



Indiana “Brain Beat” Newsletter

February 2022

Letter from the President:

Greetings and Happy New Year from BIAI!!

Wow, what a year we had last year! The beginning of a new year provides a great opportunity to reflect on the past year, all of the ups and downs, accomplishments made, lessons learned, and continued personal and organizational growth. In the start of 2021, BIAI proudly started our membership program, creatively constructed by one of our board members. Over the past year, we have had increased interest from individuals wanting to join our BIAI community and help with our mission. We plan to continue to grow our membership program as added members can drive efforts to show need for services, funding, and supports for those impacted by acquired brain injury in our state.

During 2021, BIAI hosted two different live streaming educational events where we had Jackie from Love Your Brain Yoga present on their evidence-based yoga program and the physical, cognitive and emotional benefits of getting engaged in the yoga practice. We also had a local psychiatrist speak on the intersection of COVID 19 and brain injury and talk about the aspect of long COVID which so many are experiencing. Due to the success of these two educational sessions, BIAI is proud to announce we will be hosting a live streaming educational series this year on various topics requested from all of you and our community. Stay tuned for more information.

In October, BIAI hosted a booth at the Goodman Campbell 6th Annual Brain Bolt 5K where we connected with attendees to provide support, education and to raise awareness on services and supports available in our state as well as from our national association, Brain Injury Association of America. We had several board members not only help with our booth but participate in the 5K!



BIAI continues to host our Indiana Brain Injury Support Groups on our Zoom platform as requested from each group. This has created an opportunity for many to get connected without having to worry about transportation and weather issues. We have even had people attend from various states across the US!

Be on the lookout for what BIAI has planned for this year! **Here's to a HAPPY and HEALTHY 2022!**

Sincerely,

Wendy Waldman, BSW, CBIST

Wendy Waldman, BSW CBIST, President- Brain Injury Association of Indiana

Long-Haul COVID

By Mackenzie Coughlin, BSW, CBIS



Post-Acute Sequelae of SARS-COV-2 (PASC), also known as Long COVID, is a collection of one or more new, recurring, or residual symptoms that exceed expected recovery after acute phases of COVID have passed. These symptoms persist three to four weeks or longer after the initial infection. Common symptoms range from negative effects on the Neuro-cognition, Autonomic, Gastrointestinal, Respiratory, and Musculoskeletal systems to intrusive Psychological functions. This may include 'brain fog',

disorientation, worsened concentration and memory, headaches/migraines, joint and muscle pain, fatigue, chest pain or tightness, persistent cough, shortness of breath, abdominal discomfort, diarrhea, rapid or irregular heart rate, burning/numbing/tingling sensation, anxiety, depression, insomnia, and PTSD. These symptoms may also exacerbate pre-existing conditions.

Understanding why and who may be predisposed to long COVID symptoms is unfortunately unclear. However, symptoms are potentially complicated by a variety of health conditions, environment, socioeconomic factors, and inaccessible healthcare. Long COVID has shown to affect people who experienced severe symptoms during the acute phase, to those who presented milder symptoms and never required hospitalization.

The lasting effects of COVID can be detrimental as they may interfere in one's personal, academic, and professional life. Individuals may experience difficulty completing responsibilities or meeting expectations due to difficulty waking up on time or focusing on work. Ongoing symptoms may be treated by gradually increasing activity in order to reintegrate back into routines and life-style. Some tips on how to manage this period of rehabilitation involve the implementation of breaks throughout the day, prioritization, planning ahead, and creating conducive environments or schedules to fit one's needs. Among rehabilitative strategies, those who are presenting long COVID symptoms may also benefit from hydration, a nourishing diet, and healthy sleep hygiene. Research is finding that many people experiencing long COVID symptoms respond well to the vaccine.

Seeking rehabilitation services for anyone experiencing new, ongoing, or worsening symptoms from COVID is advisable. As symptoms vary, Health Care Providers may triage individuals to the appropriate disciplines or provide resources for further support. Please contact BIAI at (317) 410-3532 if you need assistance.

¿Have you been vaccinated?

If you wish to sign up for Pfizer, Moderna, or Johnson & Johnson, please use this link:

<https://www.coronavirus.in.gov/vaccine/>

or call 211 (866-211-9966) if you do not have access to a computer or need assistance.

All COVID vaccines are free and do not require health insurance.

Welcome

Brain Injury Caregiver of Indiana Support Group

By Mackenzie Coughlin- Interview with Tracy Stillman

In January 2021, Tracy Stillman organized a statewide support group that serves individuals caring for loved ones who have sustained a brain injury. This support group reaches caregivers in countless and unique parts of their journey and with varying dynamics, including parents, spouses and significant others, and siblings. The Indiana Caregiver Support group meets virtually via zoom on the second Tuesday of each month at 7:00 pm EST. Caregivers may dial in if they are unable to access zoom through webcam.

Self-care is one of the primary focuses for this group, as this is often the first priority that is jeopardized. However, the Indiana Caregiver Support Group discusses a variety of other topics, ranging from grief and daily challenges to individual and shared stories of success. Additionally, Tracy Stillman incorporates an educational component about the intricacies of brain injuries (i.e. neuro-fatigue, time-management, self-regulation, and appropriate decision-making) by sharing pertinent resources, webinars, and guidance on how to navigate life as a caregiver.

The passion that prompted Tracy to organize and facilitate a Caregiver Support Group stems from her personal experience as a caregiver. Early on, Tracy recalls feelings of isolation, and difficulty connecting with others who had not personally cared for a loved with a brain injury. However, Tracy had the fortune of finding a group of women married to veterans who sustained a brain injury while on-duty. Between venting about days filled with trips to medical appointments and caregiver fatigue to finding the humor in some of the most challenging situation, Tracy felt understood.

“Walking into that group felt like home. Like warm hugs. A place where I could just be... And I didn't have to explain every procedure because they probably went through it.”

With busy schedules and various needs, Tracy has taken the Indiana Caregiver Support Group a step further through a private Facebook Group created for brain injury caregivers. The name of the Facebook Group is called 'BI Caregiver Support Indiana'. As the admin of the group, Tracy posts questions, guided topics, and motivational thoughts throughout the week to engage members and promote consistent interaction. Caregivers are also encouraged to share resources and stories between the Brain Injury Caregiver Support Group Meetings.

Caregivers deserve the same amount of care that they're providing to their loved ones, and may take such steps through attending the Brain Injury Caregiver of Indiana Support Group or joining the BI Caregiver Support Indiana Facebook group. This offers an open space for individuals caring for loved ones with brain injury to take time for themselves to share/seek support, as well as reclaim a piece of their own space that's often overshadowed by the daily activities of a caregiver.

If you are a Brain Injury Caregiver and you're interested in participating in the Brain Injury Caregiver of Indiana Support Group, please email tbicaregiversin@gmail.com or call 317.953.3465.

Brain Injury Support Groups

Allen County

- Ft. Wayne Parkview Regional Medical, Conf. Room A, B, & C - 1st Monday, 6:30 – 8 pm
Contact: Kristin Smith at Kristin.Smith@Parkview.com or Tanyssa Byram at Tanyssa.Byram@parkview.com Or 260.452.4943
- Ft. Wayne Lutheran Hospital NeuroSpine and Pain Center - 3rd Monday, 6:30 – 8 pm
Contact: Leah Meyers at lmeyer2@lhn.net or 260.435.6606

Boone County

- Lebanon Library - Every Monday, 6 pm
Contact: Anna Diefenthaler at athaler1976@outlook.com or 414.412.3962

Elkhart County

- Elkhart General (Private Dining Rm, Elev. B to 4th Floor) - 3rd Tuesday, 5:30-6:30 pm
Contact: Christine Whitehead at cwhitehead@beaconhealthsystem.org or 574.523.3242

Floyd County

- New Albany Southern Indiana Rehab Hospital- (Ed Conference Rm) - 3rd Thursday, 7 – 8:30 pm
Contact: Bob & Beverly Setree at sitbif@gmail.com or 502.452.9851/502.819.2542

Grant County

- Marion General Hospital (5th floor conference Rm) - 2nd Tuesday, 6:00 – 8 pm
Contact: Gary Turner at glturner0529@gmail.com or 260.273.0529

Howard County

- Howard Regional Hospital (West Campus Dining Rm)
Contact: Reta Kidd at r.pkidd@yahoo.com

Jackson County (Seymour)

- First Financial Bank, Meeting Rm - 1st Thursday, 6:00 – 7:30 pm
Contact: Lynde Doup at 812.569.2622

Madison County

- Anderson Public Library, Red Bud Rm - 3rd Monday, 5:45 pm
Contact: Becky Reed at Becky1114@yahoo.com Or Michael Boyer at 765.278.6331

Marion County

- Indianapolis Westside Chapel Rock Christian Church, Door 14, Rm. FH13 - 1st Monday, 6:30 – 8:30 pm - Hybrid
Contact: Elaine and Paul Howard at elaine.howard@live.com or 317.299.6433
- Indianapolis Southside Faith Assembly of God Church - 2nd Monday at 7 pm
Contact: Julia Pratt at juliapratt1@hotmail.com or 217.430.1701
- Heads or Tails (20s & 30s) Traders Point Christian Church, Rm B224) - 2nd Tuesday, 6:30 – 8:30 pm
Contact: Susie Fitt or Rhonda Freeman at Susiefitt9@gmail.com, sydtimtan@gmail.com, 317.408.2183, or 317.709.5155
- Indianapolis Community Rehab Hospital - 3rd Tuesday, 2:00 – 3:00 pm
Contact: Sarah Shaw or Sussan O'Brien at sashaw@chrehabnorth.com, sobrien@chrehabnorth.com, or 317.515.5492
- Bridging the Gap RHI Northwest Brain Injury Center - 4th Monday, 6:30 – 8 pm - *Virtual*
Contact: Alesandra Welsh or Racheal Struewing at alessandraplanera@gmail.com, or 812.212.5062

Marshall County

- St. Joseph Regional Medical, Medical Center
Brd Rm - 3rd Thursday, 6:30 – 7:30 pm EST
Contact: Kathy Schoff at
kathy.schoff@gmail.com or 574.933.1808

Monroe County (Bloomington)

- IU Dept. of Speech and Hearing - 1st
Monday, 5:30 pm
Contact: Rebecca Eberle or Carrie Wade at
rebeberl@indiana.edu, carawade@iu.edu,
or 812.450.8586

Morgan County (Mooresville)

- 1st United Methodist - Last Thursday of
every month, 7:00 pm
Contact: Julie Workman at
jdw1066@att.net or 317.525.5897

St. Joseph County (South Bend)

- Memorial Outpatient Rehab South, Suite
100 - 2022 Dates: 1/24, 3/21, 5/23, 7/25,
9/26, 11/28 – Virtual
Contact: Annalisa Layman at
alayman@beaconhealthsystem.org or
574.647.2622

Tippecanoe County (Lafayette)

- St. Elizabeth Outpatient Rehab, Rm 1F27 -
2nd Thursday, 5:30 – 7 pm
Contact: Michelle Henley at
Michelle.henley@franciscanalliance.org or
765.502.4113

Vanderburgh County (Evansville)

- Deaconess Midtown - 2nd Thursday,
6:00 – 8:00 pm
Contact: Dawn Westfall at
dawn.westfall@phrehab.com or
812.450.8586

Wayne County (Richmond/Milton)

- Milton Christian Church - 3rd Tuesday,
6:30 – 7:30 pm
Contact: Matt Duffin at 765.259.2917

Please Contact BIAI if you need further
assistance at
317.410.3532
Or
biassociationofindiana@gmail.com

Right Hemisphere Designs

Right Hemisphere Designs (RHD) is a company created by two dedicated and passionate brain injury professionals who seized an opportunity to raise funds for specific non-profit organizations dedicated to brain injury rehabilitation and community support. RHD creates homemade beautiful jewelry, stationary, apparel, tumblers, glassware and more and sells it on their website, www.righthemispheredesigns.com. RHD donates 100% of profits from all sales to non-profit organizations dedicated to these causes. Visit their website to see the incredible merchandise they have available. On behalf of all of BIAI, Thank you RHD!



Resource Facilitation: A journey through the grants making it possible

By Abigail Gliva, MS

2006-2009

Resource Facilitation (RF) came to Indiana in 2006 as one small piece of a larger grant. This money originated from the federal government and was then granted to Indiana Vocational Rehabilitation (VR) and the Brain Injury Association of Indiana (BIAI).

2009-2014

Health Resources and Services Administration (HRSA) granted money for RF to VR in 2009-2013. The grant was extended by one year and HRSA later involved the Indiana Department of Corrections (IDOC).

2014-2018

HRSA remained involved with the IDOC. HRSA funding was moved to the Administration for Community Living (ACL) and then awarded Rehabilitation Hospital of Indiana (RHI).

2018-2021

ACL awarded funds to Indiana State Department of Health (ISDH) and RHI. RF was started with federal money, and is now sustained through state VR funds. The VR pays for RF if one is VR eligible. ACL currently manages grants.

2021-2026

The Indiana State Department of Health secured a second federal ACL grant to create and strengthen systems of services, as well as supports to maximize independence, health, and wellbeing for people with brain injuries. The grant was awarded to provide funding for a five-year period. More to come on grant activities.

BIAI to Make Hospital Totes Available

By Abigail Gliva, MS

The Brain Injury Association of Indiana (BIAI) is initiating a project to provide tote bags for survivors of TBI and their loved ones to use during their hospital stay. These tote bags will be stocked with toiletries and information to support survivors and their loved ones with navigating unanticipated circumstances.

BIAI aims to distribute tote bags in trauma centers throughout Indianapolis but eventually will expand throughout the state. In order to make this project possible the facilitator of this project and Board Member of BIAI, Luis Aju, is seeking monetary donations/basic items from the community. Donations may include travel toothbrushes, Kleenexes, neck pillows, small blankets. To donate or seek more information, please visit biaindiana.org and select the "donate" or "contact us" option on the website.

SONS OF THE AMERICAN LEGION and BIAI

By Nancy Ritter, MS, CBIS

Sons of the American Legion is a patriotic service organization made up of men whose fathers have served in the Armed Forces. 2021- 2022 Commander Dennis Budd, proud 18 year member of The Sons of the American Legion, reached out to the BIAI Board of Directors to speak about a potential partnership with his organization. Each Commander gets to select a charity to help during his term in office. BIAI is thrilled to announce that Commandeer Budd chose BIAI as his charity to work with during his leadership. The Sons of the American Legion have been helping BIAI and the individuals impacted by brain injury in the state of IN to increase public awareness about brain injury and to raise money to help BIAI to fulfill our mission. BIAI has provided brain injury awareness bracelets, educational and informational flyers for distribution at the Sons of the American Legion events as well as for each of them to distribute in their communities. In addition, members of the BIAI Board of Directors presented at the Sons of the American Legion statewide conference and provided education on brain injury as well as the need for more resources, funding, supports and services for those who have sustained a brain injury and their loved ones. BIAI would like to thank the Sons of the American Legion for their support and efforts to help individuals with a brain injury in Indiana and look forward to the continued collaboration.



A thank you from BIAI:

The Brain Injury Association of Indiana wishes to express its profound thanks for the donations it has received through personal and anonymous measures. We thank you for your continued support in making our mission a reality.

And thank you to our official BIAI Corporate Sponsors:



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INDIANA TRIAL ATTORNEYS



WATERGATE ROOFING

We cover up what's inside.



SAVE THE DATE! Use Your Noggin Trivia- March 19th!



March is Brain Injury Awareness Month!

The Brain Injury Association of America (BIAA) leads the nation in observing Brain Injury Awareness Month in March each year. The theme for the 2021 to 2023 campaign is [#More Than My Brain Injury](#).

Visit www.biaindiana.org or on Facebook at <https://www.facebook.com/biaindiana> to see what you can do to share education on brain injury and increase awareness!

