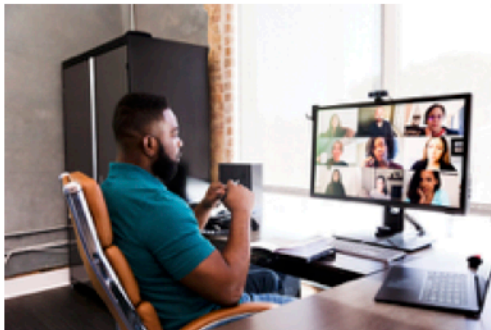


September 2021

BrainStorming



While much of our communities continue to meet virtually, the Brain Injury Alliance of Iowa would like to remind you that we continue to work to deliver virtual support groups, webinars and other web-based learning. Opportunities are highlighted on our social media pages in addition to the events tab on our website. If you are unsure how to access event information, reach out to us at info@biaia.org or contact your Neuro Resource Facilitator.

We invite you to complete a survey to help inform educational opportunities in the future. Click [HERE](#) to participate.

Image from Unsplash.com of a man in an office setting looking at a computer screen with additional people

Assessments, Reviews and Team Meetings



Did you know that your Neuro Resource Facilitator can provide support in understanding the process of applying for, accessing and maintaining services?

The process of evaluating services you may be

eligible for, applying for and maintaining services can at times be confusing. Your Neuro Resource Facilitator can provide you with support in evaluating these steps. Not connected with a Neuro Resource Facilitator and wish to be? Contact 855-444-6443 or email info@biaia.org to connect with a Neuro Resource Facilitator.

Image from Canva.com of a purple shaded calendar with the words 'plan ahead'

Many Migraine Patients Have Mild TBI History

Migraine linked to Mild Traumatic Brain Injury

A study of 1,098 migraine patients in the American Registry for Migraine Research database found that 37.6% reported having a mild TBI in the past, reported Ryotaro Ishii, MD, PhD, of Mayo Clinic in Phoenix, Arizona, in a presentation at the American Headache Society virtual meeting. These patients had more migraine-related disability, were more likely to experience dizziness and vertigo, and had a higher level of anxiety and depression than people without mild TBI history.

[CLICK HERE](#) for the full article.

Image from Unsplash.com of a person with a distorted face holding hands on side of head

CDC and OMH Partner Launch the New Minority Health Social Vulnerability Index (SVI)



The Centers for Disease Control and Prevention (CDC) and the HHS Office of Minority Health developed the Minority Health Social Vulnerability Index (SVI) to enhance existing resources to support the identification of racial and ethnic minority communities at the greatest risk for disproportionate impact and adverse outcomes due to the COVID-19 pandemic. The Minority Health SVI is an extension of the CDC Social Vulnerability Index, which is a platform that helps emergency response planners and public health officials identify, map, and plan support for communities that will most likely need support before, during, and after a public health emergency. [CLICK HERE](#) for the full article.

COVID Recovery Iowa Grant Extended Through End of Year

(DES MOINES, Iowa) – The Federal Emergency Management Agency has extended COVID Recovery Iowa's grant through December. The grant was last set to expire at the end of May. The Iowa Department of Human Services administers COVID Recovery Iowa, and five providers operate it across the state. COVID Recovery Iowa offers free virtual counseling, support groups and assistance to any Iowan. COVID Recovery Iowa first became available to all Iowans when the president declared a national emergency due to the COVID-19 pandemic on March 13, 2020. Since that time, the initiative has been helpful in distributing information on COVID-19, as well as providing Iowans with mental health resources during this difficult time.

COVID Recovery Iowa provides Iowans with information on resources such as housing, utilities and food security. The program also offers groups and activities on their dedicated social media platforms including their [COVID Recovery Iowa Facebook page](#). All of it free of charge to all Iowans in all 99 counties.

15 months later, the work is not over. While things look different than they did at the beginning of the pandemic, COVID Recovery Iowa realizes that there are ongoing challenges – emotional, physical and economic – as we continue to live in a world with COVID-19. There will be a lot of emotional processing to do.

“COVID Recovery Iowa wants Iowans to know that we will still be here to help guide you to resources,” said Karen Hyatt, Emergency Mental Health Specialist for the Division of Mental Health and Disability Services. “We will still be here offering personal support as well as support groups and other groups that are solely here to encourage you and entertain you. We will still be bringing you information about COVID, because whether we like it or not, it is still with us.”

Visit <https://covidrecoveryiowa.org/> for more information.

Image from Unsplash.com of a hand writing on paper on a flat surface

The Brain Injury Alliance of Iowa hosts a monthly COVID related support group monthly on the last Tuesday from 4-5pm. Visit [HERE](#) to learn more details and register for any of our virtual support groups.

Severe Hypoglycemia is Associated With A Substantially Higher Risk of Falls in Community-Based Population of Adults With Diabetes



Did you know...severe hypoglycemia is associated with a substantially higher risk of falls in community-based population of adults with diabetes. Fall risk should be considered when individualizing glycemic treatment in older adults. Assessing hypoglycemia history and future hypoglycemia risk could also improve multifactorial fall prevention interventions for older adults with diabetes. Click [HERE](#) to learn more. Save the date for the 2021 Iowa Diabetes + Wellness Summit which will be held virtually on the mornings of November 10 and November 17, 2021. The Iowa Diabetes + Wellness Summit will provide an engaging forum to discuss latest practices, opportunities, resources, and tools for addressing diabetes prevention, control, and management.

Click [HERE](#) to learn more.

Image from canva.com of a pink surface with stethoscope, glucometer and medication box

Apprenticeship for All Podcast

Join PIA and leading HR blog Workology.com to explore how inclusive apprenticeship programs are increasing employment opportunities for people with disabilities. Click [HERE](#) to learn more. Visit the Brain Injury Alliance of Iowa's [Resource Library](#) for additional information and resources related to employment.

Iowa Office of Consumer Affairs (OCA) Community Survey



The OCA was created to provide a voice within state government for people with serious mental illness and parents of children with serious emotional disorders. It is a contact for people primarily by phone, email and social media regarding issues and challenges around serious mental illness and serious emotional disorders. The OCA provides education, awareness and training opportunities through the website, social media and in-person.

This survey is to gather data from across the state about what community based mental health services are being accessed, the barriers to access services, and what services are needed.

Click [HERE](#) to access the survey.

For support completing the survey contact your Brain Injury Alliance of Iowa Neuro Resource Facilitator.

Image from canva.com of black and gray question marks with a yellow question mark on top

Advisory Council on Brain Injuries Has Openings



There are openings on the Iowa Advisory Council on Brain Injuries. Openings for providers can include traditional brain injury service providers, and/or professionals working in mental health, criminal/juvenile justice, substance use treatment or other settings and disciplines where people with brain injury also are served.

The council also seeks individuals with lived experience. In addition, the council seeks to bring balance to the group through diverse representation. The council meets quarterly on the 4th Friday in January, April, July and October. We also ask council members to participate in at least one task force group (more about that below). Members typically serve two year terms. Individuals, regardless of appointment, are always welcome to join a task force of the council. Task force committees are really where the work gets

done. These groups typically meet about an hour a month to have more in depth conversation on specific topics, which often result in formal recommendations to state agencies or products that are used statewide. The task force groups align with the priority areas of the state plan and additional ad hoc groups are convened to address emerging topics/needs.

Applications can be submitted online at [HERE](#).

Image of Iowa Department of Public Health logo and website banner

Stroke Prevention



Up to 80% of strokes can be prevented with the right diet and exercise. Eating diets low in fats and salts, participating in ample physical activity, and avoiding cigarettes and alcohol are all ways to keep blood pressure regulated and actively reduce the risk of the occurrence of a stroke.

There are, however, some stroke risk factors that cannot be prevented. These include age, gender, race, and heredity. Learn more about risk factors [HERE](#). Please contact the Brain Injury Alliance for additional information about stroke or to connect with a Neuro Resource Facilitator call 855-444-6443 or email info@biaia.org.

Image of American Heart Association logo

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.

Image of Brain Injury Alliance of Iowa tote bag and materials being opened

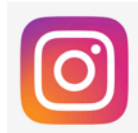
- To reach a Neuro Resource Facilitator please contact 855-444-6443 or email info@biaia.org
- The Brain Injury Alliance of Iowa desires to share your success stories in various publications such as newsletters, website or social media

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.



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