



## BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

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## Low-Income Home Energy Assistance Program (LIHEAP)



The Low-Income Home Energy Assistance Program (LIHEAP) is designed to assist low-income families meet the cost of home heating. Applications are accepted on a first come/first served basis at your local community action agency from November 1 through April 30 (October 1 for households with an elderly/disabled member), Monday through Friday, or as posted at the local community action office.

**Are you eligible?** Click to view the program's [Income Guidelines](#).

**Where do I apply?** You can visit your local [Iowa Community Action Agency](#) in all 99 counties in the state of Iowa.

**What documents do I need?** Click to view the list of [Documents](#) that are needed to apply.

Click Here for  
More Information

## Please Complete Our Survey

We are students from the University of Iowa's John Pappajohn Entrepreneurial Center, and we are working with the Brain Injury Alliance of Iowa to conduct market research to gain a better understanding of past, current, and potential donors to BIAIA.

Please consider taking a moment to provide your feedback. The survey takes about 5-10 minutes to complete and will provide valuable information for BIAIA, as well as providing us with a great learning opportunity as we collect the data and analyze results.

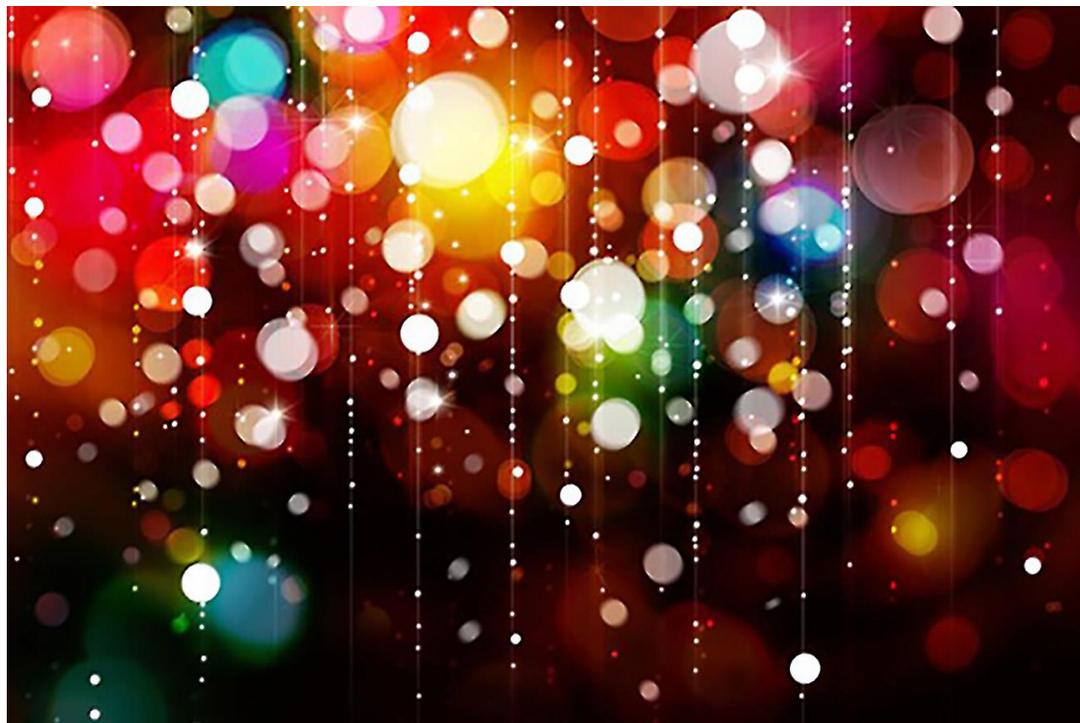
Every person who completes the survey will have the opportunity to enter to win a \$50 Visa gift card!

[Please take our survey today.](#)

Thank you!  
John, Katie, Jesse, and Connor



**\*\*If you need assistance completing the survey, please contact us at (319) 466-7455\*\***



# + Drinking Alcohol After Brain Injury

## Brain Injury Journey Bulletin

Written by Lash & Associates Publishing

For many, it's the season to celebrate with alcohol, to party with the holidays coming! How often have you heard that line – or is it an excuse? But you may have also heard comments from friends and family such as,

“You get angry when you drink.”

“I don't like how you act when you've been drinking.”

“You turn into a different person when you drink.”

Or simply...

“Please don't drink.”

Drinking alcohol after a brain injury – whether it's beer, wine, mixed drinks, or hard liquor – often raises questions, comments

or accusations along the lines of “Is that wise?” or “Should you be doing that?”

Responses often made are, “It's calms my nerves.” Or “It helps me fall asleep.” Or “It's not a problem for me.” Or “Don't make such a big deal out of it.” Or “I can handle it.” Sound familiar?

Talking about alcohol is too often a “hot” topic leading to arguments with name calling and accusations on one side that are met with denials and resistance by the other person. The choice may turn into arguing about it or avoiding talking about it. Neither approach helps.

[Click Here to  
Continue Reading](#)

# + November 2017 Updates & Changes in Iowa Medicaid

## Managed Care Organization (MCO) leaving Iowa Medicaid Program:

AmeriHealth Caritas will no longer be an MCO for Iowa Medicaid and hawk-i (Iowa Health Link programs). AmeriHealth Caritas will withdraw from the program effective November 30, 2017. AmeriHealth Caritas members' coverage will be reassigned to United Health Care with an effective date of December 1, 2017.

**Important:** Watch your mail for membership cards. There will be **no lapse** in coverage. **You are not required to do anything.** Renewals must still be completed, as normal. This change has no effect on those members who already have coverage with Amerigroup or UnitedHealthcare. Updated information will be posted online, as it is available. Please check the [DHS/ Iowa Health Link](#) website regularly.

[Sample Letter you will receive if you currently have AmeriHealth Caritas](#)

[Press Release](#)

[Basic Questions and Answer \(Q and A\)](#)

[Member Guide on How to Choose an MCO](#)

**You will have an option to switch.** Members assigned to a new Managed Care Organization (MCO) will have the opportunity to make a change in plans if they wish for 90 days from the date they are transitioned from AmeriHealth Caritas to their new MCO.

You may want to see if your doctor or other service providers participate with AmeriGroup and / or United Health Care, to help your decision making. To do so, access the MCO websites here:

[AmeriGroup](#)

[United Health Care](#)

The Brain Injury Alliance Neuro Resource Facilitation staff are available Monday – Friday 8:00am-4:30pm to answer your questions about these and other issues. Please don't hesitate to contact at 855-444-6443 or at [info@biaia.org](mailto:info@biaia.org).

[Click Here to For  
More Information](#)

## 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 on exhibit 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 **info@biaia.org** for more information.



# Save the Date

Brain Injury Alliance of Iowa 2018 Events

### FAMILY WORKSHOP

Council Bluffs, Iowa  
January 30, 2018

### ADVOCACY DAY AT CAPITOL HILL

Des Moines, Iowa  
February 8, 2018

### 2018 BIAIA ANNUAL CONFERENCE

Des Moines, Iowa  
March 1-2, 2018

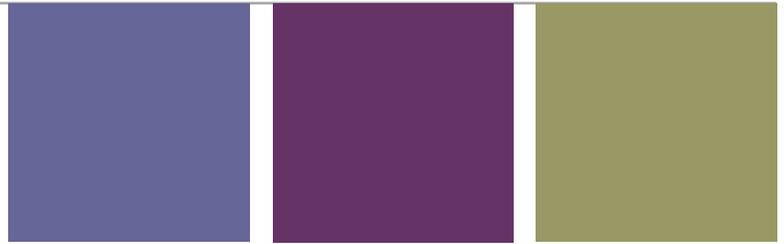
### RUN, WALK & ROLL 5K & SUPPORT WALK

Iowa City, Iowa  
April 21, 2018

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).

New Resource:  
**Living Well Iowa**

[www.livingwelliowa.org](http://www.livingwelliowa.org)



People with disabilities can be healthy and active! The concept of health is the same for both people with and without disabilities – achieving and maintaining an optimal level of wellness in order to lead a full life. A healthy lifestyle enables people with disabilities to learn, work, and live actively in their communities.

This new website, [www.livingwelliowa.org](http://www.livingwelliowa.org), focuses on helping Iowans with disabilities achieve and maintain an optimal level of wellness in order to lead a full life. Users of the new site can search for information, tools and resources to help with healthy living, inclusive community wellness, and preventative health care.



**+ Brain Injury Alliance of Iowa**

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