



BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

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BIA-IA

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

Find us online!

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YouTube



Summer Pool Safety



Learn how to prevent brain injuries caused by a near drowning!

According to the **Centers for Disease Control and Prevention**, drowning is the leading cause of death by unintentional injury in children between the ages of 1 and 5. Parents and caregivers can make swimming safer for children by:

- Providing direct supervision by parents or caregivers for all young children and non-swimmers that you bring to the pool, even when lifeguards are provided. Keep children under the age of 5 within arm's reach whenever in or around the water.
- Providing fences with self-closing, self-latching around swimming pools and spas.
- Learning to swim and teaching your children to swim. Formal swimming lessons can reduce the risk of drowning particularly among young children.
- Learning adult and infant CPR.
- Using lifejackets for non-swimmers to bridge momentary lapses in supervision
- Avoiding alcohol use while swimming or supervising children.
- Avoiding holding breath for extended periods or hyperventilating.
- Slips Trips and Falls - Individuals should avoid running or horseplay on the swimming pool deck. Slippery decks, uneven pavement, and unattended towels and water toys left around swimming pools can lead to slips, trips, and fall injuries at swimming pools.

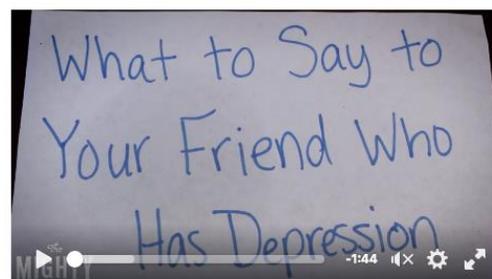


Depression is the #1 Symptom of Brain Injury

How common is depression after TBI?

Depression is a common problem after TBI. About half of all people with TBI are affected by depression within the first year after injury. Even more (nearly two-thirds) are affected within seven years after injury. In the general population, the rate of depression is much lower, affecting fewer than one person in 10 over a one-year period. More than half of the people with TBI who are depressed also have significant anxiety.

[More Info Here](#)

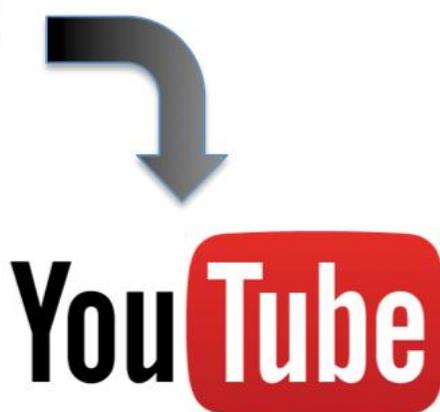


What causes depression after TBI?

Many different factors contribute to depression after TBI, and these vary a great deal from person to person.

- **Physical changes in the brain due to injury.** Depression may result from injury to the areas of the brain that control emotions. Changes in the levels of certain natural chemicals in the brain, called neurotransmitters, can cause depression.
- **Emotional response to injury.** Depression can also arise as a person struggles to adjust to temporary or lasting disability, losses or role changes within the family and society.
- **Factors unrelated to injury.** Some people have a higher risk for depression due to inherited genes, personal or family history, and other influences that were present before the brain injury.

Watch BIA-IA's
previously recorded
webinars on our



Channel

Archived Topics Include:

- Employment
- Concussion Management for Schools
- Fostering Resiliency
- Assistive Technology
- Stroke
- Work and Disability Benefits
- Anger After Brain Injury
- CTE
- ATV Safety
- Domestic Violence and Traumatic Brain Injury
- Brain Injury Waiver: CCO Option
- Understanding the ABLE Act
- And MORE!

Upcoming Webinars

Seizure Recognition and First Aid

September 21st, 2016

11:30am-12:30pm CST

Register Now

A Parent's Perspective: Advocating for Your Child's Success

January 19th, 2017

6:00pm-7:00pm CST

Register Now

Support Group Events



Join us the local level!
Members meet together
monthly to share
experiences and
information on an
informal basis.

**Click Here to Find
Local Events**

Survivor Story

Cindy H.

Nearly 7 years ago, Cindy's life made a 360-degree turn when she sustained a traumatic brain injury. Cindy's daughter was the first to recognize something was very wrong with her mother. She suddenly started having constant headaches and immense pain. Thus, Cindy's daughter became concerned. She immediately took her mother to Mercy Hospital, where she received a CT scan.

The CT scan revealed a TBI, and Cindy was rushed to the University of Iowa Hospitals and Clinics for brain surgery. Cindy had had a terrible fall, which caused a brain bleed. Cindy exclaims, "The headaches felt like they were running 24/7."

After the surgery, the headaches minimized, but Cindy started to encounter other difficulties, like a lack of balance and loss of memory. Trying to adjust to the new changes in her life has been a daily goal for Cindy. A few compensatory strategies that she utilizes throughout her day include a walker or wheelchair, she writes down information (like appointments or phone

My Brain Injury
may be invisible...

But I am NOT



#braininjury survivor

numbers), and practices meditation to help relieve stress. Cindy also does her best to track and monitor any additional falls by recording the date, location, and severity of each fall. This has proven to be an effective tool for her health care providers to use to track her progress.

Cindy reports that her ultimate support comes from her family. Her daughter helps her with daily tasks, and she expresses great gratitude for all her attention and support. Family, to Cindy, is the most important. BIA-IA services have also helped Cindy find her new normal. She loves everything BIA-IA has to offer to the community. "It brings everyone together. I feel like if I have to talk to someone, and I can feel free to call and receive the help I need." Additionally, Cindy states that she has not missed any support group meetings or events from BIA-IA, since she was introduced to BIA-IA.

Above all, Cindy enjoys life day over day. She loves going out and meeting new people. Her brain injury does not define her. She highly recommends if you or someone you love is experiencing headaches all the time, please do not hesitate, and go to the doctor. "I wouldn't be here now if my daughter wouldn't of taken me to the doctor."

"{Cindy} loves everything BIA-IA has to offer to the community. "It brings everyone together. I feel like if I have to talk to someone, and I can feel free to call and receive the help I need."

Interested in sharing your story of survival or caregiving after a brain injury? Want to help spread stories of hope and inspiration?

**Contact BIA-IA at
(855) 444-6443 or
info@biaia.org to find
out more!**

Upcoming 2016 ADA Events

CICIL's first annual ADA Skywalk Stroll and Roll

In honor of the 26th anniversary of the ADA, join us as we "stroll and roll" through the skywalks of downtown Des Moines. We will meet at CICIL at 11:30am and reconvene at CICIL at 12:30pm for light refreshments.

Where: CICIL, located in the HUB, corner of 7th and Walnut in Des Moines
When: Wednesday, July 20, 2016
Time: 11:30am-1:30pm

Iowa City CELEBRATION of the Americans with Disabilities Act (ADA)

When: Saturday, July 23rd
Time: 10am to 12pm
Where: Ped Mall in Iowa City

Speakers!
Entertainment!
Refreshments!

Join us for our BLOCK PARTY ADA Celebration!

FREE TO THE PUBLIC
Food, Fun, Games & Entertainment
Voter Registration and Community Resources

Where: 501 11th Street (between 11 & 12 St and 5 & 6 Ave), Rock Island, IL, 61201
When: Friday, July 22, 2016
Time: 11am - 2 pm

For more information contact us at V/TTY: (309) 793-0090

PADS Cedar Rapids ADA Celebration & Kernel's Baseball Game

Where: Cedar Rapids Veterans Memorial Stadium, 950 Rockford Rd SW, Cedar Rapids
When: Saturday, July 23rd
Time: 3:00 Registration begins
3:30 Picnic & Activities (inside the stadium) with community resource tables, dignitaries and special guests.
6:35 Kernels Game followed by fireworks!

PLEASE REGISTER!!

Ann Hearn at 319-892-5609 or Ann.Hearn@linncounty.org
Tom Hardecopf at 319-892-5171 or Tom.Hardecopf@linncounty.org

Iowa Resource Highlight

Family Assistance Specialist

Iowa National Guard Warrior and Family Services Branch



- Legal Resource and Referrals
- Community Resources, Information & Referral with Family Outreach
- ID Cards/DEERS
- TRICARE/TRICARE Dental
- Financial Resource & Referral
- Crisis Intervention & Referral

[Click For More Information](#)

Technology Corner

Check out iAdvocate App!

A free, IOS and android, app designed for those who are advocates for others. iAdvocate was designed to help share and develop strategies that an advocate can use when working collaboratively with a school team to improve the disabled's education. iAdvocate will help the advocate by providing strategies, resources, and responses that can be used when working with professionals.

[Click Here for More Information](#)





Summer is about having FUN with family and friends, and cooling off outside! At ASK, we want to make it easy for Iowa kids with disabilities to ACCESS all the summer fun their hearts desire!

Each year, ASK Resource Center puts together a list of Iowa summer camps. You can find this year's list below:



**Summer Camp
List 2016**

Save the Date!

**FREE Iowa Community
Conversations Meeting on Disability
and Aging Advocacy**

**Wednesday, August 10, 2016
1-4pm**

Locations:

Sioux City
Des Moines
Mason City
Cedar Rapids
Quad Cities

The purpose of this meeting is to bring together people with disabilities and aging Iowans to discuss how we can come together to have a stronger advocacy voice with legislators and other policy makers

**Click Here for
More Information**

Parents of children with special health and behavioral needs, you are invited to attend Powerful Tools for Caregivers. This 6-week series, meeting once a week, will provide you with an opportunity to network with other parents and gain knowledge on available resources, along with a plethora of other tools to add to your caregiving toolbox.

When:

- Thursdays July 28 – Sept 1 (9-11a)
- Mondays Sept 19 – Oct 24 (6-8pm)

Where: Easter Seals Iowa Camp Sunnyside

- 401 NE 66th Ave, Des Moines, IA 50313

Cost: \$25 to cover cost of required book.

**Class size is limited, registration required by July 14
or September 5.**

Powerful Tools
FOR Caregivers

Contact Kim Karwal to sign up!

515-309-2394

515-289-4069 (TTY)

kkarwal@easterseals.org (email)





TAKING STEPS TO REDUCE THE PUBLIC HEALTH IMPACT OF FALLS IN IOWA

PART IV: FOCUS ON THE HOME

[Click Here
to Register](#)

WEBINAR

WEDNESDAY
8.17.16
2 – 3 PM

REGISTER ONLINE
AT
[WWW.IOWAPHA.ORG/
EVENTS](http://WWW.IOWAPHA.ORG/EVENTS)

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[Recipient]

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Address Line 3

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