

Brain Injury Association of Rhode Island

HEADFIRST



March is Brain Injury Awareness Month

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How can we better serve you?

We are in the process of updating the BIARI website. We are looking to include more resources, announcements and archive many of the articles we post on our Facebook page. Please reach out to us if you have any suggestions of materials you would find helpful, or that you think a stranger discovering our site for the first time might find useful.

Email Cynthia@biari.org or phone 401-228-3319.

Every March, the Brain Injury Association of America (BIAA) leads the nation in observing Brain Injury Awareness Month. We are proud that BIARI recommended the theme for the 2021-23 campaign, **More Than My Brain Injury**, to the national committee.

The **More Than My Brain Injury** campaign provides a platform for educating the public about the incidence and prevalence of brain injury as well as the needs of individuals who are injured and their families. It serves as a call to action for everyone, everywhere to join the Brain Injury Association in achieving these important goals:

- *Improve care/support for individuals with brain injury and their families
- *Increase understanding of brain injury as a chronic condition
- *Reduce the stigma associated with having a brain injury
- *Showcase the diversity of injury and the demographics of those injured



Many people living with disabilities have their lives defined for them. The **More Than My Brain Injury** campaign gives individuals a chance to overcome those definitions, allowing them to tell their own stories and change the narrative of their lives. The main message of the campaign is one of empowerment. Secondary messages include reducing stigma and showcasing diversity – in both cause of injury and the person injured. We are inspired by the array of amazing survivors we know – and their determination not to let brain injury define them. If you are willing to publicly share your story please email Cynthia@biari.org.

Be on the look-out for our banner on the Big Blue Bug, articles, letters to the editor, and public service announcements throughout March. Feel free to share your story and suggest friends and family view our website www.BIARI.org to learn more.

RI Brain Injury Week – A cerebral celebration – March 15-20, 2021

Celebrate the wealth of neuroscience in Rhode Island that increases public awareness of the progress and benefits of brain research. BWRI brings scientists, educators, artists, and community members together to discover the mysteries and wonder of the brain. Visit <https://brainweekri.org/> to learn more.

A Note From Our Executive Director

Special Thanks

We were honored to be one of the many local nonprofits receiving a grant from @CVSClassicGolf! Thank you to **CVS Health and the CVS Health Charity Classic** for making our holiday season brighter!

Our First Holiday Auction was a great success thanks to auction items donated

by: Providence Country Day School; Newport & Narragansett Bay Railroad Company; Gather Glass; Newport Classic Car Tours; Redwood Nursery & Garden Shop; Margo Petitti; KG Kitchen Bar; Chef Andy Teixeira; Wicked Tulips Flower Farm; La Gondola Providence; Allen Millora Photography; Blithewold; Walks LLC; Optimum Auto; Gracie's; Twirl the Girl Dance Studios; The Gourmandise School; and New England Sailing Center.

Marasco and Nesselbush

has joined with BIARI as a **2021 Gold Partner**. Thanks to the support of the law firm, BIARI will be able to support additional programming throughout the year.

Rob Levine and Associates

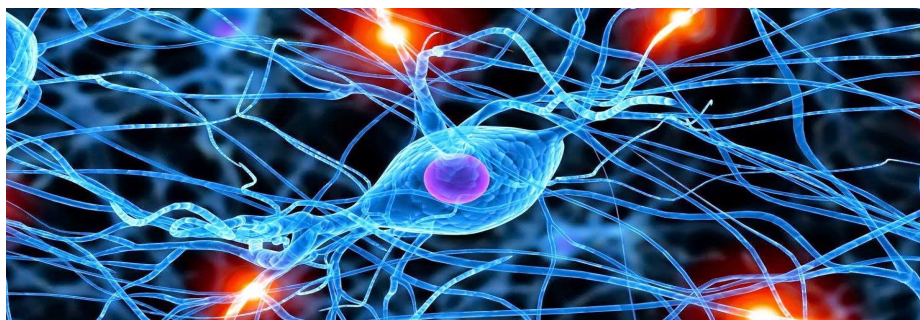
provided Thanksgiving bags to Brain Injury Association of Rhode Island clients and family members who were in need of some assistance this year. Rob and staff personally delivered turkeys and fixings ensuring families were able to celebrate.

Dear Members:

I hope you all were able to celebrate the New Year in a meaningful way. I know that Neil and I are optimistic that this year will provide more normalcy as more vaccines become available to the public. In the meantime, I continue to count my blessings and savor the opportunity to stay connected to friends and family, even if done virtually. I have a meaningful job, and hopefully make a difference in the lives of the individuals and families served by BIARI.

Our staff continues to find ways to provide the services and supports our clients need. Virtual support groups help provide continuity, and our resource library is available by telephone or in-person by appointment. Thanks to funding from the Department of Health for a pilot program, we are excited to have Colleen McCarthy join us as a part-time Case Manager. This addition will allow BIARI to better assist survivors in finding the most appropriate program placements. We look forward to celebrating better days in the future. In the meantime, please stay safe!

Debra Sharpe



Annual Statewide Brain Injury Educational Conference

In honor of our 20th Educational Conference, this year BIARI will be offering a series of virtual individual classes. Check our website for more information.

April 23 - Noon - 1:00 P.M. 1 CEU

"Ethics and Evidence: Hard Hats and Hard Choices"

May 7, 2021 - 11:00 A.M. - noon. 1 CEU

"Growing Resilience in Ambiguous Loss"

*May 17th - 1:00 P.M. - 2:15 P.M. 1CEU

"Interdisciplinary Approach to the Management of Acute Concussions "

June 4- Noon - 1:00 P.M. 1 CEU

"Covid 19 - Neurocognitive and Psychological Effects"

*June 9 - 3:30 - 4:45 P.M. 1 CEU

"The Rhode Island REAP Manual: A Concussion Management Program for Students "

October 20 - Noon - 1:00 P.M. 1CEU

"Who's the Victim: Management of TBI in MVA"

Sessions are \$20 each or the entire series for \$100.

*Please note school nurses can view these 2 sessions for free and pay \$10 each if they wish to receive the CEU's. Attendance is underwritten by the RI Department of Health.

BIARI Honored

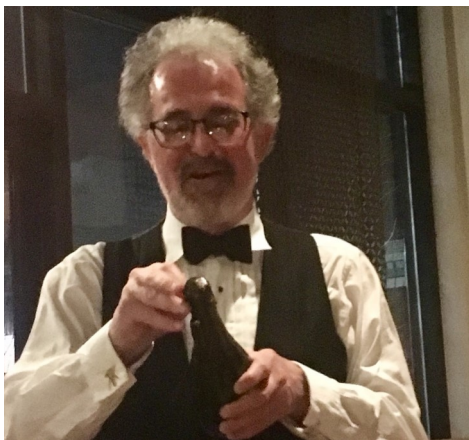
The Brain Injury Association of America honored the Rhode Island affiliate with the **2020 Award of Excellence for Programs and Services**. Congratulations to Doreen Grasso for her hard work. Partnering with the RI Department of Health, Doreen (left) created a webinar and reference materials for schools to use for concussion education, prevention and protocols. The **REAP manual**, (**R**emove/**R**educe; **E**ducate; **A**ddress/**A**ccommodate; **P**ace) personalized for RI, is available to school nurses, coaches, athletic directors, and guidance counselors and is used for developing Concussion Manage-



Upcoming Events

401 Gives – Watch for information on this vital funding initiative

Whisky Tasting - exclusive whisky tasting in November. Check www.BIARI.org for details.



Hidden Treasure Gala: Thursday October 7. After a one year hiatus we are excited to bring back this event. Top chefs and vintners will once again provide tastings at the beautiful Providence Art Club. Look forward to our exclusive auction items!



Virtual Support Groups are Beneficial

Our support groups allow persons with brain injury and family members to meet with others in similar situations and gain invaluable emotional support and friendships. The groups also provide vital opportunity to share information and resources. Additionally, speakers visit to discuss a variety of brain injury topics and attendees learn of education opportunities within the region. While our traditional in-person groups are still on hold, we continue to have a virtual meeting on Tuesday morning at 10a.m. and Friday evening at 7:00p.m.

Join Zoom Meeting <https://zoom.us/j/93510096512?pwd=cXpCSk9ObnNvdUQ3Y2h6cSs1ZTFKdz09>

Check our website www.BIARI.org for updates.

**DAVID BODAH**

Welcome

**DAVID PETROCELLI**

The backbone of every non-profit is a strong involved board of directors. Welcome to David Bodah and David Petrocelli. Both joined the board in February. David Bodah is the Executive Director of the Rhode Island Assisted Living Association and has executive experience with several large nonprofits including the ALS Association and the American Heart Association. He brings to the board an extensive leadership background in nonprofit management. David Petrocelli is the Director of Practice and Business Development at Sparadeo & Associates, a neuropsychology medical group in West Warwick. He is a graduate of the University of Rhode Island and has a Master of Arts in Clinical Psychology from the University of Massachusetts. In 2020 he graduated from the Goldman Sachs Small Business Program at Babson College.

These individuals have pledged to serve on the BIARI board for the next three years. Board members oversee the executive director, development budgets and financial goals, serve as ambassadors in the community, help the agency make connections and raise the funds necessary for operations. Often a board includes individuals who have direct understanding or live with the cause the agency serves.

At this time we would like to thank Allendre McGovern-Siembab, Mathew Dias, and Manuela Raposa for completing their board service. We wish our outgoing members the best and hope they continue to attend events and spread the word about the important work BIARI accomplishes.

Each board member brings a unique viewpoint and connection to our cause. They give time and treasure by donating money and a great amount of time and energy. BIARI is always looking for dedicated individuals to serve on the board. Not ready to dive in that deeply? Consider joining a committee or volunteering.

REMINDER... Memberships run from January to January.

Visit our website www.BIARI.org to renew your membership. Perks include:

- ♦ Unlimited access to BIARI's Resource Center and Resource Guide
- ♦ Support groups and education and awareness programs
- ♦ Subscription to the Brain Injury Association of America's quarterly magazine, *The Challenge!*
- ♦ Brain Injury membership card and a decal
- ♦ Newsletters, informational mailings and member appreciation events
- ♦ FREE enrollment in yoga classes designed specifically with brain injury survivors needs in mind

Discount admission to our Annual Statewide Brain Injury Conference and educational events



Back By Popular Demand:

"Prove You Are a Brainiac" virtual trivia event

7-8:30 P.M. Thursday April 22

Teams of 4 or 5 Entrance fee \$200 per team

Check our website at www.BIARI.org for details.

PROVE YOU ARE
A BRAINIAC

