



BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

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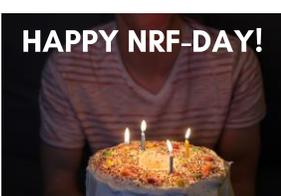
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Happy NRF-Day!

Say "Happy NRF-Day" to Brain Injury Alliance of Iowa by making a gift today at <http://bit.ly/HappyNRFday>



This year, the Brain Injury Alliance of Iowa marks **TEN YEARS** of Neuro Resource Facilitation--that's NRF--a key service that we offer to Iowans with brain injury and their families so they can connect with the services and supports they need.

We've served nearly 5,000 individuals over the last decade! We've saved the state of Iowa more than \$17 million. And we want to keep doing more...

That's why we're asking YOU for

a NRF-day present. Will you make a donation in honor of our NRF-Day?

With your support, we can keep providing this critical, FREE service that helps Iowans live better after a brain injury.

THANK YOU -- AND HAPPY NRF-DAY! from your friends at BIAIA

[Click Here to Make a Gift](#)

MCO Annual Enrollment & Other FAQs



How long do I have to change my MCO?

You are given an Annual Enrollment Period of 60 days to change your MCO for any reason. Your Annual Enrollment Period is listed on your Annual Enrollment Letter that is in your Annual Enrollment packet.

What if I don't make a change in my MCO now but I want to later?

You are given an Annual Enrollment Period of 60 days to change your MCO for any reason. After your Annual Enrollment Period has ended, and throughout the year, you may change your MCO for reasons of "Good Cause." For more information about "Good Cause," please visit the ["Good Cause" webpage](#).

How do I change my MCO?

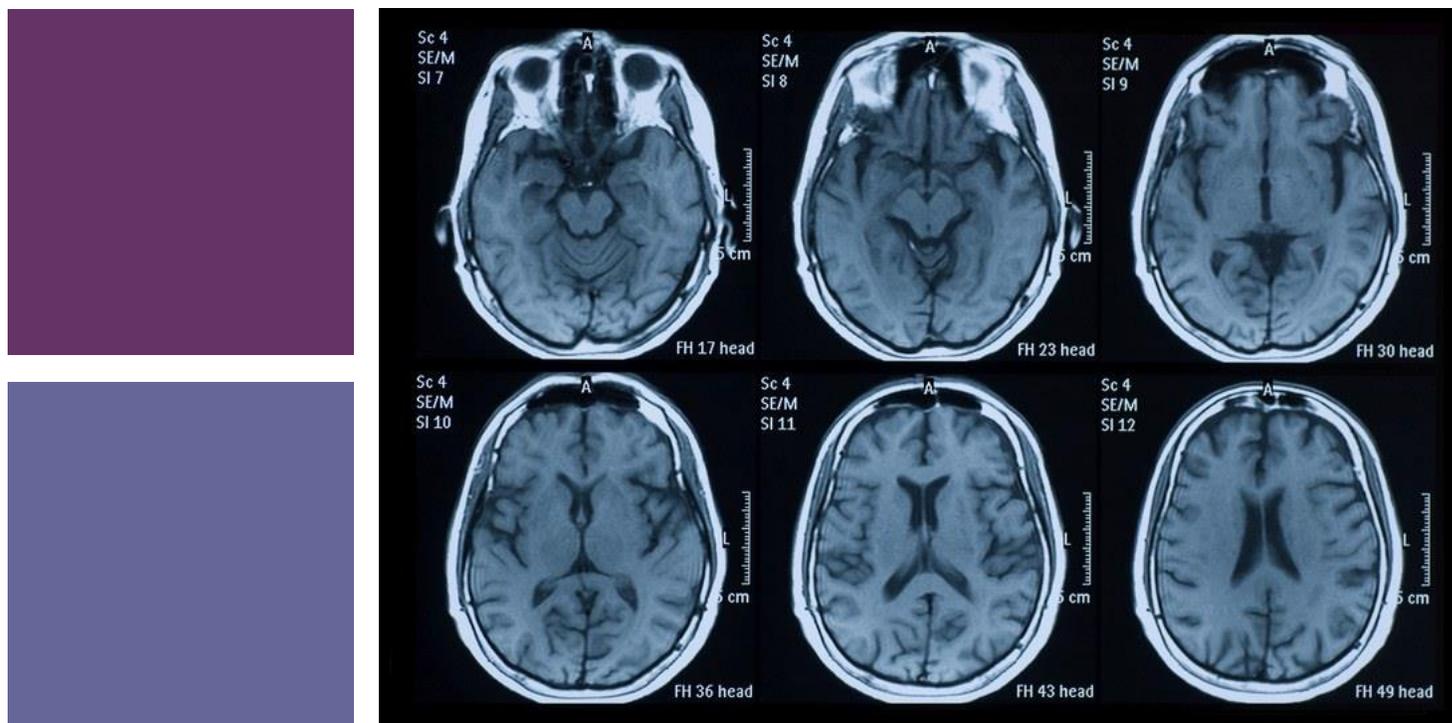
1. Phone—1-800-338-8366 or 515-256-4606
2. Mail—Call the IME Member Services Unit and request that an MCO enrollment form be mailed to you
3. Email—IMEMemberServices@dhs.state.ia.us

Click Here for
More Information



SHIIP Open Enrollment

The Iowa Insurance Division's Senior Health Insurance Information Program (SHIIP) is here to help Iowans make more informed choices about the many options to choose from during Medicare's open enrollment period (October 15 – December 7). Medicare, Medicare Advantage, and supplemental insurance can be complicated. Click [HERE](#) to get more information and talk with our experts who can provide free, objective and confidential assistance.



+ The New Yorker

No Visible Bruises: Domestic Violence and Traumatic Brain Injury

Written by Rachel Louise Snyder | December 30, 2015

In the first version of her story, Grace Costa says that, on the night after Christmas, in 2012, her ex-boyfriend broke into her house, hid behind her bedroom door, and then attacked her as she and her two grown children—a son and a daughter—were about to eat dinner. In the second version, it's still the night after Christmas, but it might be 2013, and only her daughter is at home with her. There's a half-eaten apple on the floor of the kitchen; she remembers asking her daughter if she'd thrown it toward the garbage and missed. She also remembers thinking that she'd left the outside light on and then it was off.

Costa (whose name has been changed) describes the night in disjointed phrases. She cries and then stops. She spirals out from the story into

another, and it takes some nudging to get her to return to the original. She knows she somehow got wrapped in a cord, and she comes back to this over and over. It was a phone cord, she thinks. "I don't know where that cord came from," she says. Then, later, "I don't know where he got that cord." Her hands were bound somehow, and then she fell to the ground.

(continued)

She was inside, and then she was outside. She remembers her ex-boyfriend punching her daughter in the face, blood spurting from her nose.

Local newspapers said the police arrived when she was on the ground. She was down, then up. Maybe down again. Thrown against the car, hard. Punched. Strangled. She was trying not to black out. There was blood, and that cord, and her daughter. The police weren't there, and then they were. The night comes in flashes, an image at a time—apple, blood, cord—but the pieces never fit together into a whole. Instead, they hang untethered in her mind. “I don't remember much of anything half the time,” she says.

Costa has a mild brain injury from that night, though she does not recall this exact diagnosis. She also has vertigo, hearing loss, poor memory, anxiety, headaches, ringing in her ears (which she describes as a constant “electrical signal”), and a hip that causes her to limp sometimes, which she believes came from being hurled against her car. In light of her other injuries, she hasn't had her hip treated.

After the police arrived, Costa, her daughter, and her ex-boyfriend were all taken to the same emergency room. She remembers that the

hospital was overwhelmingly busy, and that her attacker was still nearby. She had a sense of being in shock. She was released that same night, but for the next two weeks she had pain in her neck, her head, and her throat. She had difficulty breathing. She was covered in bruises, and her scalp ached. She saw her primary-care doctor in the days after the attack, had CT scans of her head and neck, and took a lethality-assessment screening at a local crisis center, where she was deemed high risk for domestic-violence homicide. Her ex-boyfriend was found guilty of attempted murder and is now in prison. But even with him gone, her life is a constant reminder of that night. She forgets to do things, and when and how things happened: when she lived where, when she moved, when she filed this or that paperwork. Concentration sometimes gives her headaches. She is able to work full time, in health care, but she spends most of her free time alone. Her ex-boyfriend will be out of jail in several years, and she lives in terror of that moment, caught inside her own disquieting anguish.

Fifty per cent of domestic-violence victims are strangled at some point in the course of their relationship—often repeatedly, over years—and the overwhelming majority of strangulation perpetrators are men.

Those strangled to the point of losing consciousness are at the highest risk of dying in the first twenty-four to forty-eight hours after the incident, from strokes, blood clots, or



October is National Domestic Violence Awareness Month

aspiration (choking on their own vomit). Such incidents can cause brain injury—mild or traumatic—not only by cutting off oxygen to the brain but because they are often accompanied by blunt-force trauma to the head. Still, victims of domestic violence are not routinely screened for strangulation or brain injury in emergency rooms, and the victims themselves, who tend to have poor recollections of the incidents, are often not even aware that they've lost consciousness. This means that diagnoses are rarely formalized, the assaults and injuries are

[Click Here to Read Full Article](#)



+ TBI Hope Magazine

My Tech-Driven Life

Written by David A. Grant | October 2017

For many years, I was a quintessential multi-tasker. I ran my own successful marketing company, fielded calls from clients all day, answered emails, and was adept at staying on top of the day-to-day tasks required to run a bustling and thriving business.

All of that came to a screeching halt in late 2010 when I was struck by a car. My injuries were life changing and included broken bones, torn ligaments, and a traumatic brain injury. Life as I knew it was about to get tough.

During the first few months after my injury, it became apparent

that my memory was severely compromised. I was unable to tell the day of the week, what month we were in, or even the year. My daily life, which had been smooth and relatively trouble-free, was becoming problematic.

Knowing that memory issues were a challenge, I decided to try sticky notes. I am a product of the Technology Age, so I decided to use digital sticky notes on my computer. I found a PC app that let me pick the note color, and inscribe notes as needed. There was even a handwriting-like font, making it feel like real sticky notes.

For a few weeks, I made a note of this, crafted a reminder for that, and moved forward writing sticky note after sticky note. There was one problem though. While I was good at writing notes, I completely forgot to read any of them. Six months or so later, I accidentally stumbled upon my note folder and saw a long list of uncompleted tasks. And so ended that experiment.

Over the ensuing years, I occasionally tried technology to help me navigate the not-so-subtle nuances of my life as a brain injury survivor. Nothing lasted for long. But over time, for every few tech-tricks I tried, one would stick.

[Click Here to Read Full Article](#)

2018 BIAIA Annual Conference Call for Papers

We welcome compelling session proposals regarding best practices in the following key topic areas:

- Assistive technology for adaptation, accommodation, and safety
- Complex and multi-occurring conditions
- Concussion (mTBI) prevention, response, and management
- And much more!

Click [HERE](#) for more information

Family & Caregiver Workshop

Finding Your Way: Supporting Families Affected by Brain Injury

Tuesday, November 7th
12:30pm to 4:30pm
Council Bluffs, Iowa

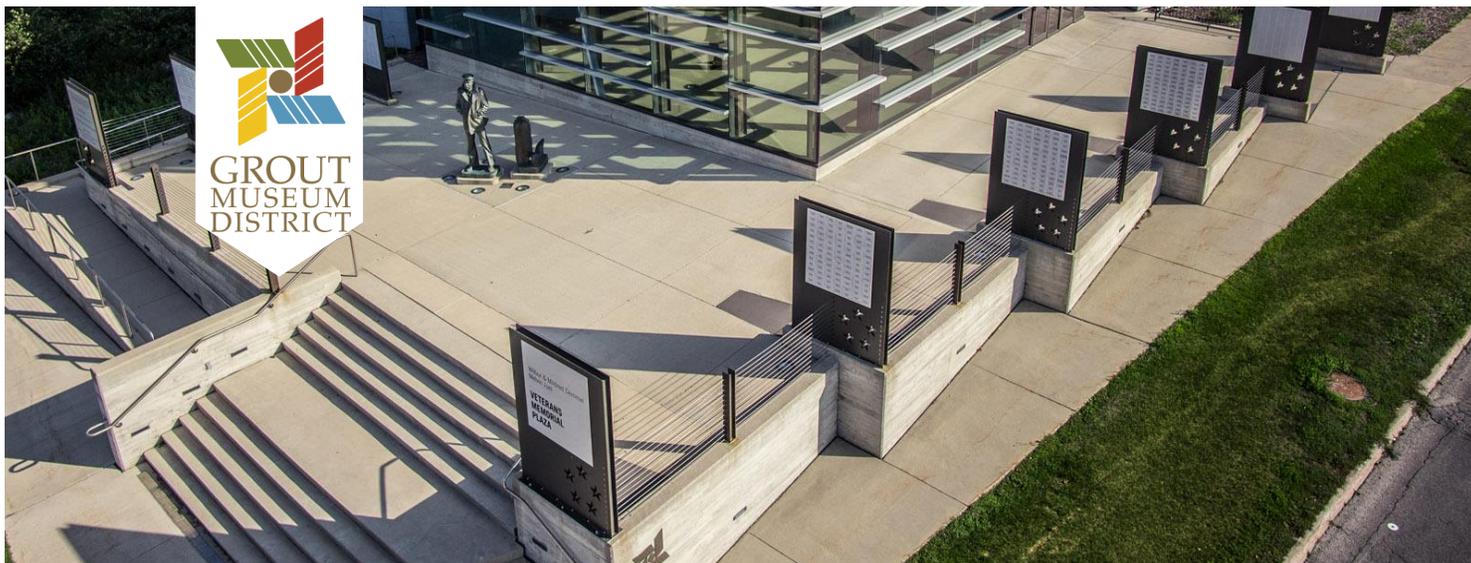
[Click Here for More Information](#)

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 our programs, please contact BIAIA in advance at 319-466-7455 or by email at info@biaia.org

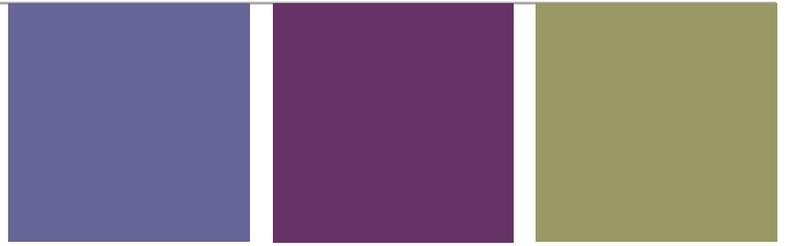
Hosted by County Social Services and Brain Injury Alliance of Iowa: Annual Best Practices and Supports Conference

Wednesday, November 8th
9:00am to 4:00pm
Waterloo, Iowa

[Click Here for More Information](#)



Healthcare Marketplace Open Enrollment: Nov. 1st - Dec. 15th at healthcare.gov



Open Enrollment for 2018 health insurance is right around the corner! Starting November 1, you can enroll, re-enroll, or change plans for 2018 through the Health Insurance Marketplace. Here's what you can do now to make the application process quicker and easier:

Tips to get ready for 2018 Marketplace insurance

- Get a [quick overview of the Marketplace](#) and find out if you're [eligible to apply](#).
- Before you apply, make sure you have everything you need with this [checklist \(PDF\)](#). Gather these things now so you won't need to log in or call back several times to complete your application.
- Mark [key dates and deadlines](#) on your calendar so you're covered January 1. Open Enrollment ends December 15 this year. It's best to take action sooner rather than later.
- If you already have 2017 Marketplace coverage, review your current application to make sure it's up-to-date and [report any life changes](#).
- Know what you're looking for in a plan before you apply. Check out these [3 things to consider before you pick a plan](#).

+ Brain Injury Alliance of Iowa

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[Recipient]

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