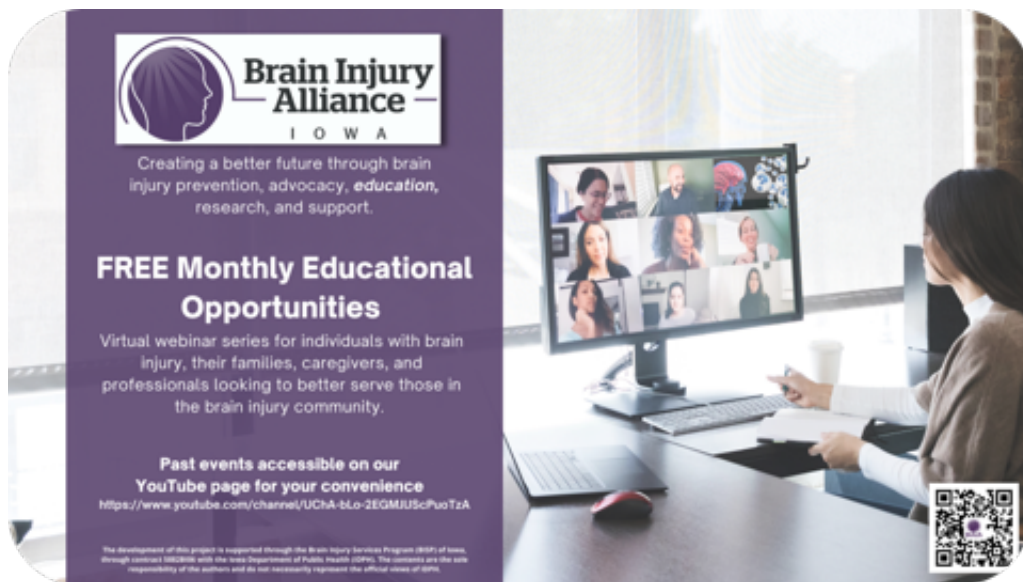


January 2022

# BrainStorming



## 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](mailto:info@biaia.org) or contact your Neuro Resource Facilitator.



## Headache After Traumatic Brain Injury

Jeff Snell, Ph.D.

- Identify the relationship between severity of TBI and incidence of post-traumatic headache.
- Distinguish different types of post-traumatic headaches.
- Discuss the presence/absence of common risk factors for post-traumatic headache.
- Recognize common treatment methods associated with different types of post-traumatic headaches.

January 27, 2021 @ 12PM-1PM

Learn more and register at our website  
[www.biaia.org](http://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 14420001 with the Iowa Department of Public Health (IDPH). The content and the sole responsibility of the authors and do not necessarily represent the official views of IDPH.



## Honoring Dr. Martin Luther King Jr.

"America's pre-eminent **advocate** and one of the greatest leaders in world history that achieved seemingly-impossible goals through protests, grassroots organizing, and civil disobedience"

*The Martin Luther King, Jr. Center for Nonviolent Social Change*

"A minister, civil rights activist and Nobel Prize winner, the Rev. Dr. Martin Luther King Jr. dedicated his life to the struggle for racial equality in America. Remember his legacy with this tour of milestones from his extraordinary journey."

[Interactive tour of milestones](#)

## Tips for Setting Healthy Goals in The New Year



"Whether you are a brain injury survivor or caregiver of someone living with brain injury, putting yourself first starts with giving yourself grace. When you

do this, you are giving yourself space, acceptance, and room to step back and reevaluate. When setting goals, do your best to make sure they allow for setbacks, mistakes, and adjustments along the way. Here are a few places to start:"

- Create goals that meet you where you are
- Ensure that your goals are small tasks that lead to achieving something bigger, rather than pushing yourself to achieve an unrealistic, major life change overnight
- Recognize the things you can't control
- Be willing to adjust your goals when you find yourself overwhelmed

[Read the full article](#)



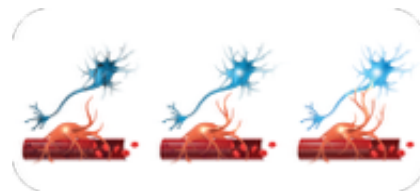
## What Are Hypoxic and Anoxic Brain Injuries?

The terms anoxic and hypoxic injury have become more prevalent when discussing possible reasons for long-term effects of Covid-19. What do these terms mean?

"The brain requires a constant flow of oxygen to function normally. A hypoxic-anoxic injury, also known as HAI, occurs when that flow is disrupted, essentially starving the brain and preventing it from performing vital biochemical processes. Hypoxic refers to a partial lack of oxygen; anoxic means a total lack. In general, the more complete the deprivation, the more severe the harm to the brain and the greater the consequences."

*[Family Caregiver Alliance and reviewed by neuropsychologist William J. Lynch, Ph.D. 2004](#)*

## Long Covid is the Same as Mild Traumatic Brain Injury



"Although the exact mechanism is not yet fully understood, researchers believe Long COVID-19 triggers inflammatory responses throughout the body, which leads to neuroinflammation in the brain. There is also some evidence that COVID-19 restricts blood flow to the brain, most likely resulting from a general state of hypoxia in the body caused by breathing problems and dyspnea.

In the brain, these mechanisms are known to interfere with the supply of

oxygen to the areas that need it to perform a particular function. This connection between brain cells and the blood vessels that supply them with energy and oxygen is called neurovascular coupling (NVC). In a healthy brain, NVC is how the vascular system delivers the right amount of blood at the right time for neurons to complete the tasks required of them.

In Long COVID patients, however, the normal supply of energy to the brain via neurovascular coupling is disrupted. This is known as neurovascular coupling dysfunction, and we believe it's one of the main causes of lingering symptoms in the brain after the virus is gone."

Learn more: [CognitiveFX](#)

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## Advocacy: Youth Advisory Council

CHSC is currently accepting applications for its new Youth Advisory Council. Applicants should be 14-22 years old with special health care needs or the sibling of a child or youth with special health care needs. Council members will provide guidance to CHSC programming, while developing their own leadership and self-advocacy skills.

**Applications are due February 25, 2022**

CHSC is also accepting applications for Young Adult Allies, those who are 18-25 years old with leadership and self-advocacy experience.

**Applications are due February 25, 2022.**

Stipends will be provided for all Youth Advisory Council members and Young Adult Allies. Contact Alejandra Biangmano with questions.

Learn more: [CHSCIOWA](#)

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## Emotions and Brain Injury: Temper Outbursts and Irritability



"Family members of individuals with TBI often describe the injured person as having a "short fuse," "flying off the handle" easily, being irritable or having a quick temper. **Studies show that up to 71% of people with TBI are**

**frequently irritable.** The injured person may yell, use bad language, throw objects, slam fists into things, slam doors, or threaten or hurt family members or others. What causes this problem?"

Temper outbursts after TBI are likely caused by several factors, including:

- Injury to the parts of the brain that control emotional expression.
- Frustration and dissatisfaction with the changes in life brought on by the injury, such as loss of one's job and independence.
- Feeling isolated, depressed or misunderstood.
- Difficulty concentrating, remembering, expressing oneself or following conversations, all of which can lead to frustration.
- Tiring easily
- Pain

Learn more: [ModelSystemsKnowledgeTranslationCenter](#)

### [BIAIA Tip Sheet for Anger](#)

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## Stroke Highlight: "There is No Health Without Brain Health."

"At the center of this movement is the connection between healthy brains and healthy bodies— now firmly established by decades of research, particularly around the link between heart and brain health. Heart disease and stroke share many of the same risk factors as dementia, such as high blood pressure, high blood sugar and a lack of physical activity. Research also shows good psychological health can improve cardiovascular health, while poor mental health can harm it."

Learn more: [Stroke.org](#)

Iowa Department of Public Health:

[Heart Disease and Stroke Prevention Program](#)

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## Benefits: Social Security 2022 Cost-Of-Living Adjustment



"To help people who receive benefits and payments keep up with the changing cost of living, Social Security beneficiaries often receive an annual cost-of-living adjustment (COLA). Each year, Social Security bases the COLA on changes in the Consumer Price Index.

**For 2022, Social Security benefits and Supplemental Security Income (SSI) payments will increase by 5.9%. This means that more than 70 million Americans will see a change in their benefit payments."**

Learn more: [SSA](#)

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## 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
- JANUARY 20, 2022
- FEBRUARY 3, 2022
- FEBRUARY 17, 2022
- MARCH 3, 2022

**3:30PM-4:30PM**

**REGISTER FOR ALL FOUR SESSIONS WITH THIS LINK:**  
[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZCPCE-QJKSQDMIZPNOJNTN6E7HVUX\\_USJC](https://us02web.zoom.us/join/zoom/register/tzcpce-qjksqdmizpnojntn6e7hvux_usjc)

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 Services Program (BISP) of Iowa, through contract M812806, 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.



[Learn more and register](#)

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### Staff Highlight: Lanae Greene BA, OWDS Neuro Resource Facilitator She/Her/Hers



Lanae Greene comes from IowaWORKS Southeast Iowa, where she was a Disability Resource Coordinator for 7 years, which was dedicated to the advocacy for job and career seekers with disabilities, through the Disability



Employment Initiative. As a Disability Resource Coordinator, Lanae developed the knowledge to guide and assist other individuals and agencies with ways to provide the best services for their clients, students or employees. She is also well-versed in other areas to provide support in building partnerships and strengthening program/participant relationships. Lanae graduated from Iowa Wesleyan University with honors, and was inducted into the Blue Key National Honors' Society, which recognizes students that were leaders in both the classroom and the community. Being from the Southside of Chicago, Lanae understands the importance of equal access to education. That led her to become a Certified Workforce Offender Development Specialist, which allows her the opportunity to work closely with the Department of Corrections in guiding returning citizens down the right career path. Lanae is also a True Colors Personality Facilitator, which she utilizes throughout the Southeast Iowa area, to promote personal success and career development. She spends her free time with her children and husband, and enjoys music and baking.

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Developed by experienced clinicians and rehabilitation professionals, Brain Injury Fundamentals is an all-new training and certificate program designed to address the unique needs and challenges of those who care for or encounter individuals with brain injury. This includes non-licensed direct care staff persons, facility staff, family members and friends, first responders, and others in the community.

**This 3-week course will be on Wednesdays 02/09/2022, 02/16/2022, and 02/23/2022 from 1-4P.**

[Register](#)

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# 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](mailto: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.

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

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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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