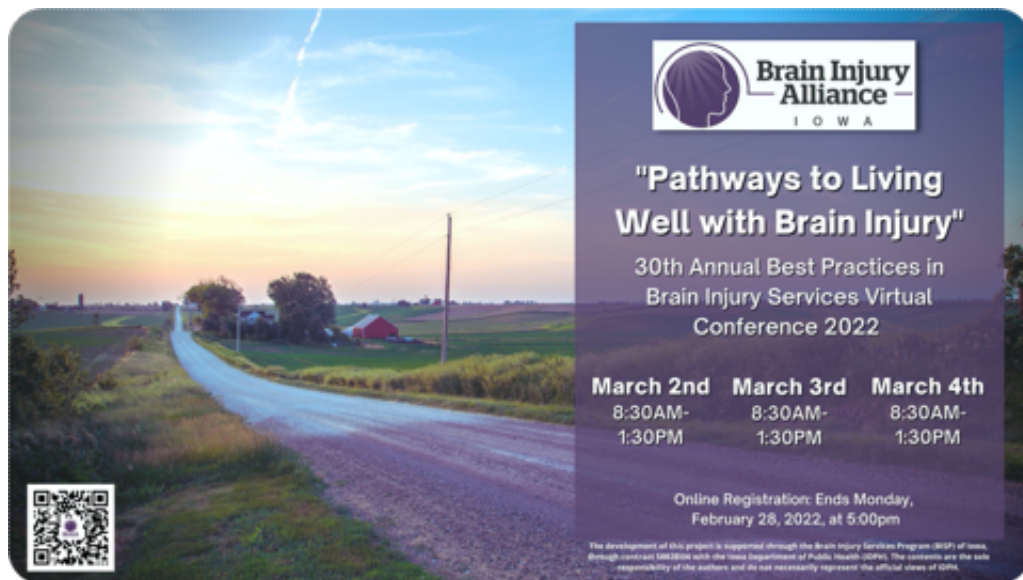


February 2022 ❤️

BrainStorming



30th Annual Best Practices in Brain Injury Services Conference- REGISTER NOW!



We have some limited scholarships available for individuals with brain injury and family members this year. If you have a brain injury, or are a family member of a person with a brain injury, simply click the button to register **FREE** for the conference!

Sessions will include the following topics and more:

- Occupational Therapy's role in Brain Injury
- Brain Injury Screening in Iowa
- Pediatric Brain Injury Rehabilitation
- Intersectionality and Collaboration after Brain Injury
- Functional Neurological Approach to treating COVID and Concussion

BIAIA Virtual Events and Support

Brain Injury Alliance of Iowa would like to remind you that we continue to deliver virtual support groups, webinars and other web-based learning. Opportunities are highlighted on our social media pages, in addition to the [BIAIA Events](#) tab on our website. If you are unable to attend live webinars, watch them on our [YouTube Page](#). If you are unsure how to access event information, reach out to us at info@biaia.org or contact your Neuro Resource Facilitator.



Brain Injury Alliance
I O W A

Really Hearing Them: Navigating Ambiguous Loss as a Survivor of Brain Injury

Courtney Sand MS, LBA, BCBA, CBIST

- Become familiar with what ambiguous loss is and why it's unique to brain injury
- How ambiguous loss affects survivors of brain injury
- Stages of Grief
- The 6 Guidelines of living with ambiguous loss and how to apply them.

Lunch and Learn Webinar
February 28, 2022 @ 12pm-1pm CST
Register and learn more by scanning the code or going to our website www.BIAIA.org and click on **Events**

The development of this project is supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5882806 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH.

February is Heart Awareness Month



Heart Attack Survivors Could Experience More Rapid Brain Function Declines

"We need to realize that what's going on in the heart and brain are related. Managing risk factors to prevent a heart attack is actually good for your brain as well."

Learn more: [Heart.org](https://www.heart.org)

IDPH is working to reduce Iowa's heart disease and stroke mortality and morbidity through awareness and programming for Iowans, including:

- [Heart Disease and Stroke Program](#)
- [Iowa Care for Yourself WISEWOMAN Program](#)
- [Million Hearts Program](#)

Relationships After Traumatic Brain Injury



Tips on improving a couple's communication:

- Both partners should make a commitment to improve communication.
- Listen patiently to what your partner is saying.
- Listen for points where you can agree rather than focusing on disagreement.
- When you do disagree, think about what you might say before you say it.
- Remember that survivors will likely need more time to think about what their partner is saying, or about how they want to communicate again, patience is key.
- Take notes on your thoughts during conversations rather than immediately saying what comes to mind. Come back to these points later, after you have had time to reflect.
- Exchange bulleted lists of important points for big discussions. When you have something you would like to say, write it down before a discussion and use it as a guide. Trading these lists after a conversation helps with memory and allows more time to digest and think about the information.
- When a topic is likely to cause a disagreement, practice what you would like to say before you start the conversation.
- Practice in front of a mirror. Look at facial expressions, gestures, and body language, while also choosing your words carefully. When you talk, try to stick to what you practiced.

Topics also include: how relationships are affected, changes in relationship roles, physical intimacy and sexual relationships, concerns about separation or divorce, ambiguous loss, and more.

Learn more: [MSTKC Relationships After Brain Injury](#)



Recognizing African-American Contributions to Neurology

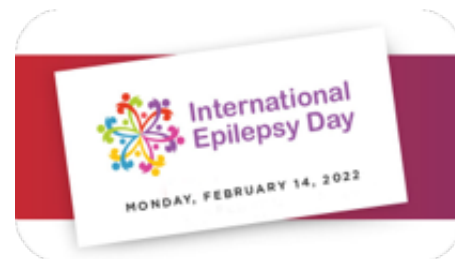
"Solomon Carter Fuller (1872–1953) is widely acknowledged as the first African-American psychiatrist but underappreciated as a pioneer of Alzheimer's disease."

Read the full article: [NCBI](#)

"During February, the Office of Minority Health (OMH) at the U.S. Department of Health and Human Services (HHS) is celebrating the achievements of Black Americans and honoring the significant role and impact they have made on all facets of life and society throughout U.S. history."

Learn more: [HHS.gov](#)

International Epilepsy Awareness Day February 14, 2022



"**Structural epilepsies** in older children and adults most commonly present with focal seizures and have very similar symptoms from event to event. In some cases, seizures can spread to both sides of the brain, leading to a generalized tonic-clonic seizure. Persons with structural causes may also have other symptoms that reflect a structural abnormality in one brain area, such as difficulty using one arm or leg, or one half of the body, difficulty with speech, difficulty with vision on one side, and so forth."

- "An acquired cause is due to a process or injury that occurs in someone with previously normal brain structure. Examples are brain tumors, strokes or head trauma. These injuries lead to the brain being more susceptible to seizures and epilepsy can occur."

Learn more: [Epilepsy.com](#)



Advocacy: InfoNet Disability Policy Resource

"The Iowa Developmental Disabilities Council created infoNET in partnership with Iowans with Disabilities in Action to give you the information, tools, resources and opportunities you need to take action on the issues important to you. Our newsletter and network of resources helps advocates with disabilities stay up-to-date on current issues by:

- Letting you know what the Iowa Legislature & US Congress are up to - and what you can do to influence their decisions.
- Keeping tabs on the Iowa Governor's office and state agency initiatives Suggesting ways to make you more effective in your advocacy and your message powerful and persuasive.
- Connecting you with other advocates using social media, online training, and community conversations.
- Letting you know when there are opportunities to bring your issue to the attention of law makers and opinion leaders."

Learn more: [InfoNet](#)

Emotions and Brain Injury: Dispositional Optimism and Cognitive Functioning Following Traumatic Brain Injury



"Dispositional optimism may promote higher levels of cognitive functioning in people who sustained a TBI. Research is warranted to examine whether interventions that promote optimism in clinical and social encounters can enhance cognitive recovery in individuals with TBI."

Learn more: [Brainline.org](#)

Stroke Highlight: Brain Stem Stroke



"Brain stem strokes can have complex symptoms, and they can be difficult to diagnose. A person may have vertigo, dizziness and severe imbalance without the hallmark of most strokes — weakness on one side of the body. The symptoms of vertigo dizziness or imbalance usually occur together; dizziness alone is not a sign of stroke. A brain stem stroke can also cause double vision, slurred speech and decreased consciousness."

Learn more: [Stroke.org](https://www.stroke.org)

Caregivers: February 18, 2022 is National Caregivers Day



"National Caregivers Day is observed on the third Friday in February. The day honors individuals who selflessly provide personal care, and physical- and emotional support to those who need it most. There are different types of caregivers who are not just limited to the health sector. The types are: family caregiver, professional caregiver, independent caregiver, private duty caregiver, and informal caregiver. Some of them are not always paid, which is why it is essential to appreciate and thank them for their long-term commitment."

Learn more: [NationalToday](https://www.nationaltoday.com)



Benefits: SNAP Maximum Allotments

Benefits Will Return to Normal Levels beginning in **April 2022**

Each SNAP household will receive benefits based on the usual factors in determining eligibility including household size, income, and deductions. Therefore, the decrease in the amount of the benefits will vary and depend on each household's circumstances.

Learn more: [DHS](#)

Employment: Returning to Work After Brain Injury

SUPPORTING PEOPLE LIVING WITH BRAIN INJURY

A FOUR PART TRAINING SERIES
FACILITATED BY DIANE HERNANDEZ

A BONUS ROUND TABLE DISCUSSION SESSION
FACILITATED BY LANAE GREENE

• JANUARY 6, 2022	3:30PM-4:30PM
• JANUARY 20, 2022	
• FEBRUARY 3, 2022	REGISTER FOR ALL FOUR SESSIONS WITH THIS LINK:
• FEBRUARY 17, 2022	HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZCPCE-QQJSGDMIZPNOJNTN6E7HVUX_USJC
• MARCH 3, 2022	

The long-term neurobehavioral and neurocognitive issues experienced by those living with brain injury can be challenging. This course is designed to add to the vocational support toolbox and help build more opportunities for success. This four part series will examine the common forms of damage to brain structures and the vocational consequences of brain injury. It will explore how to walk beside brain injury survivors as they return to work and gain a reimagined professional and personal identity. We will explore goal setting, job search, disclosures, and onboarding for individuals living with a brain injury, and explain how applied behavioral analysis, assistive technology, and employer education can be used to improve employment outcomes.



The development of this project is supported through the Brain Injury Research Program (BIRP) of Iowa, through contract #642016, with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official view of IDPH.



[Learn more and register](#)

Watch the recordings of sessions you may have missed: [YouTube](#)

Neuro Resource Facilitation

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.



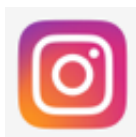
- To reach a Neuro Resource Facilitator please contact 855-444-6443 or email info@biaia.org.
- The Brain Injury Alliance of Iowa desires to share your success stories in various publications such as newsletters, website or social media

accounts. Click [HERE](#) to share your story!

- Consider a donation to the Brain Injury Alliance of Iowa, as we continue to support Iowans to "live well" after brain injury. Click [HERE](#) to make a donation today.
- Iowans affected by brain injury, family and caregivers are invited to our support group communities. Click [HERE](#) to learn more, register to join and share.

Thank you to our corporate members! Click [HERE](#) to learn more about our corporate members and corporate membership benefits.

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.



The development of this project was supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5882BI06 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH.