

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.

A Survivor's Story

Brittin Lane



Four years ago, I survived a severe longboarding accident suffering a traumatic brain injury (TBI). I blacked out on impact and woke up with short term memory loss and confusion, and had damage to my neck, ribs, head, and shoulders. A full year passed before any symptoms appeared, but within a few days, I went from a healthy, outgoing teenager

to spending all my days almost completely housebound. I only left the house for physical therapy and countless doctor appointments. Vertigo became the most debilitating symptom, causing me to experience daily motion sickness even when I was sitting completely still. I endured migraines, memory problems, cognitive issues, dizziness, nausea, fatigue, depth perception issues, insomnia, anxiety, mood changes, and more. It was 8 months of experiencing these symptoms daily before I was finally diagnosed with a TBI.

Shortly after, I began writing and creating my own music. It became an emotional outlet where I could find a sense of purpose and fulfillment in this new, difficult chapter of my life. Creating art gave me a new sense of hope and happiness that had been all but lost for many months. I released my first self-made EP, "The Letter," a 5-track project recorded in my bedroom. I have since gained over 17 million Spotify streams, over 100,000 monthly listeners, and I continue to create music and share my personal story on my YouTube channel that is approaching 24,000 subscribers.

In October of 2019, I was diagnosed with two chronic illnesses known as POTS (Postural Orthostatic Tachycardia Syndrome) and Dysautonomia - a dysfunction of the autonomic nervous system - both illnesses a result of my TBI. While it's been a daily uphill battle, I haven't let it stop me from doing what I love - writing music and creating

art. I'm still in physical therapy and have multiple medical appointments each month. While I continue to experience unpredictable flare-ups from this invisible injury and invisible illness, I have never been happier or more grateful that I get to do what I love every day.

Now at the age of 20, I am releasing my first full-length album *Lonely Neighborhood*. All 14 tracks are very honest, personal, and relatable. Recorded over 14 months, each song was created from scratch in my bedroom, just like the first EP, with the incredible assistance of talented producers Malte Wegmann and Daniel Lamb. *Lonely Neighborhood* was released on March 20th, 2020 on all digital platforms and is an artistic experience like none other as I attempt to draw you into my ethereal inner world full of beauty, hope, and nostalgia. ■



"Creating art gave me a new sense of hope and happiness..."

Upcoming Classes and Events

Classes and Workshops

Due to concerns surrounding COVID-19, all classes and workshops are cancelled until further notice. Please check our website BIAColorado.org for updates and virtual class options.

For questions, contact Michael at Michael@BIAColorado.org or 720-907-1455.

Unless otherwise noted, classes and workshops are held at BIAC's Denver office at 1325 S. Colorado Blvd, B-300, Denver, CO 80222.



Art Classes – Denver

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

Art Classes – Colo. Spgs.

Every 2nd and 4th Tuesday
of the month through June
1:30 – 3:00pm

Encompass Health
325 S. Parkside Dr.
Colorado Springs, CO 80910

Grief & Loss Group

Every 2nd Wednesday of the
month through June
1:30 – 3:00pm

Music Therapy

Every 2nd and 4th Thursday
of the month through June
10:15 – 11:15am

Music Therapy – Colorado Springs

Every 1st and 3rd Friday of the
month through June
2:30 – 3:30 pm

Encompass Health
325 S. Parkside Dr.
Colorado Springs, CO 80910

The Mindful Brain

Every 1st Tuesday of the month
through June
10:00 – 11:15am

The Mindful Brain – Arvada

2nd Thursday of the month
through June
10:30 – 11:45 am

Arvada United Methodist Church
6750 Carr St.
Arvada, CO 80004

Recreation Programs & Social Activities

We are still planning to hold the Challenge by Choice camps in July and August however the June 6-12 camp has been cancelled due to COVID-19 concerns.

For registration and questions, contact Michael at Michael@BIAColorado.org or 303-562-0401.

Challenge by Choice

July 11-17, August 1-7 or August 15-21
Cost: \$1,890

River rafting, ropes course, hand cycling, wall climbing, theme dance. Accommodation is at the Scott Griffith Lodge in Breckenridge.

Ruby & Horse Thief Canyons River Excursion

August 31 – September 4
Cost: \$970

Travel by van to Grand Junction and be put into the river at Loma, CO. You will experience team building, rafting, camping on shore, cooking, fishing and swimming.

BIAC Road Trip – A new adventure!

September 16 – 19
Cost: \$1,165

Join BOEC for 3 nights and 4 days cruising through Estes Park with camping, fishing, canoeing/kayaking at Lake Granby, relaxing at Hot Sulphur Springs, and hiking Berthoud Fall Cascades.

Creative Minds

September 11 – 14
Cost: \$990

Enhance your physical and emotional health by exploring cooking, poetry, painting, movement, and much more.

To apply to our Recreation Programs as a participant or volunteer, please visit BIAColorado.org/recreation-programs.

Recreation Programs at BOEC

Written by Claire DiCola, Admissions Director, BOEC



BIAC and the Breckenridge Outdoor Education Center (BOEC) have shared an amazing partnership for over 25 years offering exciting retreats for survivors of an injury to the brain. Throughout the year we offer as many as seven different programs, most of these events are

located in Breckenridge Colorado. Accommodation is at the Scott Griffith Lodge located on the BOEC Program site which is situated on 39 acres of land. Activities during the week include a climbing wall, a high ropes course, low initiatives, white water rafting, canoeing, kayaking, adaptive cycling and much more. The emphasis of these retreats is to empower each participant, encourage independence, and exceed perceived limitations.

The mission of the BOEC is to expand the potential of people with disabilities and special needs through meaningful, educational, and inspiring outdoor experiences. The BOEC began back in 1976 with a staff that consisted of volunteers only, gear that came from their closets, and food that was donated or provided by the clients. Since then, we have expanded to offer experiences in adaptive skiing, outdoor wilderness adventures, and offer a renown internship and volunteer program. ■

What Participants Are Saying

"I explored the unknown and found beauty in everything. Every year I leave camp feeling a new sense of peace and optimism."

- 2019 Creative Minds Participant

"Interacting with my peers as well as the personable and knowledgeable staff was priceless. I am so glad I got to know them all."

- 2019 Ruby & Horse Thief Canyons River Trip Participant



Staff in the Spotlight

Michael Zavala, CTRS, Adaptive Recreation & Activities Coordinator

What is your role at BIAC?

I am the Adaptive Recreation and Activities Coordinator. My role is to coordinate the many recreational programs and classes/workshops we offer. My goal is to aid in providing recreational resources and leisure education services to Coloradans with a brain injury in their pursuit of happiness and independence.

What 3 traits define you?

Adventurous, Hard Working, Ambitious

What is your favorite thing to do outside of work?

Outside of work I enjoy participating in a multitude of outdoor activities, including highlining (slacklining high above the ground), rock climbing, snowboarding/skiing, whitewater paddling, mountain biking and hiking with my dog.



The History of Pikes Peak Challenge

Written by Kenny Hosack, M.A., Craig Hospital, Hiker 28 of 32 years

The Pikes Peak Challenge Fundraising Event was founded on July 4, 1986 as “Walk Through the Clouds” by Dave and Joyce Meurer of Colorado Springs. Dave and Joyce were co-founders of the Colorado Head Injury Foundation (CHIF) which is now the Brain Injury Alliance of Colorado (BIAC). Dave and Joyce were on the CHIF Board of Directors and facilitated the Colorado Springs Support Group for many years.

Dave was also on the National Head Injury Foundation (NHIF) Board of Directors, and the “Walk Through the Clouds” actually began as a national fundraiser. The first year in 1986 was a “pilot” year, with six of us making the summit. The second year expanded to 15 hikers, including some from other states; and by the third year, the number of hikers grew to around 25. By 1991 the event grew to 126 hikers from 26 states. Hiker fundraising proceeds were split between the hikers’ home state, CHIF, and NHIF.

In 1994, the name was changed from “Walk Through the Clouds” to “Pikes Peak Challenge”, the date was changed from July 4th to the second Saturday in September, and it became a solely Colorado event again. The event has grown over the years, in terms of different hikes offered, numbers of hikers, and in the amount of funds raised. It is an extremely well-run and successful event. Last year the PPC had 530 participants and raised \$185,000 for BIAC.

Thank you to Bill Slaughter who was our “trail boss” for most of the past 30 years, and to all the volunteers who help keep us



If you’ve never done it, I would highly recommend. It will change your life!

safe on the mountain each year- El Paso Search and Rescue, Air Force Academy, Ft. Carson, Colorado Springs Utilities, and others. Over the years we have endured extreme heat and sun, rain, snow, wind, and lightning- sometimes all on the same day!

Since 1986 there have been thousands of proud souls who will never forget the experience of braving the 13-mile hike 7,510 ft elevation gain to the Pikes Peak Summit of 14,115 ft! The opportunity for persons with brain injuries, their families, professionals, providers, and sponsors to all hike all together for a common cause makes the PPC especially rewarding experience. ■



First hike 1986, L to R: Mr. Johnson, Kenny Hosack, unknown, Dave Meurer, Eddie Johnson, Sue Kirton

PPC Then & Now

	1986	2019
Participants	6	530
Events Available	1	4
States Represented	1	18
Amount Raised	\$5,000	\$185,000

Fun Facts

	1986	2019
Cost of Gas	\$0.93 / gallon	\$2.50 / gallon
Oprah Winfrey	Oprah Winfrey show debuts nationally in September 1986	Her net worth is \$2.6B (according to Forbes)
The Grammy's Album of the Year	Phil Collin's <i>No Jacket Required</i>	Billie Eilish <i>When We All Fall Asleep, Where Do We Go?</i>



25th ANNIVERSARY
Pikes Peak Challenge
09.12.2020

REGISTER TODAY AT [PIKESPEAKCHALLENGE.COM](https://www.pikespeakchallenge.com)

**ONE EVENT
FOUR CHALLENGES
CHOOSE YOUR SUMMIT**

The 2020 Brain Injury (BI) Survivor Series

Written by Joanne Cohen, M.A., CBIS, VP of BIHF

Note: currently on hold due to COVID-19 virus concerns

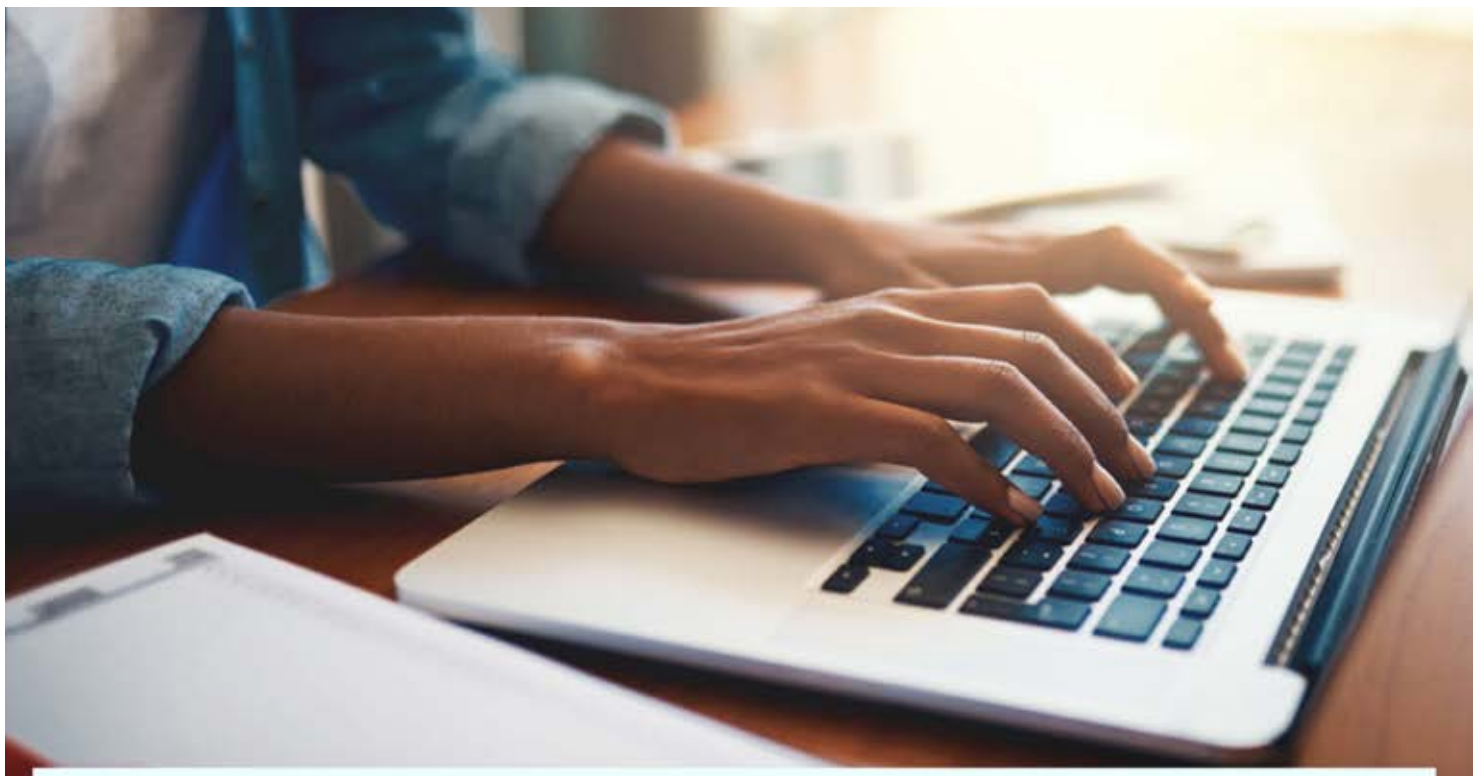
Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting, interactive, SURVIVOR SERIES (SS) designed for brain injury survivors, professionals who serve them, family members, professionals with brain injury, military/veterans, friends, significant others/partners and anyone interested in joining our community. All sessions are

funded by grants and donations. To make a donation please visit [Braininjuryhopefoundation.org/donation](https://braininjuryhopefoundation.org/donation).

LOCATION: West Metro Fire Rescue Training and Event Center, 3535 S Kipling Street, Lakewood, CO 80235

The Brain Injury Hope Foundation looks forward to resuming our Survivor Series to continue expanding our sense of community, belongingness, networking, and the ability to enjoy a wonderful lunch provided by Biscuits & Berries catering company. If you have questions please contact BIHF's Vice President and Survivor Series project manager, Joanne Cohen at Jcohen@braininjuryhopefoundation.org. ■





For the first time, in 2020 the U.S. Census Bureau will accept responses online. The process will be quick and secure. You can respond to the census in less time than it takes to finish your morning coffee. You'll still be able to respond by mail. To learn more about what to expect, visit 2020census.gov.

United States®
Census
2020

Connect with us
@uscensusbureau

26th Annual ED REINHARDT • TONY BRUNO
Golf Tournament
 Brain Injury Alliance of Colorado

August 20, 2020
 Registration begins at 7:00 A.M.



 Lake Valley Golf Club
 4400 Lake Valley Drive, Longmont, CO 80503



**UNITING
 THE BRAIN INJURY
 COMMUNITY
 SYMPOSIUM**

SAVE THE DATE
 NOVEMBER 6, 2020
 7:30AM – 3:30PM
 GREAT WOLF LODGE
 COLORADO SPRINGS

Designed for those who have sustained an injury
 to the brain, caregivers, support systems and
 professionals in the brain injury field.

BIAC

BIACOLORADO.ORG



PURVIS | GRAY | THOMSON

MAKING A DIFFERENCE IN OUR CLIENTS' CASES AND LIVES

Practice areas:

**Personal Injury • Catastrophic Injuries • Wrongful Death • Dangerous Products
 Auto Accidents • Professional Malpractice**

Since 1985, the attorneys of Purvis Gray Thomson, LLP, have provided compassionate, knowledgeable legal advice and representation to people who have been seriously injured throughout the state of Colorado, including numerous people who have suffered brain injuries.

Call for a Free Consultation 303-442-3366

PURVISGRAY.NET





Brain Injury Alliance

C O L O R A D O

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info@BIAColorado.org

BIAColorado.org

  @BrainInjuryCO

Nonprofit Org.
U.S. Postage
Paid
Denver, CO
Permit No. 152



Cathleen's Cause GOLF TOURNAMENT

Benefiting the Brain Injury Alliance of Colorado

Tuesday, July 28, 2020

Arrowhead Golf Course | Littleton, CO

Registration | 7:00 a.m.

Shotgun Start | 8:00 a.m.

Lunch & Prizes | 1:00 p.m.

Register at BIAColorado.org

Do You Shop on Amazon?

**Please consider using
AmazonSmile while
shopping online.**

Go to Smile.Amazon.com and Amazon will donate .5% of your purchases to the charity of your choosing (no donation required on your part). BIAC is an eligible charitable organization and we hope you choose us!



**Your Support
Makes a Difference!**

Thank You,
The Staff and Board of BIAC