

Spring 2021

STRIDES

QUARTERLY NEWSLETTER FOR THE BRAIN INJURY ALLIANCE OF
MONTANA



INSIDE:

Brain Injury Awareness Month

How to get involved in prevention, advocacy, and support

Big Sky Challenge 2021

Get ready to hike!



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MISSION:

"To create a better future for those impacted by brain injury through awareness, support, advocacy, community engagement, and prevention."

Volunteer:

For volunteer opportunities, reach out to us at info@biamt.org or visit our website at biamt.org

Information published in **Strides** is for information purposes only and should not be considered as professional advice.

Donate:

Visit our website at www.biamt.org/donate or mail checks to the address listed below.

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VISION

"A world where all preventable brain injuries are prevented, all unpreventable brain injuries are minimized, and all individuals who have experienced brain injury maximize their quality of life."



**Brain Injury
Alliance**

M O N T A N A

Associate Member of the United States Brain Injury Alliance

Welcome back!

After a lapse in publication, *Strides* is back in circulation!

In a Covid-19 world, staying connected and informed is more important than ever. We are reviving our newsletter to keep you 'in the know' about all things related to our work in advocacy and prevention. We hope to expand the circulation of *Strides* in the coming months. If you would like a physical copy delivered to your home, or a virtual copy in your inbox, email Sarah, our Outreach Coordinator, at sarah@biamt.org with your email or mailing address, and we will send all future issues your way.

By the time this issue is in your hands, the world will be different. Covid-19 has changed our world in unexpected and unprecedented ways. This makes our collective work more important than ever. As our communities evaluate, mitigate, and rise to meet the challenges of the pandemic, we want you to know that we stand with you as a source of information and advocacy. With that being said, we always welcome your support with open arms. Financial contributions are always appreciated, but there are also many other ways to assist in our work. We are currently seeking volunteers for our summer fundraiser hike in Missoula. If you have a skill that you think would be of service, whether it be photography, writing, fundraising, or anything in between, contact us to see how you can get involved!

Most importantly, we are here to help YOU! If you are in need of assistance, call or email us. We are always happy to help. Follow us on Facebook and Instagram to stay up-to-date on BIAMT's work. We are thrilled to connect with you and we look forward to all of the challenges and opportunities that 2021 has to offer! We are excited to have you on board!

- The Brain Injury Alliance of Montana

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Resource Spotlight

Disability Rights Montana

For survivors of brain injury and their families and caregivers, navigating the workforce, healthcare and everyday life requires grit and creativity. Survivors should never face further roadblocks when readjusting to their lives, especially when these roadblocks are in violation of their human, civil or legal rights.

Disability Rights Montana (DRM) aims to protect and advocate for all Montanans with disabilities while advancing dignity, equality, and self-determination. As the federally-mandated civil rights protection and advocacy service for Montana, Disability Rights Montana has the legal authority to represent almost any Montanan with a disability who is experiencing discrimination, abuse, or any violation of their human or civil rights.

Services and Resources offered by DRM:

- *Information and Referrals*: Provides information and referrals for disability-related issues.
- *Self-Advocacy and Education*: Assists clients by providing them with information, trainings, and resources to empower and inspire self-advocacy.
- *Legal Representation and Legislative Advocacy*: Provides services spanning negotiation and research to litigation and class action lawsuits.
- *System Advocacy*: Works to improve systems that are used by people with disabilities in areas like healthcare, transportation and education.

Contact:

Website: disabilityrightsmt.org

Email: Advocate@DisabilityRightsMT.org

Phone: 406-449-2344



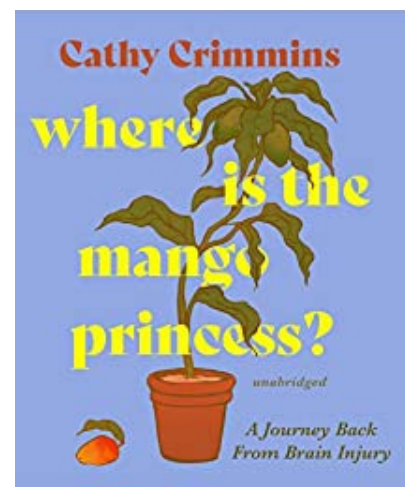
Book Spotlight

Where is the Mango Princess?

By Cathy Crimmins

Cathy Crimmins recounts the aftermath of her husband's devastating boating accident, which left him with severe damage to his frontal lobe. Assuming the role of his caregiver, Crimmins navigates her family's "new normal" and her

own journey as she comes to terms with her husband's changing personality and needs. Poignant, compassionate, and told with grace and humor, Crimmins' work offers a glimpse into the mysteries of personality, relationships and the brain. This book explores the very nature of personality - and the puzzling complexities of the heart.



Brain Injury Awareness Month

Join us in advocacy and prevention

Each year, March is dedicated to the prevention of brain injury through education and awareness, as well as the recognition and support of those impacted by brain injury.

Although we are practicing social distancing during the Covid-19 pandemic, there are still several ways to get involved during Brain Injury Awareness Month. Whether you have been personally impacted by brain injury, or are working to prevent brain injury in your community, every contribution to the prevention and recognition of brain injury undoubtedly makes a difference. Below, find some ideas on how to get involved this Brain Injury Awareness Month:

Speak Up, Speak Out:

If you have been personally impacted by any form of brain injury, share your story with those close to you, or on social media or with your local brain injury support group if you feel comfortable. If there are areas in your community that could be improved upon to better accommodate those with brain injury or related conditions, speak out! Write letters to your local paper, attend virtual city council meetings, or contact local senators and representatives.

Aid in Prevention:

Make sure that your family is as safe as possible in motor vehicles and with their



sports and recreation. Ensure that your family and friends have access to safe, well-fitting helmets for biking and snow sports. For older family members, and those with balance and mobility issues, discuss fall-prevention strategies such as railings and mobility plans. Talk to your friends and loved ones about safe driving practices, as automobile accidents are the second leading cause of brain injury in the United States, behind falls. Reach out to us if you need help affording helmets for your family, or need recommendations for resources in your local area.

Volunteer:

We are always looking for enthusiastic and passionate volunteers to join us in our work! If you have a background in finance or healthcare, reach out to us to find out about serving on our board of directors. We are also looking for volunteers for our annual summer fundraiser, the Big Sky Challenge. If you would like to join the Big Sky Challenge planning and coordination committee, visit our website, send us email, or give us a call.

Donate:

Financial support allows statewide and local non-profits to expand and diversify their

Brain Injury Awareness Month, Cont.

available programs and services. Your donations help us maintain our Brain Injury Help Line, web resources, and virtual services and support groups, as well as directly contributing to the financial well-being of those living with brain injury.

Know the Facts:

Brain injury can happen to anyone at any time, no matter their age or demographic.

According to the Centers for Disease Control and Prevention:

- 150 Americans die every day due to TBI-related injuries and complications.
- 2.8 million Americans sustain a brain injury each year.
- 5.3 million Americans currently have a long-term or lifelong need for help to perform activities of daily living as a result of TBI.
- 300,000 sport and recreation-related concussions are diagnosed nationwide each year with a possible seven times more going undiagnosed.
- Young children, teenagers and seniors are most likely to sustain a TBI.

Education and awareness are two key cornerstones in the prevention of brain injury. This month, take the time to talk to your friends and loved ones about how brain injury occurs and discuss strategies for prevention. We thank you for your continued involvement and support!

Challenge Your Brain

Puzzle #1

	7		3	4			5
				6			
1				8		9	
		3	5			1	2
6					1		
2	8	4					6
4						6	
	5			7	8		3
			2				

Puzzle #2

		9			3	2		1
7							4	
			9		2		6	
6	4			2				5
						6		
		2		5	9			8
			1				5	
3							7	
4		5	3	7		9		

Save the Date!

Big Sky Challenge 2021

July 11, 2021 / Missoula Snowbowl

As our largest fundraiser of the year, the Big Sky Challenge unites folks in exploring the great outdoors and supporting BIAMT's work and mission. Participants can choose from hikes of varying difficulties, or participate virtually. The 2021 Big Sky Challenge will be held on July 11th. To register for this year's challenge, visit our website. This even is open to people of all levels of fitness and mobility. We will see you on the mountain!



Summer Helmet Giveaway

June 20, 2021 @ 4pm / Centene Stadium, Great Falls

We are excited to announce our first helmet giveaway of summer 2021. Join us at the Great Falls Voyager's game at Centene Stadium on June 20th at 4pm to receive a free helmet for your child. We love making summers safer for Montana kids!



The only cure for brain injury is prevention. Making sure that your family is equipped with well-fitting and safe helmets for biking is a great way to protect your children's brains. Each year in the United States, 50,000 to 60,000 children are hospitalized with a TBI. Helmets are critical to the prevention of TBIs in children and young adults.



Puzzle Solutions

Puzzle #1

8	7	6	3	4	9	2	5	1
5	3	9	1	6	2	7	8	4
1	2	4	7	8	5	9	3	6
7	4	3	5	9	6	1	2	8
6	9	5	8	2	1	3	4	7
2	1	8	4	3	7	5	6	9
4	8	1	9	5	3	6	7	2
9	5	2	6	7	8	4	1	3
3	6	7	2	1	4	8	9	5

Puzzle #2

5	6	9	7	4	3	2	8	1
7	2	1	5	8	6	3	4	9
8	3	4	9	1	2	5	6	7
6	4	3	8	2	1	7	9	5
9	5	8	4	3	7	6	1	2
1	7	2	6	5	9	4	3	8
2	9	7	1	6	4	8	5	3
3	8	6	2	9	5	1	7	4
4	1	5	3	7	8	9	2	6

Keep in Touch!



Brain Injury Alliance of Montana



@braininjuryallianceofmt

For advertising opportunities and article submissions, email Sarah at sarah@biamt.org or call our office at 406-541-6442. We look forward to hearing from you!

