2
Des Moines, IA 50319
www.iowaaging.gov

ManagedCareOmbudsman@iowa.gov



Technology Corner

MyNoise Application

MyNoise helps produce white noise and block out distracting background noises, to help an individual focus. There are five main noises to choose from: White Noise, Rain Noise, Binaural Beats, Spring Walk, and Temple Bells. With those five noises, you are able to mix and create your own noise that will keep you calm as well as focus better. You can read more about this free application on iTunes App Store or by clicking below.

Click here
for app
information



Thriving after Brain Injury

What is “Minimalism” and how can it help me?

Minimalism is simplification: getting rid of what is extraneous or superfluous and keeping what is essential.

Minimalism gets rid of the clutter in our lives. Overflowing bookshelves and cramped closets are but manifestations of our acquisitiveness; whether we put stock in knowledge or image, we will eventually run out of space. Getting rid of the excess and keeping what is essential – or living the minimalist life – means you’ll have the space to breathe, thrive and be weightless.

If we can streamline our lives so we don’t have to make as many decisions, it helps to minimize our “Decision Fatigue”. Imagine if waking up in the morning, we didn’t have to make 20 decisions; we only had to make one or two, which could potentially save your brains’ batteries for making other decisions later in the day.

For some people, that means the difference between sticking to goals or throwing in the towel at the end of the day and being exhausted.

Minimalism can help us eliminate excess stimulation, which after a brain injury, can help us to focus better on a task. Minimalism means less around us, less in our space, less in our presence, which means less for our brain to process. This can lead to less frustration and exhaustion throughout our day.

There is no “one size fits all” approach to minimalism; each person has their own unique way to interpret what is “essential” in their own lives. Minimalism is more about having only what you can manage around you.

Hera about benefits from Minimalism from a Neuropsychologist perspective [HERE](#)



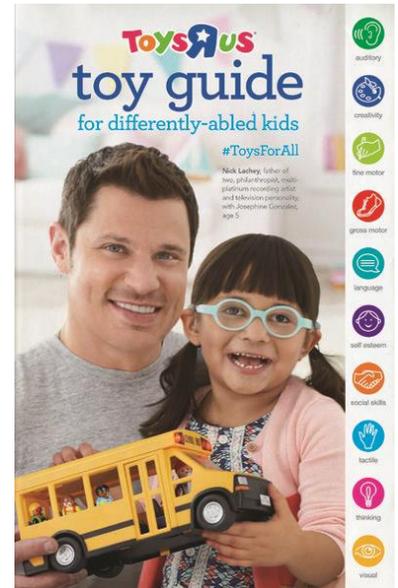
Toy Guide for Differently-Abled Kids

From Toys "R" Us and Lekotek

For more than 20 years, Toys"R"Us, Inc. has offered the *Toys"R"Us Toy Guide for Differently-Abled Kids*, a one-of-a-kind resource that offers toy recommendations based on research from the National Lekotek Center, a nonprofit organization that evaluates all toys in the *Guide*. For years, the *Guide* has provided parents and caregivers with toys that aid in the development of children who have physical, cognitive or development disabilities.

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Check out the 2016 Toy Guide [HERE](#)



Brain Injury Alliance of Iowa

7025 Hickman Rd Suite 7
Urbandale, IA 50322

[Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4