



# Indiana “Brain Beat” Newsletter

**September 2022**



## **Letter from the President:**

Happy Fall everyone! Welcome to the 3rd edition of the BIAI Brain Beat Newsletter! I am excited to share with you information and activities from BIAI! The BIAI Board of Directors has been busy planning some very exciting events coming up!

I will start with the announcement of our first Annual BIAI Wiffleball Tournament! This event will take place on October 29, 2022 in Fishers, Indiana. The BIAI Board is working to make this an excellent **FUN**draising event for all and a really great day. Further in the newsletter, you can find details to attend and join in the FUN!

BIAI began our Educational Series this past July. Dr. Sachin Mehta, Physical Medicine and Rehabilitation Physician at Franciscan Alliance, provided a webinar describing the effects of Long COVID and corresponding resources. Dr. Mehta provided great information quite relevant to these times. We have two more webinars within this year’s series with relevant brain injury topics, including the next one taking place at the end of this month. Learn about these two upcoming educational webinars within this newsletter!

Our Board Members have been attending many events representing BIAI and promoting brain injury awareness and prevention. These events include the 2022 RHI Sports Expo, the Indiana Brain Injury Advisory Council and various conferences across the state. We will, also, be at the upcoming Brain Bolt coordinated by Goodman Campbell on October 1st. For information on any of these events, please contact BIAI.

On behalf of the BIAI Board of Directors, I am wishing everyone a beautiful, happy and healthy Fall and Winter season! We look forward to seeing you throughout the remainder of 2022 and wish you all well!

Sincerely,

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

## BIAI's 1st Annual Wiffleball Tournament - October 29, 2022!



**By Abigail Gliva**

The Brain Injury Association of Indiana is proud to announce our very first Annual BIAI Wiffleball Tournament! This event is a FANTASTIC opportunity to have anyone impacted by brain injury to have a GRAND SLAM of a FUN time while raising funds to help BIAI to continue our mission. The tournament provides a time for games, activities, socialization, and celebration of the beautiful Fall season! The event aims to bring together our Indiana community of survivors, families, professionals, and supports as a united voice against this silent epidemic.

We plan to do so by having registered teams of players, a silent auction, and fall-themed crafts and contests. Wiffleball players can register to participate no matter what level of skill or physical ability. Stand-in runners and hitters will be available on site, as needed. If you are interested in participating or attending the event to support our mission, please refer to the information below.

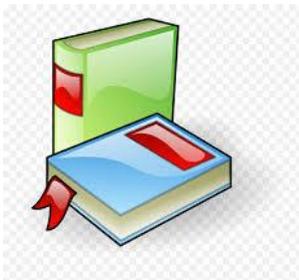
**When:** Saturday, October 29, 2022. Registration begins at 9:00 am, and games will start at 10:00 am.

**Where:** Journey Lutheran Ministries in Fishers, Indiana

**Interested in Donating, Sponsoring, or Signing up to Play?** Please do so at:

<https://www.eventbrite.com/e/biais-1st-annual-wiffleball-tournament-tickets-385240674227>

### Educational Seminars from BIAI



*Please join us as Dr. Catherine Pittman presents on "Anxiety in the Brain: What You Should Know" on September 22, 2022 at 6:30 pm EST via Zoom!*

*Zoom information can be found on our website at [www.biaindiana.org](http://www.biaindiana.org).*

At the beginning of this year, BIAI sent a survey through email and social media to understand which topics are wanted and needed throughout the state of Indiana to learn about brain injury for individuals living with brain injury, family members, caregivers, and professionals. We are excited to share our second virtual presentation based on these results in September!

## Physical Medicine and Rehabilitation (Physiatrists) in Brain Injury Rehabilitation



**Physical Medicine and Rehabilitation physicians**, also known as **physiatrists**, specialize in the treatment of injury or disease that cause disability. A physiatrist is a medical doctor with additional training on rehabilitation and recovery. Some physiatrists are also board certified in Brain Injury Medicine. This means they spent time getting extra training in brain injury and passed the requirements to be certified in a specialized area. Physiatrists take a holistic approach. They treat the whole person to recover as fully as possible. These physicians are able to provide medication, order specialized therapies, or tests to see how to help their patients. Many physiatrists also conduct research to find new and better ways to help patients recover and improve their quality of life. We are fortunate to have physiatrists in Indiana including several who are board certified in brain injury medicine. They are a very important part of the healthcare team when recovering from a brain injury.

To find a physiatrist in your area, you can contact BIAI at 317.410.3532 or email at [biassociationofindiana@gmail.com](mailto:biassociationofindiana@gmail.com). You can also visit [https://members.aapmr.org/AAPMR/AAPMR\\_FINDER.aspx](https://members.aapmr.org/AAPMR/AAPMR_FINDER.aspx) to find a physician.



## Neuropsychology in Brain Injury Rehabilitation



Neuropsychologists are highly trained doctors who evaluate how well a person's brain is working following injury or disease. Neuropsychologists specialize in understanding the relationship between the brain and behavior and how they influence each other. Clinical neuropsychologists complete their doctoral degree which can take four to seven years and then complete a two-year post doctorate fellowship in neuropsychology. This is especially beneficial for care following a brain injury. The neuropsychologist can complete a consult in the office to make recommendations for treatment. They can also order neuropsychological testing to find strengths and weaknesses in brain functioning. Neuropsychological

testing can take up to eight hours for the patient to complete. Following completion, the neuropsychologist will review the test results. Testing might find difficulties such as memory issues or difficulties with decision-making and filtering right from wrong. Neuropsychologists can make recommendations for minimizing verbal and physical behaviors that can occur following a brain injury and provide a good plan detailing services and resources the individual may benefit from to reach their goals. Many neuropsychologists conduct research to find new and better ways to help patients recover and improve their quality of life. We are fortunate to have excellent neuropsychologists who practice in Indiana as they are a very important part of the healthcare team when recovering from a brain injury. Contact BIAI if you need help finding a neuropsychologist in your area.



## Popcorn

On behalf of the Brain Injury Association of Indiana (BIAI) we would like to thank all of our donors for your constant support. We would not be able to service the brain injury community without your contributions. Our first popcorn fundraiser was a success, thanks to you! We were able to raise over \$3,500, and we hope to double that number next year! Enjoy the various flavors of yummy deliciousness from Popcornopolis. Help continue to pop myths about brain injury by visiting our website at [www.biaindiana.org](http://www.biaindiana.org) and exploring ways you can help support this dynamic community.

## Membership

Stay in the loop and become a member of the Brain Injury Association of Indiana (BIAI). For a small annual membership fee, enjoy discounted rates to events, monthly email updates, get BI support group updates and more. Receive the BIAI "BrainBeat" newsletter and the Brain Injury Association of America (BIAA) magazine, "The Challenge". Also, be the first to hear about what is new in the brain injury community, such as group activities, fundraisers, educational seminars, and other opportunities to get involved. Membership rates are as follows; \$5 for survivors and caregivers; \$25 for supporters; \$15 for students; \$45 for all service providers; and \$100 for any company or organization. You will also get your own BIAI Membership Card sent to you to keep. Check the BIAI website at [www.biaindiana.org](http://www.biaindiana.org) for more information.

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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!

## **Thank you to our official BIAI Corporate Sponsors:**

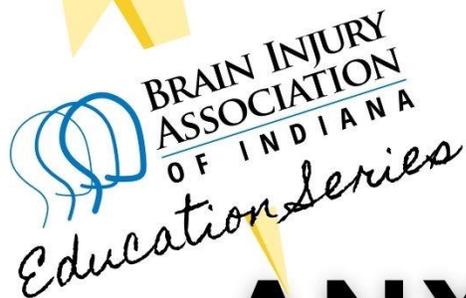


**DOEHRMAN BUBA**  
INDIANA TRIAL ATTORNEYS



**REHABILITATION**  
HOSPITAL OF INDIANA





**SEPTEMBER 22, 2022**

**6:30PM (EST)**

# **ANXIETY IN THE BRAIN: WHAT YOU SHOULD KNOW**

**CATHERINE PITTMAN, Ph.D.**

Clinical Psychologist

Author of *Rewire Your Anxious Brain*

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**ZOOM**

<https://us02web.zoom.us/j/81342063197>

+1 646 558 8656 • Meeting ID: 813 4206 3197



# Join us for the 1st Annual BIAI Wiffleball Tournament!



**October 29, 2022**  
**9 am EST**



**Journey Ministries**  
**Fishers, IN**

**Brain Injury Association of Indiana (BIAI) is hosting its  
1st annual Wiffleball Tournament!**

**This fun-filled day will raise funds to support  
the mission of the BIAI**

**For more information on the wiffleball tournament, visit:  
\*[www.https://www.eventbrite.com/e/385240674227](https://www.eventbrite.com/e/385240674227) or  
call Wendy at 317.410.3532**

**For more information on Brain Injury Association of Indiana,  
visit [www.biaindiana.org](http://www.biaindiana.org)**



## Sponsorship Opportunities

- ⓧ **"Single" Sponsorship- \$100:** Included in announcements at event
- ⓧ **"Double" Sponsorship- \$250:** Included in announcements at event and on tournament t-shirt
- ⓧ **"Triple" Sponsorship- \$600:** Included in announcements at event, on tournament t-shirt and in event marketing.
- ⓧ **"Home run" Sponsorship- \$1000:** Included in announcements at event, on tournament t-shirt, in event marketing, in "Brainbeat" newsletter and team of 9. .
- ⓧ **"Grand slam" Sponsorship- \$2500:** Included in announcements at event, on tournament t-shirt, in event marketing, in "Brainbeat" newsletter, team of 9 and booth/ exhibit at event.
- ♥ **"Make a Donation::** Donate to the Brain Injury Association of Indiana

**Sign up to sponsor at <https://www.eventbrite.com/e/385240674227>**

**Thank you for your support!**