

HeadSTRONG

The Brain Injury Alliance of Colorado is the go-to resource for help and services for survivors of an injury to the brain, their families, and providers.

Feed Your Body, Feed Your Brain: Nutritional Tips to Speed Recovery

Mary Ann Keatley, PHD, CCC and Laura L. Whittemore, *Brain Injury Hope Foundation*

A healthy diet during the recovery from a brain injury is highly beneficial. Scientists know that deficiencies in certain nutrients and chemicals can cause disruptions in brain functioning and the ability to think clearly. The brain uses calories to function. When someone sustains a brain injury, it is necessary to eat enough nutritional calories to help the brain function efficiently.

Nutritional Tips for Head Injuries

- Eat small meals every three to four hours.
- Keep small baggies of healthy snacks with you during the day to boost your energy, such as nuts, trail mix, apples, cheese, hard-boiled eggs, and energy bars. Ask a member of your family or support group to make these for you and put them in a small cooler to take with you when away from home.
- Balance small meals with a combination of protein, healthy fats and oils, and carbohydrates. Proteins include fish, lean meats, nuts, and eggs. Healthy fats and oils can be found in avocados, seeds, and nuts. Carbohydrates are found in vegetables, fresh fruits, and grains. Avoid eating carbohydrates by themselves if you have blood sugar concerns. Many individuals report that sugar and chocolate increase headaches, so eat sweets sparingly.
- Eat moderately. Do not overeat as it can cause you to feel sleepy.



- Eat by the clock. If your brain/body signals are not working well, set a timer, watch alarm or a mobile phone to alert you that it's time to eat.
- Since weight gain is common following brain injury, this is another reason to stick to a healthy diet.
- Try to eat around the same time every day. The body does best when it is on a routine schedule.

It is very important to eat healthy foods to help the brain function efficiently. Feed your brain with protein snacks throughout the day.

Grocery Shopping and Menu Ideas

Shopping and preparing meals take a lot of energy. The grocery store is a very difficult environment when you have a head injury because of the lights, visual stimulation, and sounds.

- A magnetized notepad posted on the refrigerator is a time saver for writing down the food items to get during your next shopping trip. Photocopy a shopping list that you use regularly and circle the items you need to purchase during your next shopping trip. If you go to the same store each week, plan your list to follow the order of the aisles. For example, fresh foods usually line the walls or periphery of the

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Who We Are

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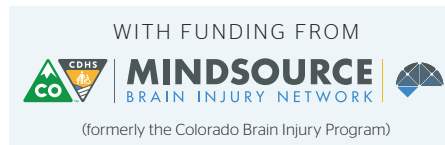
What We Do

Client Programs

- Case Management
- Recreation Programs
- Therapeutic Music and Art Classes
- Emergency Utility Bill Assistance
- Seminars, Classes, and Workshops
- Support Groups
- Online Resource Directory
- Education Support

Professional Programs

- Brain Injury Professional Networks
- Professional Conference
October 26-27, 2017
- Community Outreach and Education



23rd Annual ED REINHARDT • TONY BRUNO Golf Tournament

Brain Injury Alliance of Colorado

The 23rd Ed Reinhardt-Tony Bruno Golf Tournament was held earlier in July under beautiful blue skies. The proceeds from the event have helped send hundreds of survivors of a brain injury to recreation programs in the Colorado backcountry and Front Range. 100% of net proceeds go directly for scholarships for survivors and to the BIAC recreational programs.

Since the first tournament in 1994 the event has raised approximately \$460,000 that is used exclusively for recreation program scholarships. We are so grateful to the Bruno and Reinhardt families for their dedication to BIAC and the survivors we serve.



Other Programs & Fundraisers

- Pikes Peak Challenge Fundraising Event on September 9, 2017
- Public Policy
- Quarterly Newsletters
- Reinhardt/Bruno Golf Tournament



Feed Your Body, Feed Your Brain

(continued from cover)

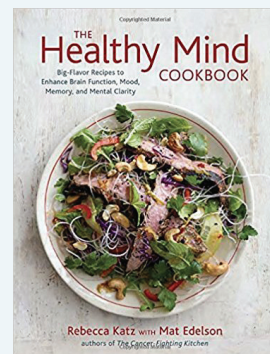
- grocery store, with packaged, canned, and frozen foods in the center aisles. This will help you conserve energy so that you won't have to make trips back and forth across the store.
- If you must go to the grocery store, try to choose a time when it is less crowded and less noisy. In the beginning, enlist the help of neighbors or friends to pick up the items on your shopping list when they are making a trip to the grocery store.
- If you are sensitive to noise and light, wear earplugs or filters and/or tinted glasses when shopping.
- Shop when you are well fed. You will make smarter food choices when you are not starving and your focus and attention will be sharper.
- Develop a list of your favorite fast, easy meal ideas. Keep this posted on your refrigerator or inside a cupboard door for easy access.
- Keep menus simple—avoid recipes with elaborate steps or unusual ingredients that aren't familiar to you.
- When preparing meals, always make extra to store in the refrigerator for the next day or two, or to put in the freezer. Put portions of foods into plastic or glass containers, and cover them with lids or plastic wrap.
- Throw protein foods out after three days in the refrigerator. Always practice safe food handling. Visit FoodSafety.gov for further information.

- After a brain injury some people lose their sense of smell, and it is very important to be alert to the expiration dates on food.

From *Understanding Mild Traumatic Brain Injury: An Insightful Guide to Symptoms, Treatments, and Redefining Recovery* by Mary Ann Keatley, PhD, CCC and Laura L. Whittemore. © 2010 by the Brain Injury Hope Foundation. Used with permission. BrainInjuryHopeFoundation.org.

Want to learn more about nutrition, grocery shopping on a budget, or preparing healthy meals?

- Register for BIAC's upcoming Cooking Matters for Adults! Contact Heather at Heather@BIAColorado.org or 720-907-1455.
- Find 5 recipes to boost brain health at CookingLight.com/Healthy-Living/Brain-Health-Recipes
- Enter for a cookbook giveaway! Like us on Facebook [@braininjurycolorado](https://www.facebook.com/braininjurycolorado) and post a picture of yourself cooking a healthy meal or of your favorite healthy recipe using the hashtag **#cookingwithBIAC**. A winner will be chosen at random on October 2nd.



Resource Highlight

Learn about resources that BIAC Case Managers and other staff find valuable while helping survivors and families.



Colorado Kids Brain Injury Resource Network

Parents can find educational information, upcoming events, and tools for families.

COKidsWithBrainInjury.com

Caregiver Column

One Simple Exercise to Improve the Health of Your Relationship

By Brittany Bell



Relationships are hard. I don't care who you are. No matter what the photos look like on Facebook - relationships are often messy and never perfect.

As humans, we crave connection. I find connection to be one of the most powerful drivers in my life. I am

constantly looking for ways to connect with others - to feel and share in their joy, to understand and soothe their pain. Connection keeps me going. It's the reason I wake up every morning.

On the flip side, disconnection is my kryptonite. It's my most painful state of being.

After my husband's traumatic brain injury, it became increasingly harder for me to stay connected to him. I was mad and sad, and I didn't quite recognize him. So I closed myself off. I stayed present enough to continue to take care of him and our life, but I wasn't connected. I was the furthest thing from it.

As you can imagine, at some point the wall I had put up began to crumble. And when I looked over at my husband,



I saw that we were crumbling too. I knew that I had a choice to make. I was either IN or I was OUT. I had to choose one, and I had to commit to it.

I won't lie - it didn't feel like an easy choice, but I chose to be IN with my husband. I chose love. I chose to stay. And I'm so happy I did. But it's not a choice that I made once. It's a choice I continue to make everyday - a choice that we make together. Every morning we wake up, and we make it a point to choose out loud to each other. Some days we certainly feel OUT, and that's ok. That's life. But we make sure that we recognize it and set an intention to get back to feeling IN.

Good relationships
don't just happen.
They take hard work.
Every. Single. Day.

Love is a choice. It's a choice you have to make everyday. Good relationships don't just happen. They take hard work. Every. Single. Day.

Download the full relationship exercise at
tinyurl.com/SturdyLife ■

Brittany Bell is a certified life coach, passionate about supporting individuals through their wellness journey. Her husband suffered a TBI in November 2013, so she has a special interest in supporting TBI caregivers in their own self-care. You can find her at TheSturdyLife.com.



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ColoradoInjuryLaw.com



A Wildflower Assisted Living and Care Homes offers three locations that provide a life wonderful experience for those with traumatic brain injuries. We have 24 hour on-site staff and are RN owned and operated. We accept private pay, workman's, Medicaid, and long-term care insurance.

AWildflowerAssistedLiving.com | 720-628-9092

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Contact Gavin Attwood, CEO
303-562-3199 or Gavin@BIAColorado.org

Policy Update

SENATE BILL 17-021

Senate Bill 17-021 passed the legislature earlier this year. This bill titled: **Assistance To Released Mentally Ill Offenders** concerned reentry services, specifically housing, for persons with mental illness in the criminal justice system. The bill was co-sponsored by Sen. B. Martinez Humenik(R) and Rep. J. Singer (D).

The bill, that was signed in to law by Governor John Hickenlooper, directs the state to establish a program to provide vouchers and supportive services to individuals with a behavioral or mental health disorder who are being released from the Department of Corrections, the Division of Youth Corrections, or jails.

The program is funded by an appropriation from the marijuana tax cash fund and from money unspent by the Division of Criminal Justice for community corrections programs in the previous fiscal year.

'Having a place to go to upon release is imperative for these individuals to have an opportunity to stabilize and reintegrate into their communities. My clients want to be healthy and find success; minimizing the strain that homelessness puts on them gives them that chance.' Says Jaime Horsfall, BIAC Corrections Program Manager.

A Survivor's Story

Dolores Navarette

On Friday, June 17, 2011, I was rear ended by a drunk driver in an F350 truck travelling over 75 mph. I didn't think I was hurt because I was not bleeding. I went to work the following Monday and turned on my computer and saw all of these pictures pop up on my screen. I didn't know what they were, so I decided to take a week off from work. I had to have a coworker send an email to my manager because I couldn't remember how to do that.

I am a Mortgage Loan Processor and had been in the business for over 16 years at the time of the accident. When I went back to work I started slurring my words come late morning. I had a hard time focusing and staying on task and multitasking seemed impossible. They thought that I was drinking on the job. A manager, who was ex-military and an ex-police officer with a brain injury, came over to me and picked up on my TBI right away. I took a leave of absence from work to deal with my struggles.



I found it difficult to stay awake; even watching TV was too much for me to handle. I was sleeping 20 to 23 hours a day. My doctor said I was having mini comas so my brain and body could heal. I was having speech issues, ringing in my ears, trouble balancing my check book, memory issues, problems with picture word association, hip pain, and basic math issues. Too much stimulation would make me pass out, and my hearing became very sensitive. I couldn't process information when people would talk to me, I couldn't even enjoy going out to eat a meal or shopping, and I struggled to carry on conversations.

I started playing brain games on my computer so I could strengthen basic math and spelling skills and relearn shapes and colors. Then I found "crime seek and find" games that were able to help me with picture word association, problem solving, and memory. I pay my bills in round numbers so I do not have so much to count and get overwhelmed. I play Words with Friends and Word Brain to help me regain my vocabulary and spelling skills as well as teach me strategy. I write everything down so I don't forget and I take my planner everywhere. I have a ZAAZ machine that helps me with my pain so I do not have to take medication.

It took me a year and a half before I was able to return to work full-time. I still have a lot of ailments from my car accident but continue to find ways to overcome and be the best me that I can. Since coming back to work I have been ranking within the top three in my position and will continue to find tools to help me get through each day. I now have a wonderful and supporting husband who continues to teach me and challenge me every day. I start cognitive therapy soon. I have a therapist for my PTSD and she introduced me to BIAC. I just started attending a support group and it is an amazing addition to my continued recovery. ■



Back to School

Returning to school can be an exciting and anxious time for students, parents, and teachers. It is important to remember that change is difficult and there will likely be ups and downs until the new schedule becomes routine again. Here are 3 tips to help calm the nerves to make the transition back to school as stress-free as possible.



1. Talk with teachers.

Meet with your child's teachers to discuss your child's strengths, interests, and challenges. Update them on the progress over the summer and any changes you think will be helpful for the new school year. Also, share strategies that work at home or that teachers have used in the past that are helpful. Based on your child's need, this can be a formal meeting with all the school players (administration, teacher, special education, special service providers, etc.) or informal with just one of your child's teachers.



2. Visit the school prior to the first day.

Ask your teacher if you can visit during the time they are setting up the classroom. For elementary age students, have your child become familiar with their new classroom and potentially where their new seat will be in the classroom. If in middle or high school, try to at least have your child briefly meet their new teachers and know where they may be sitting within the classroom. Remember, teachers often have trainings and tight time frames to get everything set up so also be respectful of their time.



3. Practice the schedule.

If your child is in middle school or high school, take them in a few days prior to school beginning to have them walk through their schedule. Help them become familiar with their locker, if applicable, and practice using their locker combination. If in elementary school, re-familiarize your child with the school rules and routines, locations of rooms they will visit (cafeteria, specials classrooms), where the child will be expected to be on the first day of school to meet their new teacher and where they will go to be picked up at the end of the day.



Brain Injury Research

Recent News and Recent Publications

Yale Cancer Center researchers identified a novel genetic defect that prevents brain tumor cells from repairing damaged DNA. They found that the defect is highly sensitive to an existing FDA-approved drug used to treat ovarian cancer.

More information: <http://news.yale.edu/2017/02/01/yale-scientists-identify-key-defect-brain-tumor-cells>

Actively Recruiting Research Studies

Department of Veteran's Affairs (VA):

The VA is seeking Veterans to participate in a research study to learn more about using a mobile phone application. Participants will answer questionnaires and use a mobile phone application for 3 months.

For more information, please call Lisa Betthausen at 303-399-8020 x5643 or Rachel at x5655.

Upcoming Events and Classes

Music Classes

Every Thursday
10:00 - 11:30am

Brain Injury Alliance of Colorado
1325 S Colorado Blvd, B-300
Denver, CO 80222

Music therapy is the use of music to address non-musical goals. This can vary from using music to improve speech after a stroke, to using music to help children with developmental disabilities reach their developmental milestones.

Board Certified Music Therapists manipulate the elements of music to facilitate therapeutic change. Our job is to know how the various elements of music function and impact humans on a neurobiological level, and what behavioral changes to look for. Each person has a unique response to music, and it takes a skilled professional to utilize that relationship for therapeutic change.

You will experience exciting ways to work on functional goals in a relaxed and social environment through music. You will engage in sustained, selective, and divided attention exercises through playing instruments and listening to live music.



Art Classes

Every 2nd & 4th Tuesday of the month
10:00 - 11:30am

Brain Injury Alliance of Colorado
1325 S Colorado Blvd, B-300
Denver, CO 80222

Registration is required
Contact Heather Walker
Heather@BIAColorado.org
720-907-1455

Cooking Matters for Adults

Every Wednesday from
9/6/17 - 10/11/17
11:30 am - 1:30 pm

Brain Injury Alliance of Colorado
1325 S Colorado Blvd, B-300
Denver, CO 80222

A free 6-week course teaching adults how to prepare and shop for healthy, low-cost meals. To graduate the class, you must attend 4 out of the 6 class sessions.

Course topics include:

- Identifying healthy food options and portion sizes
- Food safety and hands-on food preparation
- Reading food labels
- Preparing quick and easy healthy snacks
- Menu planning and smart shopping

Registration is required
Contact Heather Walker
Heather@BIAColorado.org
720-907-1455

The Mindful Brain

Every 1st and 3rd Tuesday in Oct and Nov, 10:00 am - 11:30 am

Brain Injury Alliance of Colorado
1325 S Colorado Blvd, B-300
Denver, CO 80222

Learn how mindfulness can help promote wellness in body and mind and help cope with the challenges of living with a brain injury or concussion.

Registration is required
Contact Heather Walker
Heather@BIAColorado.org
720-907-1455

Recreation Programs & Social Activities

Creative Minds Multi-Day Program
September 8 - September 11, 2017

Cooking, hiking, field trips, poetry, painting, movement, karaoke, laughter, dancing and socializing. Program staffed by volunteers, RN, and Breckenridge Outdoor Education Center (BOEC) experienced staff/instructors and interns.

Paddle Sports Day Program
September 5, 2017
4:00 - 6:00 pm

Meet at 3:15 pm at Sports Authority Field at Mile High (Lot J). Transportation provided to and from Bear Creek Park (near Morrison).

You will safely experience fully accessible outrigger canoeing, kayaking or both through the direction of the capable staff from the National Sports Center for the Disabled (NSCD). Together we will working on our balance, fitness, laugh a lot, maybe get a little wet and enjoy a tasty meal.

Brain Injury Professional Networking (BIPN) Meetings

The Brain Injury Professional Networking (BIPN) groups seek to "improve the availability of services and supports for individuals with brain injury, promote the ongoing sustainability of community support systems, and share resources."

Each BIPN group is unique to its geographic region and strives to serve its community/region based upon identified needs.



Boulder-Longmont
Contact Tim Schaaf
Tim@BoulderShelter.org
303-468-4321

Denver
September 1, 2017
October 6, 2017
November 3, 2017
11:45 - 1:00 pm

Brain Injury Alliance of Colorado
1325 S Colorado Blvd, B-300
Denver, CO 80222

Contact Liz Gerdeman
Liz@BIAColorado.org
303-562-3298

Colorado Springs
September 19, 2017
October 17, 2017
November 21, 2017
11:30 am - 2:00 pm

Health South Rehab Hospital
325 Parkside Drive
Colorado Springs, CO 80910

Contact Carol Roche, MA, CBIS
Carol.SupportForSuccess@gmail.com
719-330-3624

or Contact Carol Cochran, CBIS
Carol@BIAColorado.org

Northern Colorado

November 6, 2017

2:30 - 4:30 pm

Northern Colorado Rehab Hospital
4401 Union St.
Johnstown, CO 80534

Contact Sarah Beetch
Sarah.S.Beetch@ColoState.edu
970-491-3733

Western Slope

Contact Jeny Knight at JenyK@htop.org

Statewide Pediatric BIPN

September 29, 2017

Rocky Mountain Hospital for Children

Contact Liz Gerdeman
Liz@BIAColorado.org
303-562-3298

Coming Soon to BIAC...

 Financial Health

 Brain Injury 101

 Yoga

33RD ANNUAL BRAIN INJURY ALLIANCE OF COLORADO CONFERENCE

Innovative Approaches in the Treatment of Brain Injury

More information to come at
BIACOLORADO.ORG

For additional information, contact
Tina Ziwak at 303-355-9969
or Tina@BIAColorado.org

OCTOBER 26-27, 2017

University of Denver Driscoll Center | Denver, Colorado

Continuing education
credits will be available.

Staff in the Spotlight



Denice Enriquez, *In-person Case Manager*

Describe your role at BIAC.

I am an In-Person Case Manager for the Denver Metro Area. In addition, I am fluent in Spanish and work with our Spanish speaking clients. I visit with people in the community, mostly

in their homes, and help our clients with their varied and unique goals.

What three traits define you?

Open-minded skeptic, Humor, Outgoing

What has surprised you most about working at BIAC?

What's surprised me the most about working at BIAC are the many therapy and companion animals that I meet. They are all so patient and sweet. It makes my day to have the opportunity to interact with them.

What is your favorite thing to do outside of the office?

I like to craft and make jewelry. I also love to spend time with my feisty Chihuahua, watch Sci-Fi & Independent movies, swim, and spend time with my family and friends.

Small gifts can
make a **BIG** impact!

YES! I want to support Brain Injury Alliance of Colorado
by donating \$ _____

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☐ One Time ☐ Monthly
☐ Please find my enclosed check

Name as it appears on card

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City State Zip

Signature

Credit Card Number

Expiration CCV

Mail completed form to Brain Injury Alliance of Colorado
1325 South Colorado Boulevard, Suite B-300, Denver, CO 80222

Brain Injury Alliance of Colorado is a 501(c)(3) organization.
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BIAColorado.org

Have Fish (Oil) On the Brain?

The treatment of traumatic brain injury (TBI) is still a clinical challenge. Studies so far have failed to identify an effective treatment strategy when a combination of neuroprotection, neuroinflammation, and neuroregeneration is needed (Taylor & Francis, 2016). But according to emerging science and clinical experience, aggressive intake of omega-3 fatty acids seems to be beneficial for TBI, concussion, and post-concussion syndrome patients (Taylor & Francis, 2016). These findings support the idea that treatment including omega-3 fatty acids represents a promising therapeutic approach for neurotrauma. This can also translate to the emergency care arena considering the well-documented safety and tolerability of these compounds (Michael-Titus, 2009). It's understood that an optimal nutrition foundation must be in place if the brain is to be given the best opportunity to repair itself. Administration earlier in the course of treatment, even in the Emergency Department setting, has the potential to improve outcomes from this potentially devastating public health problem (Lewis, Ghassemi, & Hibbeln, 2012).

According to the Centers for Disease Control and Prevention, some 2.8 million traumatic brain injuries occur in the United States each year, making the prospect of utilizing fish oil very exciting. It's inexpensive, and its side effects are virtually all beneficial (Mercola, 2014). There

is no downside to providing optimal levels of nutrition in order to give a patient the best opportunity to regain as much function as possible following a TBI (Taylor & Francis, 2016). With evidence of unsurpassed safety and tolerability, omega-3 fatty acids should be considered mainstream and conventional medicine (Lewis, 2016).

Increasing omega-3 fatty acids intake can be accomplished through supplements, as well as foods directly. Dietary sources include: vegetable oils (corn, sunflower, soybean, etc.) meats, eggs, flaxseed oil, canola oil, walnuts, fish, and fish oils (Omega-3 Institute, 2015). A favored recommendation for a source of high-quality omega-3 fatty acids is krill oil. The omega-3 in krill is attached to phospholipids that increase its absorption, which means you need less of it, and it won't cause belching or burping like many other fish oil products (Mercola, 2014).

While further research is needed to establish the true advantage to using omega-3 fatty acids, experience suggests that benefits may be possible from aggressively adding substantial amounts of omega-3 fatty acids to optimize the nutritional foundation of severe TBI patients (Lewis, Ghassemi, Hibbeln, 2012). ■

** Consult with your doctor about what supplements might be right for you.*



References

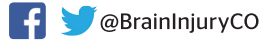
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Brain Injury Alliance

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