

MEET

Scott Palumbo

Advisory
Council Chair



A magazine for survivors of brain injury, caregivers, and neuro-professionals by the Brain Injury Alliance of Arizona



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After Stroke & Brain Injury

Adult survivors of all types of brain injury are invited to join us for an exciting discussion on life after brain injury where group sharing will be encouraged.

This is a special pilot series of Living Life Fully After Brain Injury. These classes will take place on **Midwestern University's Glendale Campus**. Students are welcome to observe the class and learn about life after brain injury.

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For more information
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The Brain Injury Alliance of Arizona is a social benefit organization dedicated to creating a better future through brain injury prevention, advocacy and education. We support, connect and empower survivors and caregivers on their journeys to recovery



DATES & TOPICS

Wednesday, October 16, 2019 | 2:30-4:00PM

A New Brain Emerges: Finding Joy & Purpose
After Injury with Julie Rake, PAC

Wednesday, October 23, 2019 | 2:30-4:00PM

You Look Just Fine: Navigating the Invisible Injury

Wednesday, October 30, 2019 | 2:30-4:00PM

Managing Fatigue & Navigating Social
Changes After Brain Injury

Wednesday, November 6, 2019 | 2:30-4:00PM

Understanding the Basics of Brain
Injury & Preventing Re-Injury

LOCATION

Midwestern University
19555 N 59th Ave, Glendale, AZ 85308
Glendale Hall, Rooms 131-133

REGISTER & CAMPUS MAP

These classes are presented at no cost to the attendees thanks to the donors and sponsors of the Brain Injury Alliance of Arizona

<https://www.biaaz.org/events/category/lfl/>

ON the HORIZON

Dear Reader, We meet again! Welcome to Volume 4, Issue 4 of the Brain Injury Alliance of Arizona's e-zine *The Noggin*. I swear, it feels like the last edition just came out yesterday! As George F. Will said, "the future has a way of arriving unannounced," or as I like to say, time is a fickle little trickster. Essentially, past is precedent, the future is now, and presently, you're about to read stories that are both timely and timeless in how they shape the narrative of what it means to experience and live with the enigma that is brain injury.

In this issue's featured story, we'll introduce you to BIAAZ Advisory Council Chairman Scott Palumbo, as well as Advisory Council member Steven Threet. You'll meet Dr. Barry K. Spiker, whose icy slip and fall paved the way for him taking a closer look at how TBIs affect dementia. For our "Profiles of Interest," we're focusing the spotlight on Ms. Wheelchair Arizona 2019 Shawnique Cotton, an avid disability advocate. Also familiar with the pageant scene and highlighted in this issue is Ms. America International 2018 Kimberly Jones, and her great work on behalf of the brain injury community.

Additionally, there are a variety of upcoming BIAAZ classes, conferences, and events for you to check out. For the first time, we'll be hosting our Living Life Fully after Stroke and Brain Injury classes at Northwestern University in Glendale. The series begins on Wednesday, October 16th and runs through Wednesday, November 6th. Back by popular demand, our Be Safe training will take place on Saturday, November 23 at the Ability 360 Center. Join City of Phoenix police and first responders as they practice safe interactions with participants. Of note for professionals is our annual Brain Health Symposium on Tuesday, December 10th; registration is now open on our website, www.biaaz.org. Sponsorships and vendor opportunities are also available.

As always, thanks for reading and supporting *The Noggin*, whether by subscription, donation, or content contribution. Any and all efforts are always appreciated. Also, if you read last edition's editor's letter all the way through, you know I'm now incorporating cheesy cerebral humor as an Easter egg of sorts for the most dedicated and thorough readers. Congratulations! That means you! Now riddle me this— **Q: What do neurons do on their birthdays?** **A: They cell-ebtrate!** Now that you're either giggling or groaning, I hope you will celebrate, both your own continued growth and progress, as well as that of those who courageously share their stories with all of us.



Cheers,

Brittany Sweeney-Lawson

Brittany Sweeney-Lawson
The Noggin Editor-in-Chief

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ADVISORY COUNCIL SEEKS TO ERASE STIGMA OF BRAIN INJURY

In 2018, the Brain Injury Alliance of Arizona sought to engage more allied professionals and community leaders to help increase its reach and take on the task of destigmatizing brain injury. Since then, the Council has grown to 18 members and includes a diverse array of professionals, including State Representative Jennifer Jermaine, VA Medical Center Chief of Neurology Patricio Reyes, and Director of Barrow Neurological Institute at Phoenix Children's Hospital David Adelson, to name a few. We appreciate the time and effort of all our council members and the amazing work they do to spread awareness for the invisible disability of brain injury in their respective fields and communities. In this issue of *The Noggin*, we are pleased to present profiles of two BIAAZ Advisory Council members: Trial Lawyer Scott Palumbo and former ASU Quarterback Steven Threet.

Scott Palumbo, BIAAZ's Advisory Council Chair, Stands Up for Brain Injury Awareness

Scott Palumbo, a personal injury trial lawyer and partner in the firm Palumbo Wolfe & Palumbo, has witnessed his fair share of clients struggling to put the pieces of their lives back together, a process made all the more complicated when the aftermath results in a traumatic brain injury (TBI). One client in particular stands out in Scott's mind, a woman who was struggling to find help for her fiancé who had sustained a severe brain injury. She contacted the Brain Injury Alliance of Arizona (BIAAZ) and they connected her with needed information and resources. Her interaction with the BIAAZ was so positive, she ended up sharing it with Scott. "The help and hope that BIAAZ gave her caused me to become an avid supporter of BIAAZ's mission and work," Scott recalls.

Between his legal expertise working with survivors of TBI and dedicated involvement with the BIAAZ, Scott was an ideal choice to chair the BIAAZ's Brain Injury Advisory Council. It's a position he gladly accepted and takes great pride in fulfilling. "What has always impressed me about the BIAAZ Advisory Council, and frankly, the entire organization, is how passionate the members are about truly helping the brain injury population in Arizona," he says.

For those who are curious what the Advisory Council is and the purpose it serves, Scott explains that essentially, it's composed of council members from varied backgrounds, including executives in the healthcare industry, government leaders, lawyers, doctors, and philanthropists, to name a few. Their main goal is to help raise awareness for brain injury in their respective sectors, as well as throughout the communities where they work and live. "When we get together and combine our diverse networks and talents, it is amazing the results we can achieve," Scott shares.

As Advisory Council Chair, Scott's main role is to ensure his fel-



Trial Attorney Scott Palumbo



Scott (left) interviews Steven (right) for the Q&A during the CEO/Leadership Breakfast on National Concussion Day.

low council members can utilize each other's connections and skills to help the BIAAZ function efficiently. His overall goal is to help the BIAAZ grow so it can serve the needs of every member of the brain injury community. Because the Council is composed of such a unique group of individuals, as a whole, they have widespread access to Arizona's business community. By reaching out to their contacts and connections and shedding light on the important work BIAAZ is doing, Scott hopes other groups and businesses will want to get involved and join the council in their efforts to help survivors of brain injury and their families.

While the council members do excellent work to promote the BIAAZ, Scott readily admits one of the most challenging aspects for them has been continuously striving to identify ways to increase their visibility in the community so those who would benefit most from the BIAAZ's services are made aware of them. However, the challenge is what makes their successes even more rewarding, and Scott has felt privileged to work with some of Arizona's most impressive leaders to assure that each member of Arizona's brain injury community has the resources necessary to live the lives they deserve.

Scott's duties as council chair most recently involved his participation as emcee at the BIAAZ's CEO/Leadership Breakfast that took place on National Concussion Day, September 20, 2019. He spoke passionately about the importance for continued research and education for the

As the Advisory Council Chair, Scott recently met with Pebble Beach President David Stivers (pictured left) to discuss corporate sponsorship

invisible disability of brain injury, and also introduced the many prestigious event speakers, which included leaders in the fields of neurology, neurosurgery, and psychiatry. The audience was then treated to a Q & A led by Scott that featured fellow Advisory Council member Steven Threat, a former ASU quarterback. Steven discussed how a concussion effectively ended his days of playing football and where his journey has taken him since. Thanks to Scott and many other generous participants, the event was a great success and one of many examples of how the Council effectively spreads BIAAZ's message of brain injury awareness and recovery.

When people ask Scott what they can do to help or how they can get involved, he is quick to mention there are still openings on the Advisory Council, as well as on several committees that focus on the needs of a variety of brain injury populations. For him, it all comes down to one simple request: "please support BIAAZ," he encourages. "We do a lot for Arizona's survivors of brain injury, but with increased support, we could do so much more."

In addition to his courtroom and Council-related responsibilities, Scott is also a doting dad of two wonderful children, eight and ten years old. In their spare time, he and his wife can be found at one of their kids' many activities and sporting events.



If you are a professional interested in joining the BIAAZ Advisory Council, or if you're a survivor of brain injury, a family member, or an interested citizen and would like to join a committee, please call 520-310-3301, or visit the BIAAZ website at <https://www.biaaz.org/help/>.



Former ASU Sun Devils Quarterback Steven Threet Reunites with BIAAZ's Brain Injury Advisory Council



Steven Threet knows a thing or two about mild traumatic brain injuries, better known as concussions. After all, he sustained a number of them throughout his football career, which included his time as quarterback for the ASU Sun Devils. His final football-related concussion took place Thanksgiving weekend of 2010 during the ASU vs. UCLA game. At the urging of his doctors and parents, Steven made the difficult decision to give up the game, and he hasn't looked back or played the sport since.

Shortly after retiring from college football, Steven accepted an opportunity with the Banner Sun Health Research Institute Summer Internship Program working under Brian Browne, the Director of Communications and Education. Steven's main purpose for undertaking the internship was to further the cause of TBI prevention and education. At that time, he was also introduced to Dena Baldwin, a consultant and owner of Go Big! Enterprise, and as a result, he joined the Brain Injury Alliance of Arizona's (BIAAZ) Brain Injury Advisory Council. 2011 was also the year Steven moved to New York, which made it a challenge for him to be as involved on the council as he would have liked; however, in 2019, he decided to move back out west, allowing him to reunite with the Advisory Council.

Now that he's enthusiastically jumped back into his council member duties with both feet, a large part of Steven's focus has been centered on bringing TBI awareness to the next generation of youth and athletes. So far, one of the accomplishments he feels most proud of is the valuable role the Advisory Council played in passing legislation in Arizona requiring young athletes and their parents to learn the basic signs and symptoms of TBI so they know what to

look for and what to do in case of a concussion.

For his part, Steven sees the future of the council as a continuously expanding organizing body that will continue to spread its message through statewide events and educational programs. He feels being a council member has given him an outlet to encourage hope for healing for those coming out of the other side of a brain injury. "I believe people need to see examples of individuals who have bounced back from a TBI," he says, "and that they can make progress toward a life of meaning and enjoyment."

It helps that he speaks from a place of personal experience and understanding. As he looks back on his recovery journey, he recalls that it's taken him almost 10 years to find the right balance of treatments to help him get out of the dark hole that was his TBI. For a long time, he was even convinced he would never be able to get better. Fortunately, with the support and encouragement of his friends and family, Steven decided to keep going, keep fighting, and continue with his treatment plan. Even though he still suffers from some post-concussive symptoms, he prefers to dwell on the incredible strides forward he's achieved. "There are [still] difficult days, including depression and intense pain, but the good days and the progress I know I can make is worth it," he affirms.

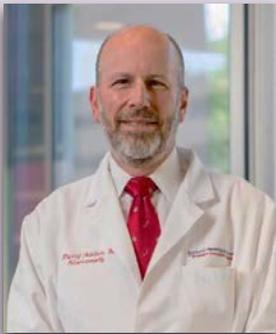
When he's not busy fulfilling his duties on the BIAAZ Advisory Council, Steven prefers spending his time with his fiancée, family, and friends. He enjoys traveling, especially to different cities, trying new restaurants, and golfing any chance he gets. Ever faithful to his love of football, Steven remains an avid fan of the game, and can frequently be found cheering on his alma mater.

The Brain Injury Alliance of Arizona

**2019 ARIZONA'S EXCELLENCE WITH BRAIN INJURY
CEO / LEADERSHIP BREAKFAST**

Thank You... to everyone who made our CEO Leadership Breakfast on National Concussion Awareness Day a success! This event will return on September 18, 2020. Please save room for sponsorship and attendance in your 2020 corporate budgets.

SPEAKERS



Dr. P. David Adelson
Director, Barrow Neurological Institute at Phoenix Children's Hospital



Dr. Christina Kwasnica
Director, Barrow Neurological Institute at Dignity Health St. Joseph's Hospital & Medical Center



Patrick L. Bosarge, MD, FACS, FCCM, Division Chief of Trauma, Surgical Critical Care & Acute Care Surgery, Banner University Medical Center Phoenix



Dr. Patricio Reyes
Chief of Neurology at Carl T Hayden VA Medical Center



Jessica Brown, PhD
Assistant Professor, Department of Speech Language & Hearing Sciences, University of Arizona

EMCEE



Steven Threet
Retired Quarterback, Arizona State University & University of Michigan



Scott Palumbo
Partner, Palumbo Wolfe & Palumbo



Carrie Collins-Fadell
Executive Director, Brain Injury Alliance of Arizona



Dena M. Baldwin
Owner, Go Big! Enterprise

CAUGHT ON CAMERA!



SAVE THE DATE FOR 2020! September 18, 2020



THANK YOU, SPONSORS!



Thank you to the Wells Fargo Pinnacle Peak Team for their outstanding volunteer service during the event.

Thank you to Mike Chesworth of Chesworth Films

See Marty Run



Long-time distance runner Marty Michelson was ready and set to go to the Brain Injury Alliance of Arizona's first-ever Tucson Concussion Run on Sunday, October 13, 2019. Marty, a Red Sox and Patriots-hating Boston native, moved to Arizona 18 years ago. His love of running predates his time in the Grand Canyon State; he's been doing it for over 40 years of his adult life, and has been participating in races for 37 years. Fittingly, he's dubbed himself a "binge racer."

Marty happened upon the Tucson Concussion Run while searching for races on the StartLine Racing website, which he uses frequently to find races he believes are interesting and worthwhile. "[StartLine] is highly professional, has knowledgeable staff, accurate timing, and is very value-added," he explains as his reasoning for running in 25+ of their races per year. He's an especially big fan of Tucson area races, and does between 15-20 a year in the area.

Besides fueling his inner "binge racer," participating in races such as the BIAAZ Tucson Concussion Run also serves another purpose. "I'm a supporter of events for charitable causes," Marty shares. As an athlete, he has a vested interest in sports safety, and believes it's important for college and professional teams to take the matter of health and life-threatening injuries seriously as well. He was drawn to BIAAZ's message of spreading concussion awareness and prevention, and is glad his racing fees will directly benefit the Tucson brain injury community.

MARTY'S RACING STATS:

- ▶ 3,102 lifetime timed races (not including weekly "fun runs")
- ▶ Average of over 100 races per year for the past eight years
- ▶ Average running days per year—350
- ▶ Lifetime marathons— 54
- ▶ Lifetime half marathons— 300
- ▶ Total lifetime miles— 75K to 80K
- ▶ Personal records:
 - ▶ *Marathon— 3:30:03
 - ▶ *Half-marathon— 1:31:45
 - ▶ *10K— 41:00
 - ▶ *5K—20:05
- ▶ Technical trail racer, up to 30K
- ▶ Current status: SLOW, DAMN SLOW!
- ▶ Member of the Arizona Road Racers and Southern Arizona Road Racers
- ▶ Former race director and active race volunteer



TUCSON 2019
CONCUSSION
RUN

Special thanks to Marty, as well as to all the participants, volunteers, and sponsors who made our first-ever Tucson Concussion Run such a great success! We couldn't have done it without you.



THE SLIP AND FALL THAT STARTED IT ALL

...and What My TBI Taught Me

BY BARRY K. SPIKER, PHD



December 31, 2016, 12:30 p.m. We had just gone through our fifth day with no hot water and, no heat. The fuses in our rental house in Prescott often blew out and in fact, the blow out before this one created black marks above the breaker box. It alarmed us as that we would be, well, trapped, should the house catch on fire. We were over 100 feet above the street, with a 150+ yard, 30-degree driveway that the landlord was supposed to clear and had not. The only other exit was some steps leading down to a street that was put in ostensibly for the landscapers. We found out month's later that the town of Prescott had given the landlord a summons for violating the building code.

On Christmas Eve, my housemate and I had been joyously watching as a foot of snow fell around us, but now, a week later, with snow and ice all around us and guests coming the next day to celebrate New Year's, someone had to go to the hardware store and buy new breakers and some space heaters. I knew what to get, so I geared up with heavy hiking boots, lots of clothing, and ski poles to venture down the parts of the steps with visible dirt, since the steps themselves were frozen like an ice rink. Mind you, there were no handrails either. But as a former climber who'd skied black diamond runs all my life, was in great physical condition, and to top it off, an Eagle Scout, I knew I was as prepared, focused, and attentive as anyone could be.

Then it happened! Something that would change my life forever. I slipped and fell, somewhere between 18 and 20

feet, and head planted into some rocks. I was dazed. My roomie yelled out and then bounded down the stairs like a Billy goat. She said, "give me the keys," and off to the emergency room we went.

My knee was killing me, my shoulder felt dislocated, and I had a headache. I could not stop shaking in the 15-minute drive to Yavapai Regional Medical Center. Then came the rage and the knowing of what had just happened.

Hours of X-rays, CT scans, and MRIs later, we left the hospital. We cancelled our plans for New Year's Day, and I took some pain meds the hospital gave me and went to bed. The next day, I tried to read the hospital's check-out papers and found myself not understanding what I was reading. I went back to sleep.

Ten weeks later, I drove to Phoenix, met with some colleagues, and attended a business meeting. After the meeting, our Chief Medical Officer noticed that my walking was off, i.e., my gait had changed. She asked me several questions, essentially doing a diagnostic, which I hadn't received yet because at that time, I had not seen a neurologist. Afterwards, she pronounced, "I think you have a TBI". I asked, "what is that?" Nothing in my exit information from the hospital had even suggested that I could have a possible traumatic

brain injury or that I might have symptoms eventually.

Once I got home, I re-read the hospital information and discovered for the first time that I had a tumor in my brain, and had been diagnosed with a meningioma. Soon, I was experiencing changes in vision, including seeing double and blurriness, slight headaches, loss of appetite, hearing and memory loss, and anger. After all this, I also found out I had cataracts as well, a fact which had not been picked up in a previous eye exam by an optometrist. Thankfully, an ophthalmologist found them, and it was confirmed by a second exam.

From then on, I was on a mission to recover.

I found a neurologist, moved down to the Valley, and started to participate in hyperbaric oxygen therapy (HBOT). Because I was willing to fill out some surveys and be a part of his study, I was able to receive the HBOT for \$125 a session. HBOT was a godsend!

The vision got better, although I still need cataract surgery. My energy improved, my anger subsided, my appetite came back, but my memory was still troubling. I also had experienced an awful feeling of incontinence that came on shortly after I ate. When I ate, I ate at home. If I was going out, which did not happen very often, I wore a diaper. There were other "adjustments" I knew I would need to make.

One of those adjustments was getting more informa-



"From right to left: Barry with BIAAZ Executive Director Carrie Collins-Fadell, BIAAZ Resource Facilitation Manager Brittany Sweeney-Lawson, and TBI Survivor Steve Copley. At center: Ms. Wheelchair Arizona 2019.

tion...I needed data. A friend sent me a Facebook post on a conference called Rays of Hope being held somewhere in Tempe. I was late, since I never know what my prior night's sleep is going to be like, but arrived shortly before the keynote address. The conference, which was put on by the Brain Injury Alliance of Arizona, was incredible. The information I gathered, the people I met, the stories I heard, all gave me a renewed sense of purpose and an empathetic understanding

of folks who go through much worse experiences than me. I swore that very day, I was going to do something to help.

I had just finished a four-year project that was only supposed to take one of writing a book on preventing dementia, aptly titled *Preventing Dementia Now*.

I went back to the book and decided to

write a chapter on TBI and dementia. I had discovered that for a person in their 60s, a TBI can lead to a two-fold or four-fold increased chance of getting dementia. But not if I could help it. Completing the book, including the TBI additions, was in great part thanks to several people helping me and rallying around me. I have since started doing professional talks about preventing dementia and put up a website so I could blog and seek out others who have experienced a similar tragedy as me. Not only was I going to help myself, I knew I had to help others; after all, that is what a Boy Scout is supposed to do! So, I'd like to share some tips that have been personally beneficial to me in my TBI recovery journey:

If you experience a bump, blow, or jolt to the head, get it checked out professionally.

If symptoms persist, see a neurologist ASAP; take your lab work, x-rays, etc., and someone you trust who can also listen to what the doctor tells you.

Closely watch for physical, psychological, or emotional changes, and ask people who know you well for their observations and feedback.

I highly recommend therapy of all kinds; I have done 91 sessions of HBOT and have seen a psychologist for nearly 3 years. I've also done over two years of physical therapy and several months of both occupational and speech therapy.

Keep a diary.

Know the risks, get data, information, attend support

Know the risks, get data, information, attend support group meetings, seek information from others who have been through a similar situation, read this magazine (*The Noggin*), attend BIAAZ conferences, support their causes, and support others.

continued next page

group meetings, seek information from others who have been through a similar situation, read this magazine (*The Noggin*), attend BIAAZ conferences, support their causes, and support others.

In due time, you will know what else you need. Do not be afraid to ask others for help, but be aware, they may not want to help, acknowledge that you've had an accident, or that you've changed. For example, after my accident, I knew that my work might suffer, so I told the head of Human Resources about it and had my doctors write letters to her asking for an accommodation at work (the folks at the Americans With Disabilities organization suggested it), and I did that. As a result, I was laid off from the job I loved, was very good at, and where I'd been recognized by my students and the company for my contributions.*

So, that is my story, still unfolding. From it all, the lesson I've learned is, don't ever give up, never say die. Our maker has a plan for you and as my grandmother used to say, you will never be given more than you can handle. Hopefully, my experience can help you or someone you know. Life is fragile; it is short, and tomorrow is promised to none of us. Make the best of any bad situation while you are here, and others might just follow, listen, and learn from your experience.



*If you experience discrimination in the workplace as a result of your disability, this violates your rights under the Americans with Disabilities Act. Contact the Brain Injury Alliance of Arizona at 1-888-500-9165 or info@biaaz.org to get connected with the appropriate resources.



Barry sharing his TBI story for the first time with students at Pima Medical Institute.

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www.biaaz.org

BIAAZ Profiles of Interest

Shining the spotlight on those raising their voice, lending a hand, and making a difference in the brain injury community

PERSON OF INTEREST:

Shawnique Cotton

CURRENT POSITION/TITLE:

Disability Advocate and Ms. Wheelchair Arizona 2019

Personal affiliation with brain injury and disability:

In 1991 at 20-years-old, Shawnique was shot in the back, resulting in a spinal cord and brain injury. The spinal cord injury was diagnosed right away; however, it would take over two decades for her to learn she had a brain injury.

During that time, she asked multiple doctors why she would experience issues that seemed unrelated to her spinal cord injury, such as dizziness, extreme fatigue, and sensitivity to light and sound. It wasn't until she attended a town hall meeting at Ability 360 a few years ago that she found the answers she was seeking. Laura Johnson, a current Brain Injury Alliance of Arizona staff member, was telling her story of dealing with the physical and cognitive fallout of her own brain injury. It was like a lightbulb went off in Shawnique's head as it became clear to her that she and Laura shared many of the same symptoms. Knowing a TBI was behind her struggles was a relief for Shawnique. "I no longer have to seek out what's wrong with me," she shares. "I'm grateful for that."

Raising awareness for the brain injury and disability communities:

In 2019, Shawnique decided to enter the Ms. Wheelchair Arizona Pageant because, as she says, "I believe in the [their] mission to educate, empower, advocate, and work to eliminate the barriers persons with disabilities face."

However, competing for the crown was not without its challenges. "Arizona didn't have a state coordinator to hold the competition," Shawnique recalls. "I went through



a process and had to be selected as an independent delegate from board members of the Ms. Wheelchair America Organization." They contacted her in early March of 2019 with the news that not only would she receive the title of Ms. Wheelchair Arizona, but was also asked to be the state coordinator for the program as well. "I was elated!" she says.

For Shawnique, winning the title of Ms. Wheelchair Arizona 2019 was not only a satisfying personal achievement, it also provided her with a powerful platform to bring attention to a cause she cares about deeply—leadership and proper representation of persons living with disabilities. "I chose this platform due to lack of accessible housing in Arizona, overwhelming issues with transportation, problematic medical supply companies... the list goes on and on," she states. Shawnique is especially aware that at present, under one percent of lawmakers in the U.S. has a disability. She also realizes that without greater representation of and participation from the disability community, nothing much will change. "We must put in office more persons with disabilities who understand our needs," she emphasizes.

Raising the bar:

After taking on Arizona, Shawnique set her sights on an even bigger stage—Ms. Wheelchair USA 2019. She felt proud and empowered to spend a week surrounded by other women with big goals and great platforms. She spent a good

deal of her time attending workshops on how to become a more informed disability advocate, but also enjoyed themed evening activities, such as 50's Night. "A large group of women dressed up in 50's costumes, partying outside on the roof of our hotel, wheelchairs spinning, rolling, and dancing through the music playing... it was a blast," she concludes. While she ultimately didn't take the title of Ms. Wheelchair USA 2019, she did take home a wealth of valuable information for raising disability awareness, as well as a renewed determination to share her message of disability representation far and wide.

Ms. Wheelchair Arizona Empowerment Network:

As the newly minted state coordinator for Ms. Wheelchair Arizona, Shawnique is looking forward to giving the program a makeover, as it were. By February 2020, the Ms. Wheelchair Arizona Empowerment Network will be ready to host women from all over Arizona who are 18 and older and who use wheelchairs full time for mobility. The awards ceremony, which will be held at the Ability 360 Independent Living Center in Phoenix, will highlight contestants who have displayed leadership and disability representation in the community, as well as those who have actively fundraised for worthwhile causes, such as the Ms. Wheelchair Arizona Empowerment Network itself. To make this event a success, Shawnique is also currently looking for and accepting sponsorships. She can be contacted at Mswheelchairarizona2019@gmail.com for questions.

Connection to the Brain Injury Alliance of Arizona (BIAAZ):

It was the Unmasking Brain Injury Project that initially drew Shawnique to the BIAAZ. She already knew the director of the project, Laura Johnson, who encouraged her to

create a mask that would be part of the traveling display to help make the invisible disability of brain injury visible in Arizona. Shawnique's mask has been displayed with other masks at Phoenix City Hall and at the BIAAZ's annual Rays of Hope Conference. It even made a recent appearance at the governor's office when she went to speak with Governor Ducey regarding the need for disability advocacy and support. Shawnique also collaborated with BIAAZ Executive Director Carrie Collins-Fadell, who encouraged her to utilize her speaking talents with the BIAAZ. Now, Shawnique is a regular speaker at BIAAZ events and support groups, and also participates in BIAAZ Survivor Empowerment Programs whenever she can to help her understand her healing brain. "The information that comes out of BIAAZ is phenomenal," she says. "I would highly recommend anyone to contact them and get involved."

Hobbies and interests:

When she's not busy advocating for brain injury causes, Shawnique enjoys spending time with friends and family, especially her two sons and her grandson. Her myriad of hobbies include writing, reading, singing, dancing, jewelry making, and arts and crafts. Continuously learning new things is also important to her, as is being out in nature. "I'm one to get excitement from things such as watching the trees sway, smelling the air, and embracing the moment," she shares.

Takeaway lessons and thoughts:

"Having a brain injury has its challenges, but never allow the challenges to have you," is Shawnique's advice. "Despite the circumstances, we must continue at our individual pace to strive to live our best lives."



The contestants for Ms. Wheelchair USA 2019. Shawnique is in the third row, first from the right

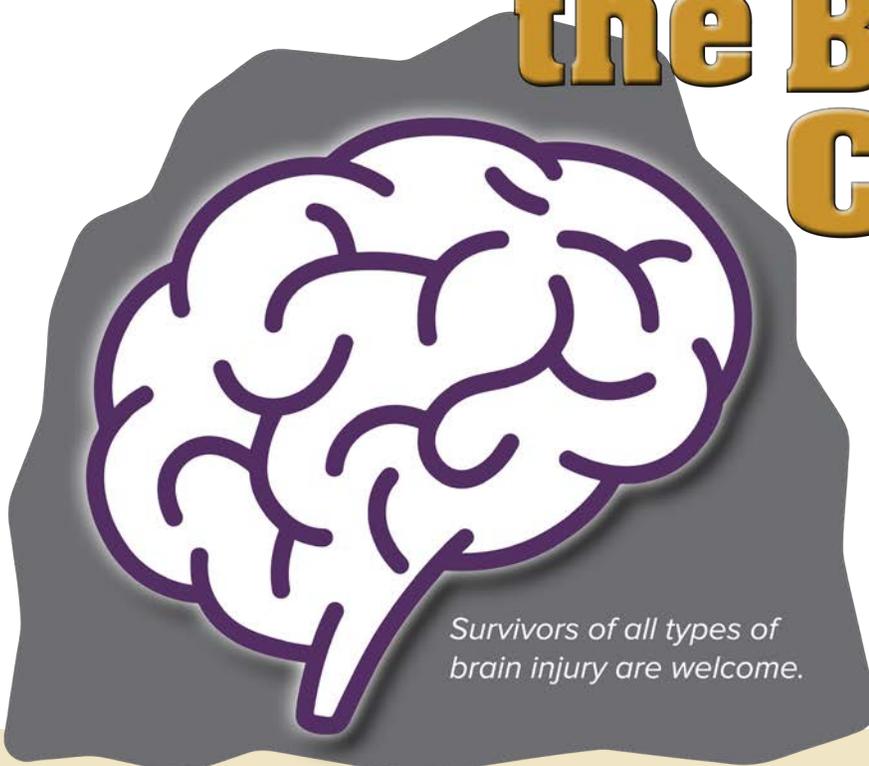




**Brain Injury
Alliance**
ARIZONA

PRESENTS

the **BRAIN CAVE**



*Survivors of all types of
brain injury are welcome.*

**A discussion
group for
men on
life after
brain injury**

Men ages 18+ who have survived any type of brain injury are invited to join us for a special pilot of Brain Cave—a discussion group for men on life after brain injury.

This is a conversation-based group where your thoughts and interests are welcome. We will meet at Café Cultivate which will be open just for us at this time. Light snacks and refreshments will be served.

DATE + TIME

This group will meet the first Wednesday
of the month from 6:00-7:30PM

LOCATION

Café Cultivate is in the Ability 360 Center
5025 E. Washington Street in Phoenix

FACILITATORS

WILL GROVE

Brain Injury Alliance of Arizona
Resource Facilitation Specialist

STEVE NORTON

Disability Advocate &
Acquired Brain Injury Survivor

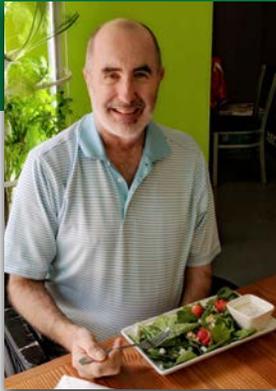
JIM LEDGEWOOD

Traumatic Brain Injury Survivor &
Architect

**For questions about living well after brain injury contact the Brain Injury Alliance
BIAAZ.org | info@biaaz.org | 888-500-9165**

The Cerebral Chef

Serving Up Food for Thought



Steve Norton, co-facilitator of BIAAZ's The Brain Cave men's discussion group, was diagnosed with Type II Diabetes in 2006. While working as a private chef for a family in northern California in 2012, he experienced a hemorrhagic stroke, which caused paralysis on the left

side of his body. Even though he had spent years ensuring those he cooked for ate healthy meals made with fresh ingredients, his own eating habits were poor due to long work hours and a busy schedule. The stroke proved to be the wake-up call Steve needed to take charge of his health and what he put into his body. He now uses food as medicine, and believes people can heal their bodies from the inside-out. His Noggin column, The Cerebral Chef, will offer recipes, ideas, and tips for incorporating and enjoying delicious brain-boosting foods.

OMEGA-3S AND BRAIN HEALTH

Omega-3 fatty acids are the building blocks of brain cells. The brain is made up of nearly 60% fat and over 100 billion cells, which makes omega-3s essential in maintaining brain health. Many foods naturally contain omega-3s, such as fish and other seafood, especially cold-water fatty fish such as salmon, tuna, mackerel, and halibut. Omega 3-s can also be found in chia seeds, black walnuts, and flaxseed, as well as plant oils like soybean, canola, and flaxseed. It even appears in grass-fed meats and fortified foods like yogurt, juices, milk, some brands of eggs, and soy beverages. If you don't eat fish or are a vegetarian/vegan, there are supplements available containing microalgae oil as an alternative. However, if you do enjoy fish, the American Heart Association recommends eating at least two non-fried servings a week to receive maximum benefits, which include lowered risk of both cardiac death and ischemic stroke.

Salmon is one of the best natural sources of omega-3s and has been shown to reduce your risk of developing dementia or depression. The three most popular varieties of Pacific salmon are:

King (chinook): The lushest and highest in fat, and usually the most expensive salmon, with a very soft texture, similar to that of smoked salmon.

Sockeye (red): Deep in color and lower in fat, but still very flavorful; many salmon lovers consider this to be

the best tasting.

Coho (silver): It has a mild flavor and is the most widely available salmon in the fall.

Salmon can be cooked in a variety of methods such as baked, grilled, pan-fried, broiled, or poached. For the healthiest result, use a minimal amount of oil or butter and avoid overcooking to retain moisture. Try making this hearty salmon stew for a healthy dose of Omega-3s!

RECIPE

Savory Salmon Stew
Serves 4

INGREDIENTS

- 1 ½ lb. fresh salmon, cut into smaller pieces
- 2 tbsp olive oil
- 2 cloves garlic, sliced
- 1 small white onion, sliced
- 8 oz tomato sauce
- ¾ cup coconut milk, full fat
- ½ whole green pepper, round slices
- 1 pinch sea salt & pepper, to taste
- ½ tsp red pepper flakes
- 1 handful fresh cilantro and/or parsley

INSTRUCTIONS

Heat the olive oil in a cast iron skillet. Add the garlic and onion and sauté until fragrant, about 2-3 minutes. Do not overcook, as garlic burns easily. Next, add the tomato sauce and coconut milk and stir quickly. Let simmer for 2-3 minutes. Place the salmon pieces in the cast iron skillet, top with the green pepper slices and season with salt, pepper, and red pepper flakes. Cook for 10 minutes (no lid) and then turn the salmon over. Add fresh cilantro and/or parsley, cooking for an additional 4-5 minutes or until salmon is cooked through. Serve over basmati or brown rice.

Next month, we will explore the benefits of dark chocolate!





Brain Injury Alliance
ARIZONA

Making the invisible visible since 1983

Kim, a mother and caregiver for a survivor of brain injury, lent her voice and personal touch to the March 2019 Brain Injury Awareness Month press conference at Phoenix City Hall. She and Phoenix Mayor Thelda Williams were among the featured speakers.



In November 2018, Kim, along with former Navy SEAL Jimmy Hatch, hosted Crowns for Camo, a BIAAZ fundraiser that supports services and programs for veterans living with TBI.

Thank You
to Ms. America International
2018 Kimberly Jones for
your outstanding advocacy
for survivors of brain injury!
What a wonderful year!



Participating in the Be Safe Phoenix training, Kim helped further the discussion on how members of the disability community can have safe interactions with first responders.



Causes of Brain Injury:

TRAUMATIC BRAIN INJURY CAUSES

- Falls
- Assaults
- Motor Vehicle Accidents
- Sports/Recreation Injuries
- Gunshot Wounds
- Workplace Injuries
- Abusive Head Trauma (Shaken Baby Syndrome)
- Child Abuse
- Domestic Violence
- Military Actions (Blast Injury)

NON-TRAUMATIC BRAIN INJURY CAUSES

- Stroke (Hemorrhage, Blood Clot)
- Infectious Disease (Meningitis, Encephalitis)
- Seizure
- Electric Shock
- Tumors
- Toxic Exposure
- Metabolic Disorders
- Neurotoxic Poisoning (Carbon Monoxide, Lead Exposure)
- Lack of Oxygen (Drowning, Choking, Hypoxic/Anoxic Injury)
- Drug Overdose

The Brain Injury Alliance of Arizona is a social benefit organization dedicated to creating a better future through brain injury prevention, advocacy, and education.

INFO@BIAAZ.ORG | BIAAZ.ORG



WHAT IS THE BUTTERS FUND?

The Butters Fund is a program of the Brain Injury Alliance that supports pet ownership for survivors of brain injury. Sometimes we are even able to help those who can't have a pet do the right thing!

A recent recipient of the Butters Fund is Cheddar the cat.

Cheddar was abandoned outside this summer when his family moved without him. A nearby neighbor and BIAAZ client knew of his plight and grew worried about his safety as the thermometer rose to 115 degrees. The shelters were full and she knew if she took him in, she would risk losing her housing. For a survivor of brain injury, securing and maintaining safe, affordable housing is a key to continued well-being. The Butters Fund was there to help. We were able to get Cheddar out of the blistering sun, to the vet, and then into a new, loving, (and indoor) home.

YOU CAN HELP!

VOLUNTEER — consider becoming a member of the Butters Fund Committee. For more information, visit <https://www.biaaz.org/help/>

GIVE — Keep a survivor of brain injury and their pet together, support The Butters Fund with a donation today! Visit <https://www.biaaz.org/butters-fund/#give>

For more information AND to meet Butters' Buddies, visit <https://www.biaaz.org/butters-fund>



SAVE the DATE



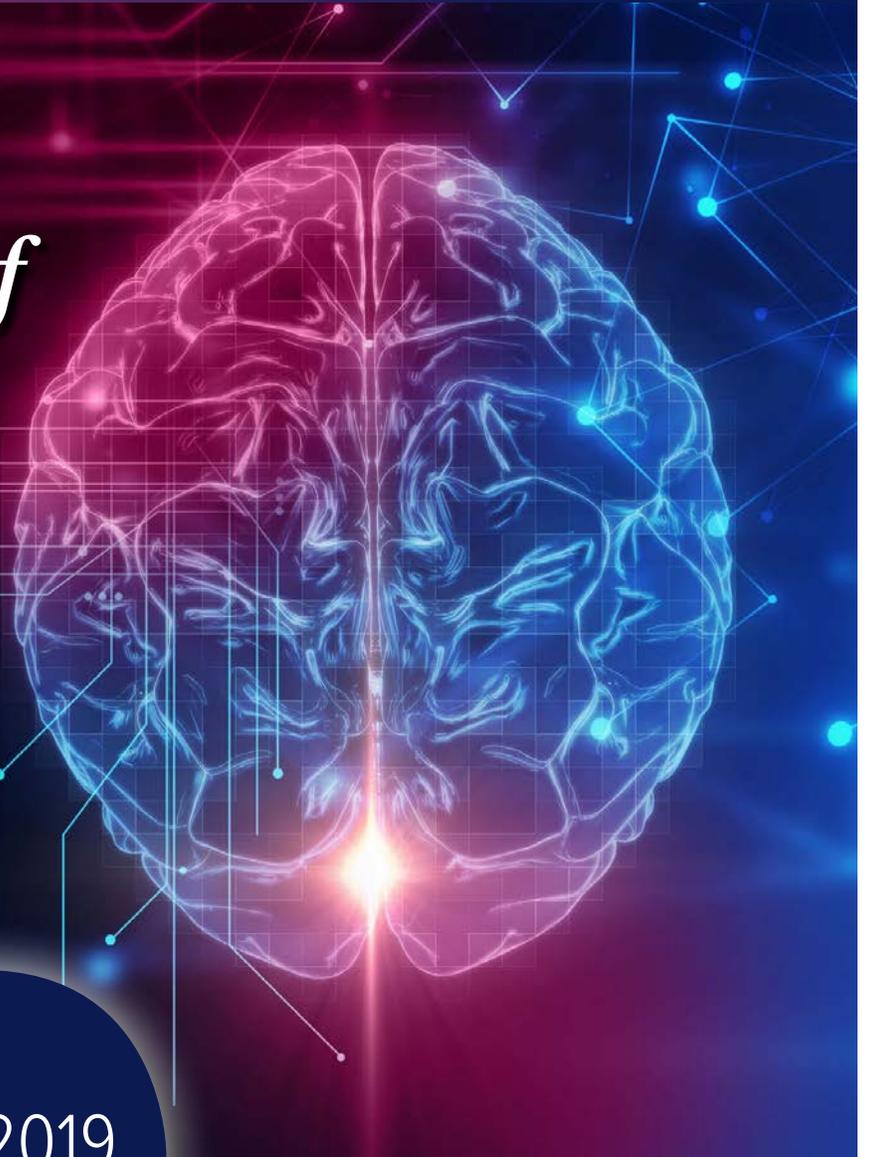
**Brain Injury
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ARIZONA

Making the invisible visible since 1983

THE *Mysteries of* **BRAIN INJURY**

ANNUAL
CONFERENCE for
PROFESSIONALS

TUESDAY
December 10, 2019
Phoenix, Arizona



To register or for more
information, please visit BIAAZ.org

Sponsor
CopperPoint
Insurance Companies

BRAIN INJURY SURVIVOR & SPECIAL NEEDS FREE COMMUNITY SAFETY EVENT

LEARN HOW TO SAFELY INTERACT WITH FIRST RESPONDERS!

At this event teens and young adults living with brain injury, Autism, or a disability will engage with first responders to learn key safety skills through activities, talks, and episodes of Be Safe The Movie.

**RSVP TODAY & GET A FREE
COPY OF BE SAFE THE
MOVIE WHEN YOU ATTEND!**

**November 23, 2019
12 p.m.-3 p.m.**

12:00-12:30 Registration & Lunch with Officers
12:30-2:00 Be Safe Training for Those Living with a Disability
2:00-3:00 Interactive Discussion on Family Planning: When to Call 911 & What Happens Next
Location: Ability 360 Campus
5025 East Washington, Phoenix
Nina Mason Pulliam Conference Center

Brought to you by:



SPECIAL THANKS TO:

**Adam Pepiton
Tara Pepiton
Detective Sabrina Taylor
&
Carrie Collins-Fadell,
Be Safe Certified Trainer**

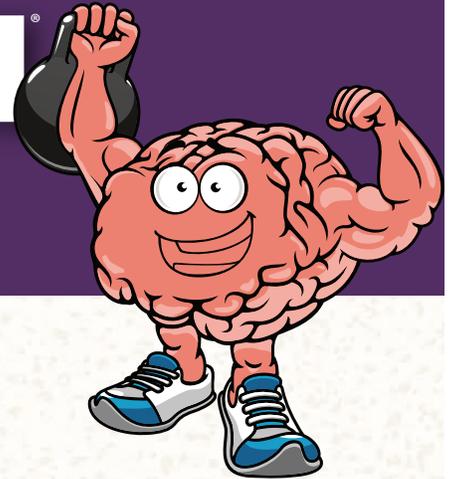
This event is free and open to the public. Registration is required. Please RSVP online at BIAAZ.org

Lunch will be provided including vegetarian fare. Those who have other food preferences or restrictions are welcome to bring their own.

Please contact Carrie with any questions at Carrie@biaaz.org or call/text 520-310-3301



BRAIN GYM[®] PHOENIX!



**Brain Injury
Alliance**
ARIZONA

Get Your Brain In Shape!

Brain Gym[®] may help optimize brain performance

Brain Gym[®] is based on a series of 26 movements designed to promote a more efficient mind-body connection. Brain Gym[®] exercises have been effective in improving the following areas:

- Concentration and Focus
- Memory
- Academics: Reading, Writing, Math
- Physical Coordination
- Organization Skills
- Attitude

*Call Brain Injury Alliance of Arizona for more information,
(602) 508-8024. Individual results may vary.*

**Please join us for a class
and see what Brain Gym[®] can do for you!**

Ability360 Sports & Fitness Center
5031 E. Washington Street
Phoenix, AZ 85034

All classes are held in the Group Fitness Room on 2nd Floor
YOU MUST BRING YOUR OWN WATER BOTTLE TO PARTICIPATE!

2019 CLASS SCHEDULE

January 15	5:45 pm
February 6	1:00 pm
February 19	5:45 pm
March 6	1:00 pm
March 19	5:45 pm
April 3	1:00 pm
April 16	5:45 pm
May 1	1:00 pm
May 21	5:45 pm
June 5	1:00 pm
July 3	1:00 pm
September 4	1:00 pm
October 2	1:00 pm
October 15	5:45 pm
November 6	1:00 pm
November 19	5:45 pm
December 4	1:00 pm
December 17	5:45 pm



Brain Injury Alliance of Arizona • 5025 E. Washington Street • Phoenix, AZ 85034 • 602.508.8024 • BIAAZ.org



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BRAIN GYM[®] TUCSON!

Get Your Brain In Shape!

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2019 CLASS SCHEDULE

SESSION 1

July 11	2:30-3:30pm
July 18	2:30-3:30pm
July 25	2:30-3:30pm
September 5	2:30-3:30pm
September 12	2:30-3:30pm
September 19	2:30-3:30pm

LOCATION: Encompass Health Rehabilitation Institute of Tucson, 2650 N. Wyatt Drive

SESSION 2

October 1	11:30am-12:30pm
October 8	11:30am-12:30pm
October 15	11:30am-12:30pm
October 22	11:30am-12:30pm
October 29	11:30am-12:30pm
November 5	11:30am-12:30pm

LOCATION: Encompass Health Rehabilitation Hospital of Northwest Tucson, 1921 W. Hospital Drive



Central Tucson • Northwest Tucson

These classes are free and open to the public. They are designed with survivors and caregivers of all types of brain injury and all ability levels in mind. To participate, please wear comfortable clothing, tennis shoes, and bring your own water bottle. To participate you must sign a liability waiver and follow the instructor's instructions.

Brain Injury Alliance of Arizona • 5025 E. Washington Street • Phoenix, AZ 85034 • 602.508.8024 • BIAAZ.org

BRAIN INJURY ALLIANCE 101

Meet the Brain Injury Alliance of Arizona



The Brain Injury Alliance of Arizona invites you to learn about the Alliance. We will explore our comprehensive services, the impact and magnitude of brain injury in Arizona, and how we can work together to get information, resources and education out to those who have been affected by brain injury.

JUNE 11

11:30 am - 1:00 pm

SEPTEMBER 19

10:00 - 11:30 am

DECEMBER 6

11:30 am - 1:00 pm

HELD AT

Ability 360
5025 E Washington St
Classroom A
Phoenix, AZ 85034

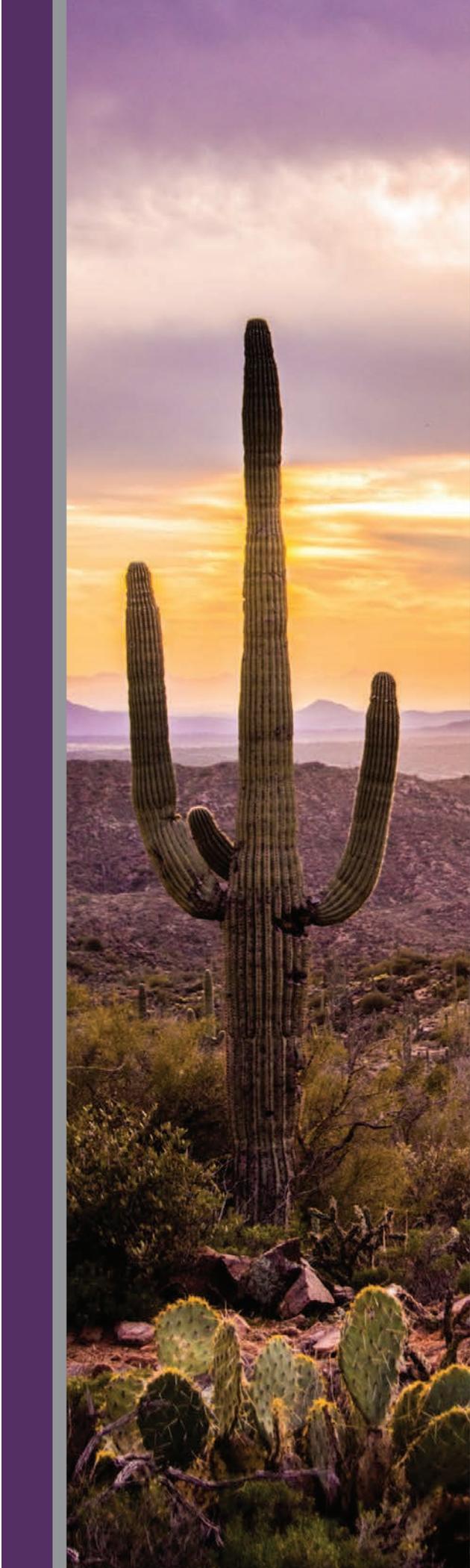
**EVENT IS FREE AND
OPEN TO THE PUBLIC**



**Brain Injury
Alliance**
ARIZONA

REGISTRATION IS REQUIRED

Please call 888-500-9165 or log in to
<https://2019biaaz101.com>



**Do you have questions
about brain injury
after an accident,
illness, or injury?**

*We are here to answer your
questions about stroke,
concussion, traumatic brain
injury, brain tumors,
brain bleeds, and more.*

**Call today—our services
are complimentary.**

Brain Injury Alliance of Arizona provides resource facilitation services, referrals, and survivor and family empowerment activities. We serve individuals, family members, and professionals who are dealing with any type of brain injury.



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Making the invisible visible since 1983

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EVERLASTING
Community Services
Brain Injury Assisted Living Homes

TRAUMATIC BRAIN INJURY SUPPORT FOR YOU AND YOUR LOVED ONE



OUR PHILOSOPHY

Respecting the dignity and well-being of our residents is the Everlasting principle. Our residents always come first and will always be treated with love, respect and dignity.



OUR MISSION

Our mission and goal has always been and will continue to be:

Providing quality health care to TBI residents in a warm home setting, structured around personal daily rehabilitation and 24/7 supervision.



Our warm, comfortable environment allows residents to feel like they're "living at home," versus a large, institutional facility. Our societal reintegration program offers outings to museums, restaurants, shopping, a fitness center, and an annual summer camp, as well as volunteer opportunities.

Our homes are conveniently located throughout the valley in Glendale, Phoenix, and Mesa. Contact us for details about how you or a loved one can become a member of our exceptional assisted living community.

SERVICES

- ◆ Trained staff on-site 24 hours
- ◆ Tailored activity/rehab programs
- ◆ Enrichment Day Program
- ◆ Controlled secure access to building
- ◆ Fire sprinkler system
- ◆ Emergency call response 24-hours
- ◆ Health monitoring
- ◆ Delicious, well-balanced meals

SUPPORT

- ◆ Mental & physical disabilities
- ◆ Short-term memory loss
- ◆ Cognitive functioning
- ◆ Scholastic skills
- ◆ Tremors and seizures
- ◆ Vision problems
- ◆ Speech impairment
- ◆ Deficit in judgment

STAFF

- ◆ 24-hours a day; 7 days a week
- ◆ Qualified, licensed & motivated
- ◆ Strong, caring & loving attitude
- ◆ Love & care about what they do
- ◆ Continual training and education
- ◆ Bi-lingual (English and Spanish)
- ◆ Cooking skills for special diets
- ◆ Professional attire

For more information or to come by for an interview or inspection, please feel free to contact us.

PHONE

(800) 514-9961 or (602) 388-1749

EMAIL

support@everlastingservices.com

2320 E. Baseline Road, Ste. 148-469
Phoenix, AZ 85042