



BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

Email: info@biaia.org | Phone: 855.444.6443



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!

Website



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May is Stroke Awareness Month

Use the letters in “fast” to spot stroke signs and know when to call 9-1-1. Nearly 800,000 people in the United States have a stroke every year, with about three in four being first-time strokes and someone in the United States has a stroke every 40 seconds. Do what you can TODAY to prevent your risk of having a stroke. (*American Stroke Association*)



Click for
More
Information

Check Out BIAIA's YouTube Channel!!

It is with great excitement that we announce the launch of our new YouTube channel—a place to view archived webinars that are hosted by BIAIA and other partnering agencies.

If you have a YouTube account, please subscribe to our channel to stay updated on the latest videos!



Lunch & Learn Webinars



Helping Iowans Understand Stroke

Tuesday, May 23rd, 2017
11:30 AM - 12:30 PM CDT

SPEAKERS:



OBJECTIVES:

1. Definition of Acquired Brain Injury in the form of cerebrovascular events, including stroke.
2. Brief overview of risk factors.
3. Understanding common symptoms of stroke and current medical response.
4. General overview of the brain functions, and assessment of effects of stroke on brain and body function.
5. Discussion of physical, cognitive and emotional affects of stroke on the patient.
6. Review available supports and services to Iowans affected by stroke and cerebrovascular disease.

[Register Here](#)



What You Need to Know About Social Security Disability Benefits

Wednesday, June 21st, 2017
11:30 AM - 12:30 PM CDT

SPEAKER:



Corey Luedeman

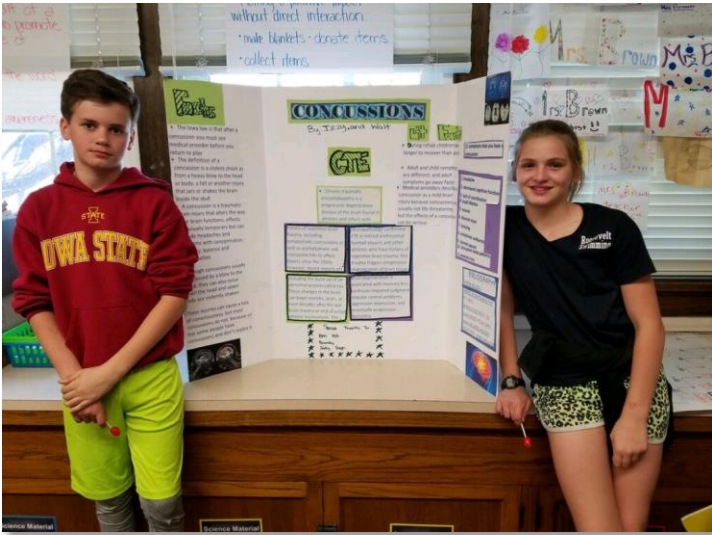
RSH Legal
Social Security Disability Attorney

OBJECTIVES:

1. The difference between Social Security Disability and Supplemental Security Income
2. What it means to be disabled, according to the Social Security Administration
3. The appeal process

[Register Here](#)

A Child's Impact



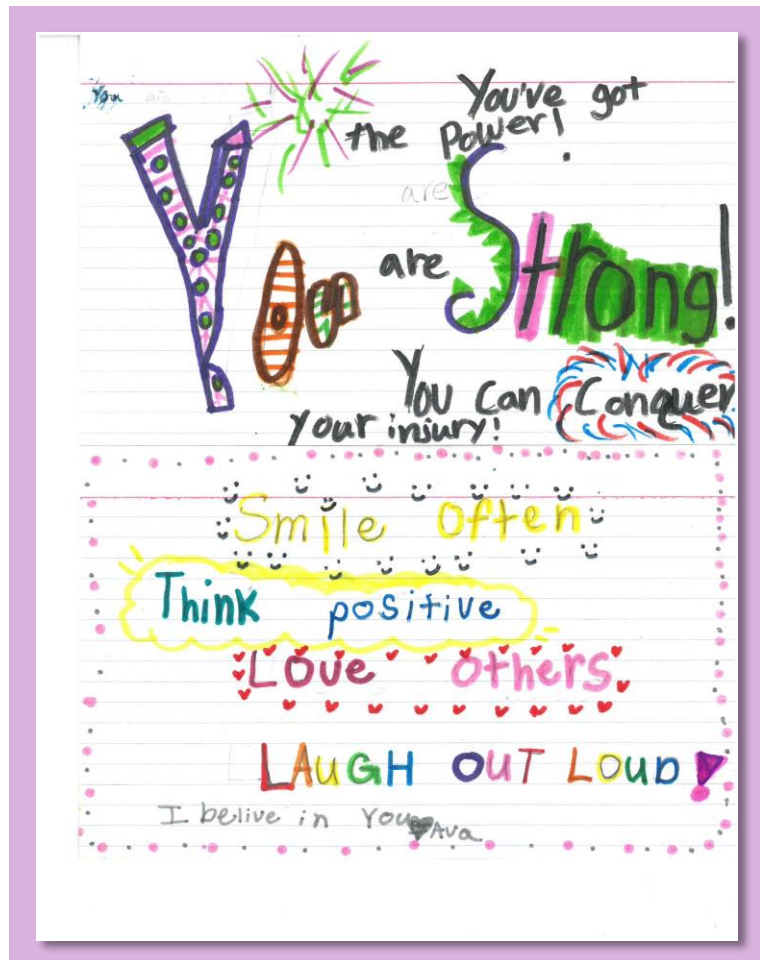
Pictured are Walt and Izzy from Hubbell Elementary School in Des Moines

In April, two 5th grade students from Hubbell Elementary School in Des Moines contacted the Brain Injury of Alliance of Iowa. They were researching concussion and brain injury and wanted to interview the Brain Injury Alliance of Iowa.

Together, these two students put together a very impressive presentation for their school's exhibition. Izzy and Walt were so excited about the information they discovered that they decided they wanted to do something for Iowans affected by brain injury, and help spread awareness about the risk of brain injury and concussion.

Therefore, Izzy and Walt worked with the teachers at their school and facilitated the classrooms' participation in creating over 400 get-well cards for Iowans affected by brain injury. The Brain Injury Alliance of Iowa will be sharing these cards with several rehab providers and hospitals across the state, to share these cards with their patients.

Thank you to Izzy, Walt, and Hubbell Elementary for their hard work and dedication to serving Iowans affected by brain injury!



Last Call for BIAIA Needs Assessment Feedback!

Meet "Natalie"!



Natalie is working with BIAIA to help gather the priorities and experiences of those living and working with brain injury. Natalie is a state of the art, linguistically trained, artificial intelligence survey tool. Natalie works with Aristotle. They are both working with us, on loan from Quester, a consumer intelligence firm serving fortune 500 customers and now BIAIA.

THIS. IS. COOL.

Please take the time to meet Natalie and help BIAIA focus on areas YOU find most critical.

If you have experience with brain injury this survey is for YOU!

Complete Survey
HERE

Searching for Support Group Facilitator



Have you been looking for an opportunity to help others? Do you have good listening skills and confidence in managing group dynamics?

We Need You!

The Central Area Brain Injury Support Group meets on a monthly basis in Urbandale, IA to come together with the goal of supporting one another through life's journey after brain injury. Call (855) 444-6443 or email info@biaia.org if you are interested!

Mental Health Awareness Month



May is Mental Health Awareness Month and the Brain Injury Alliance of Iowa is happy to share resources and information on the relationship between mental health and brain injury. Research suggests that the prevalence rate between a depression diagnosis and a brain injury is between the range of 38% and 61%. Check out your local NAMI office (National Alliance on Mental Illness) for more information or call BIAIA for more information!



[More Info](#)

Healthy Living Flyer

FOUR TIPS
To Live a Brain Healthy Life

Healthy Lifestyle
Emotional health, social, spiritual, meaningful activities, sleep, meditation, and routine medical care are important to your well-being. To help further preserve your brain health, it is important to lead a healthy overall lifestyle. Keep active and avoid high risk behaviors. Doing these things will help you keep your brain healthy!

Exercise

- SOME physical activity is better than NO physical activity
- REDUCES sedentary lifestyle to REDUCE secondary health consequences
- IMPROVES mood, REDUCES risk of depression
- IMPROVES memory and brain function
- HELPS to depress
- IMPROVES focus and goal attainment

Sleep

- Get ENOUGH sleep
- REDUCE caffeine intake
- STAY on a schedule
- LIMIT napping
- LIMIT television
- USE alarm clock to keep same schedule
- INCREASE some outside and meaningful activities

Healthy Diet
Eat whole, unprocessed foods. Reduce white carbohydrates and sugars. Introduce variety into your diet. Aim for 7 servings of vegetables a day. Practice mindful eating.

Some brain healthy foods include:
Bananas—they protect the brain from oxidative stress and reduce effects from age related conditions like dementia.
Wild salmon—rich in omega 3, which is essential for brain function and combats inflammation.
Substance
Multivitamins—good source of vitamin E which correspond with less cognitive decline.
Almonds—promote brain health and contribute to healthy blood flow and lowers blood pressure.
Broadleaf—rich in vitamin E and choline (which will keep memory sharp).
Cheese—Omega-3 fatty acids, suppressing cells responsible for inflammation and can help with memory loss as you age.
Dark chocolate—check full of flavonols, which have antioxidant and anti-inflammatory properties and can also lower blood pressure and improve blood flow to the brain and heart.

Egg yolk—contains choline, which helps in fetal brain development, and betaine, which produces hormones related to happiness.
Extra Virgin Olive Oil—contains powerful antioxidants polyphenols which may improve learning and memory and reverse age and disease related changes. fights against ROS's proteins that are toxic to brain.
Greens, leafy vegetables—slow mental deterioration and help fight inflammation.
Rosemary—helps protect the brain from neurodegeneration and free radicals.
Turmeric—boosts antioxidant levels, increases immune system, improves brain sugar levels and keeps you alert to process information.
Walnuts—improves cognitive health and mental alertness.



Brain Injury Alliance
I O W A

Neuro Resource Facilitation Can Help YOU!

BIAIA's Neuro Resource Facilitation team can help survivors and caregivers connect to resources, programs, and education in their areas, to live a healthier life. Please contact us today!

855-444-6443
info@biaia.org
www.biaia.org

Neuro Resource Facilitation
Dedicated to helping you choose, get, and help receive services and supports.
Helping to research answers to your questions about brain injury.
Assisting to locate brain injury resources.
Services available to people with brain injuries, their family members, and the professionals that work with them.

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BIAIA's Neuro Resource Facilitation team can help survivors and caregivers connect to resources, programs, and education in their areas, to live a healthier life.

Take a look at our latest flyer "Four Tips To Live a Brain Healthy Life"

[Click HERE for Flyer](#)

2017 IOWA SUMMER CAMP LIST

A guide to fun for everyone!



Provided by ASK Resource Center

Summer is all about having FUN, and ASK Resource Center wants to make it easier for Iowa kids with disabilities to access all the summer fun their hearts desire! Whether your family is planning a “stay-cation”, a sight-seeing road trip, or a vacation to Disneyland, planning is an essential component for a smooth-sailing summer.

Our friends at Ask Resource Centers have assembled their [annual list of Iowa Summer Camps](#), as well as travel planning tools and information about the various summer programs and activities available across the state!

[Click HERE
for List](#)

The Brain Injury Alliance of Iowa is a proud member of the United States Brain Injury Alliance (USBIA)

USBIA has launched a new program for “Advocate Members.”

Persons with brain injury, family members, caregivers, and professionals are all encouraged to join USBIA and be a part of a nation-wide community of advocates seeking to prevent brain injury and improve lives! USBIA will share occasional information and updates on events in the brain injury field,

There is no cost to joining USBIA as an Advocate Member!

USBIA is dedicated to affecting positive change through education, collaboration, advocacy, and outreach. By joining USBIA as an Advocate Member, you will be uniting with others around the country in a common mission to prevent brain injury and improve lives.

[Click HERE
for More Info](#)

Iowa Resource Highlight

Iowa Housing Search

IowaHousingSearch.org is a website with up-to-date listings of rental houses. The website launched in 2013, to help people list and find safe, decent, affordable, accessible, and if necessary, emergency housing. Iowa Housing Search is a free search engine that has a bilingual call center if needed. The listing provides you with necessary information including maps, pictures, eligibility requirements, and local amenities (schools, hospitals, etc.). The website also gives the user access to an affordability calculator, rental checklist,



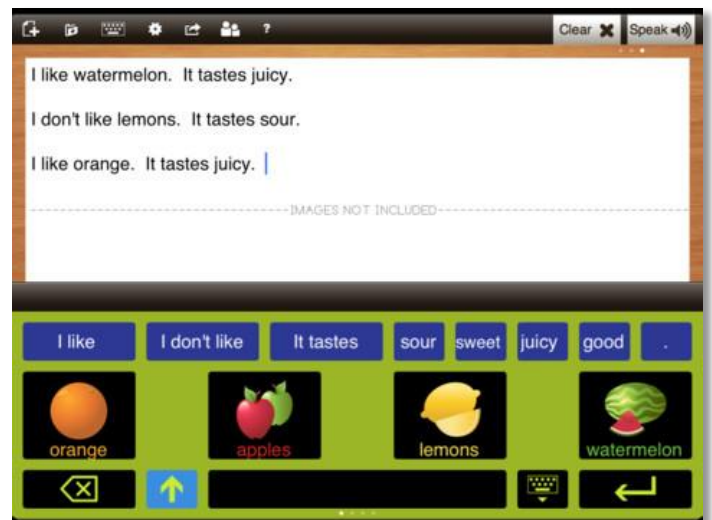
[Click HERE
for More Info](#)

Technology Corner

Abilipad

Abilipad is a customizable notepad and keyboard that help individuals become better writers and more confident. Ablipad's customizable keyboard has numerous options for the user; you can change colors, size, and merge cells on the keyboard. You can include sounds, images, and sentences with the keyboard as well. Ablipad also provides a text to speech output that allows users to listen to what they wrote to catch any errors, and there are over 20 languages available. You can easily upload your notes through Dropbox, and there is smart predictive text available as well in 4 different languages.

[Click HERE
for More Info](#)



Volunteer at BIAIA!



BIAIA has current one-time and ongoing volunteer opportunities available across the state! Please call or email us TODAY if you are interested!

A HUGE Thank You

to our local Easter Seals EmployAbility and CSI (*Clients Socially Integrated*) programs for their DEDICATED volunteer service!

These individuals have spent NUMEROUS hours compiling our Tote Bags, folding BIAIA t-shirts, checking inventory etc. We are so THANKFUL for all of their help!



Brain Injury Alliance of Iowa

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[Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4