



## HELP US RAISE \$10K FOR 10 YEARS OF NRF!

This year we are marking a major milestone at the Brain Injury Alliance of Iowa: **10 years** of providing **Neuro Resource Facilitation (NRF)** services to Iowans with brain injury!

Our NRF service has become a cornerstone for thousands of Iowans who have been affected by brain injury in the past decade--connecting them with the supports and services they need to recover and thrive.

We want to raise \$10,000 by the end of 2017 to help more Iowans with brain injury, in honor of our 10th "NRF-Day"--and our board of directors has agreed to match the first \$6K in donations! Will you say "Happy NRF-Day" with your gift today?

If you or a loved one has experienced a brain injury, you know how unsettling, unpredictable, and complicated it can be. We developed NRF 10 years ago to provide a resource to help people through it. Our facilitators can provide information, guidance, and advocacy, in addition to helping survivors and their families to become better, more knowledgeable advocates for themselves.

Please make a donation today at <http://bit.ly/HappyNRFday> to support the Brain Injury Alliance of Iowa and its innovative and impactful NRF service, now and into the future--Thank you!

CLICK HERE TO DONATE

# FAMILY & CAREGIVER WORKSHOP

## FINDING YOUR WAY: SUPPORTING FAMILIES AFFECTED BY BRAIN INJURY

Tuesday, January 30<sup>th</sup>, 2018  
12:30pm to 4:30pm  
Council Bluffs, Iowa



**EVENT  
RESCHEDULED!**

[CLICK HERE FOR  
MORE INFORMATION](#)

Individuals with disabilities are encouraged to attend all BIAIA-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact BIAIA in advance at 319-466-7455 or by email at [info@biaia.org](mailto:info@biaia.org)

## HOSTED BY COUNTY SOCIAL SERVICES AND BRAIN INJURY ALLIANCE OF IOWA: ANNUAL BEST PRACTICES AND SUPPORTS CONFERENCE

Wednesday, November 8<sup>th</sup>  
9:00am to 4:00pm  
Waterloo, Iowa

**SPECIAL  
REGISTRATION  
DEAL!**



Bring a co-worker to the conference! We are offering a special BOGO registration deal: Call 319-466-7455 to register yourself and a co-worker, or to add a colleague to your registration.

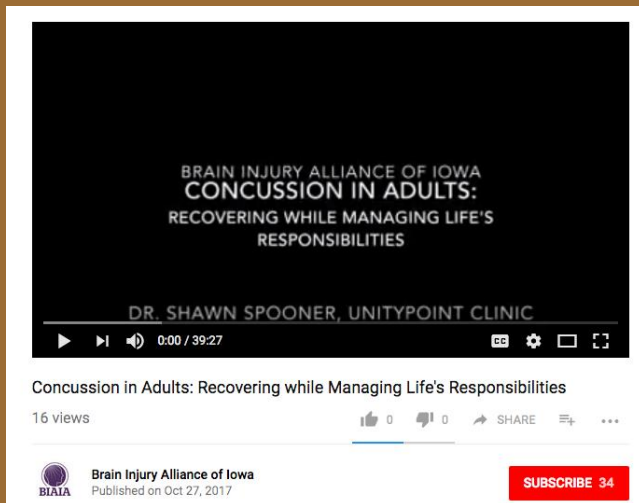
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MORE INFORMATION](#)

## CHECK OUT OUR LATEST WEBINAR

CLICK HERE TO  
VISIT BIAIA  
YOUTUBE CHANNEL

“Concussion in Adults: Recovering  
while Managing Life's  
Responsibilities”

Dr. Shawn Spooner, UnityPoint  
Clinic – Urbandale, Iowa



## IOWA CONCUSSION CONSORTIUM (ICC) RECENT NEWS

Check out our latest webinar “Concussion in Adults: Recovering While Managing Life’s Responsibilities” presented by Dr. Shawn Spooner, primary care Sports Medicine physician at UnityPoint Clinic in Urbandale, IA.

Shawn highlights the various difficulties and challenges adults run into after sustaining an injury and shares resources and medical supports available to assist you in the recovery process. Balancing employment, family life, medical needs and recovery can be difficult. Please share this video with someone you care for that may benefit!



## THANK YOU TO OUR MEMBERS!

The Brain Injury Alliance of Iowa sends a BIG THANK YOU to our Iowa Brain Injury Resource Network members. Because of providers and agencies like you, we are able to provide sustainable brain injury services to individuals across the state of Iowa.

Only through your support can we continue toward our mission to create a better future through brain injury prevention, advocacy, education, research and support.

Sincerely,  
Brain Injury Alliance of Iowa

# THANK YOU TO OUR CORPORATE SPONSORS

**Brain Trust**  
NeuroRestorative

**Gold**  
Quester

**Silver**  
NeurologicRehab Institute, Brookhaven Hospital  
Opportunities Unlimited  
On With Life  
REM Iowa  
Iowa Association Of Community Providers  
Community NeuroRehab  
Amerigroup

**Bronze Members**  
Amerihealth/Caritas  
Mayo Clinic Foundation  
Meadowlark Psychiatric Services  
Bright Life Psychiatric Services  
Unity Point Health St Lukes Hospital, Cedar Rapids

Brain Injury Alliance of Iowa (BIAIA) is a not-for-profit, statewide membership organization whose endeavors are funded by special events, memberships, contributions, and grants.

Join BIAIA and work toward a richer, brighter future for all survivors. By working together to promote a better system of care, we all benefit greatly.

[CLICK HERE FOR MORE INFORMATION](#)

## IOWA BRAIN INJURY RESOURCE NETWORK (IBRIN) SITES ARE YOU IN NEED OF SUPPLIES?



Call Us Today!  
(855) 444-6443  
[info@biaia.org](mailto:info@biaia.org)



### Brain Injury or Stroke?

It IS complicated and we can help! Brain injury, concussion or stroke can happen to anyone, anywhere, at anytime. Brain injury is a result of damage to the brain, which can be caused by non-traumatic or traumatic events.

In Iowa, there are more than 95,000 Iowans living with disability from acquired brain injury. An estimated 17,000 traumatic brain injuries occur annually in Iowa.

Brain injury is often called a "silent epidemic" because many of the effects are invisible.

Major causes of brain injury include:

- Stroke
- Motor Vehicle Accidents
- Falls
- Physical Assaults
- Concussion
- Medical Conditions
- Anoxia (or lack of oxygen)
- And many others

**BIAIA.org**  
[info@biaia.org](mailto:info@biaia.org) • 855-444-6443



## UNMASKING BRAIN INJURY: UNITYPOINT – ST. LUKE'S HOSTS FIRST TRAVELING DISPLAY

The Physical Medicine & Rehabilitation unit at **UnityPoint Health – St. Luke's Hospital** is supporting the Brain Injury Alliance of Iowa's mission to promote awareness and the prevalence of brain injury.

The **Unmasking Brain Injury Display** is currently in the cafeteria at UnityPoint Health in Cedar Rapids and will be there for the next two weeks. There's a story behind every mask, about a person who has been affected by brain injury.

### Join the Movement

Organizations are encouraged to contact us to invite the exhibit to visit your workplace or community space, or to request a mask-making event or supplies for your group. Contact the Brain Injury Alliance of Iowa at **(855) 444-6443** or at **info@biaia.org** for more information.



# Save the Date

Brain Injury Alliance of Iowa 2018



### ADVOCACY DAY AT CAPITOL HILL

Des Moines, Iowa  
February 8, 2018



### 2018 BIAIA ANNUAL CONFERENCE

Des Moines, Iowa  
March 1-2, 2018



### RUN, WALK & ROLL 5K & SUPPORT WALK

Iowa City, Iowa  
April 21, 2018

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

[www.biaia.org](http://www.biaia.org) • (855) 444-6443 • [info@biaia.org](mailto:info@biaia.org)

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