

BRAIN POWER

2020, Volume I

We had a great 2019, and 2020 is going to be even better. In this issue of Brain Power, you're getting the **complete list of all BIANYS events for 2020**, an update on Brain Injury Advocacy Day, and so much more.

March is Brain Injury Awareness Month!

This is your chance to host a Go Blue! for Brain Injury fundraiser (to benefit our Annual Conference Scholarship Program), share information and resources on social media to raise awareness, and wear blue on March 4 for National Brain Injury Awareness Day. There's so much going on that we can't fit it all here. Be sure to sign up to receive our emails and follow us on social media to [get details on how to participate in Go Blue!](#) and our other events.

Don't forget to renew! If your membership has expired, [you can renew online](#) or by phone. Call Allison Barna, Membership Coordinator, at 518-459-7911.

Not a member yet? No worries, it's easy to join us with several membership levels to choose from to show your support. You can even sign up your organization or business or become a Corporate Partner.

Membership benefits include:

- Subscription to Brain Power quarterly newsletter
- Subscription to Brain Trust, the members-only monthly newsletter
- Eligibility for conference scholarships or Family Fund assistance
- Exclusive members-only communications & updates from BIANYS
- Ability to participate in elections for BIANYS Board of Directors
- Member discounts on BIANYS events and educational programming

Join us today and be part of the voice of brain injury!



Brain Injury Association of New York State
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Albany, NY 12205
www.bianys.org
518-459-7911 (phone)
1-800-444-6443 (Family Helpline)



Become a Certified Brain Injury Specialist!

Join thousands of CBIS certified specialists around the country!

Our unique training program will prepare you for the exam with webinars, study tips and detailed home study information that corresponds with the course text.

Exam Information:
June 9, 2020
Saratoga Springs Holiday Inn
8:00 am - 4:30 pm

For more information:
bianys.org/programs/cbis/
Karen Thomas, CBIST
kthomas@bianys.org
(518) 459-7911

DEADLINE FOR APPLICATION & PAYMENT IS APRIL 6, 2020



UPCOMING EVENTS

This year is packed with events all over the state. Be sure to follow us on social media, sign up to receive updates by email and [keep an eye on our website](#) for up to the moment information.

Supporting Students Recovering from Concussion Webinar Series

January 14 (4:00-5:00 pm), February 12 (5:00-6:00 pm), March 18 (6:00-7:00 pm), April 22 (4:00-5:00 pm), May 6 (6:00-7:00 pm)

We're pleased to announce the availability of these monthly presentations for educators, in addition to the in-person trainings available for free to schools. These webinars are part of our **Improving Concussion Management for New York State Students** project, funded by the New York State Health Foundation.

Professional Development Series: The Importance of Groups in Brain Injury Rehabilitation

January 15, 1:00 pm - 2:30 pm

This presentation will discuss the importance of groups in tandem with individual treatment in brain injury rehabilitation. It will highlight specifics of qualities endemic to groups and give examples to illustrate them. This event has already taken place.

Brain Injury Awareness Month

March 2020

This year BIANYS will be your first stop for brain injury information and resources. We will be pulling out all the stops to raise awareness about all types of brain injury and how they affect survivors, caregivers, families, children and professionals. There will be events throughout the month, so [keep an eye on our website](#) and social media to see how you can participate.

Go Blue! for Brain Injury

March 2020

During Brain Injury Awareness Month this March, you can Go Blue! for Brain Injury and gather your coworkers to choose a day – or the entire month – to raise money while sharing information and experiences about brain injury. **All proceeds benefit our Annual Conference Scholarship Fund**, allowing our members to have the opportunity to attend the Annual Conference in June 2020. For more information, go to bianys.org/get-involved/go-blue-for-brain-injury/.

Brain Injury Advocacy Day 2020

March 25, 9:30am – 3:00pm, New York State Capital Building

Join us in Albany for our annual Advocacy Day! Advocacy Day brings the brain injury community together to raise awareness of brain injury issues and advocate for public policy initiatives. If you're a brain injury health care professional, survivor, family member or friend and you want to increase awareness and create policy change, join us – **We are Stronger Together!** More information is available at bianys.org/advocacy/advocacy-day/.

BIANYS Meet & Greet

Spring 2020

This year BIANYS will be in the Bronx, Albany, the Buffalo area and the Southern Tier. Plans are still in the works, so [watch our website](#) and social media for your chance to meet our staff, learn about our programs and services, and ask all those questions you've been wanting to ask.

Professional Development Series: Using a Bullet Journal to Promote Wellness for those affected by Brain Injury

March 18, 1:00 pm - 2:30 pm

Executive dysfunction is one of the hallmark deficits a person with a brain injury may experience, making management of even the most basic tasks difficult. Bullet journaling is fast becoming one of the most popular ways to keep track of a variety of aspects of life. This course will discuss various cognitive deficits and how they can be managed by use of a bullet journal. **FREE for BIANYS Members.** To register or for more information, visit bianys.org/get-involved/events/.

UPCOMING EVENTS (continued)

Professional Development Series: How to Achieve Life Long Well-Being after Brain Injury

May 20, 1:00 pm - 2:30 pm

“Recovery” can mean trying to go back and regain what was lost, or it can mean going forward to achieve what everyone wants but few possess: best mental and physical health. This presentation takes the second approach and consists of a detailed review of eight practices that will positively transform your life. To register or for more information, visit bianys.org/get-involved/events/.

CBIS Training/Examination

June 9, 8:00 am - 4:30 pm

This CBIS course is specifically designed to help you review material for the certification examination and to strengthen the network of dedicated, competent brain injury specialists across New York State. **The deadline for application and payment is April 6.** Please contact Karen Thomas, Director of Family Services, at kthomas@bianys.org or (518) 459-7911 for more information.

Annual Conference 2020

June 10-11 2020

We'll be returning to Saratoga Springs in June for two days of community and learning. Registration information coming soon!

Medical Symposium 2020

June 12, 2020

This year's Medical Symposium will once again be held at the Saratoga Springs Holiday Inn and focus on therapies for concussed patients. We're excited to host interactive, hands-on workshops in addition to classroom-style sessions. Registration and other information will be available in the coming weeks.

March On for Brain Injury

September 12, 2020, New York City (Mount Sinai Hospital)

September 26, 2020, Hudson Valley (Walkway Over the Hudson, Highland side), Rochester (Seneca Park), Long Island (location tbd)

March On returns with a new schedule this year. **There's so much to fit into one day, we had to share the fun across two weekends!** New York State's brain injury community will gather at locations across the state for a day of visibility, community and activities for all abilities and interests, music and fun. More information will be available as the event approaches.

Professional Development Series: Transitioning Home: Considerations and Strategies to Support Ongoing Success

October 14, 1:00 pm - 2:30 pm

The needs of people and caregivers following a brain injury extend beyond the walls of the hospital. The transition home is a challenging time as a new normal is discovered and accepted and can be particularly difficult for those with severe cognitive impairments or aphasia. This presentation will discuss the need for holistic and tailored education for those transitioning home and include practical clinical strategies to provide to patients and caregivers, helping them to support ongoing success. **FREE for BIANYS Members.** To register or for more information, visit bianys.org/get-involved/events/.

TCS New York City Marathon Official Charity Partner Program

November 1, 2020

We are proud to be selected as an Official Charity Partner of the TCS New York City Marathon for the fifth year in a row. For more information on how to be part of our Charity Partner Program team, call us at 518-459-7911.

Journey of Hope Gala 2020

November 5, 6:00 pm - 8:30 pm, Manhattan Penthouse

The Journey of Hope Gala celebrates and recognizes those who have made significant advances in the field of brain injury. Join us for cocktails, food, music and awards to raise funds for programs and services delivered directly to brain injury survivors. More information and tickets will be available as the event approaches.

The background of the top section is a blue-tinted photograph of the New York State Capitol building in Albany. The building is a large, ornate structure with many windows and a central dome.

BRAIN INJURY ADVOCACY DAY 2020

Wednesday

MARCH 25th

9:30am

Join us for a day of action at the New York State Capital!

ADVOCACY UPDATE

The 2020 New York State legislative session is underway. Here at BIANYS, we'll be working on a whole host of legislative initiatives, and speaking out for brain injury survivors, families and caregivers whenever we are able. Our Legislative Priorities have been released- don't worry, these aren't the only things we're working on! So many issues impact our community - housing, worker's compensation, the TBI Waiver, just to name a few. We're actively working on many things, and with a shorter-than-usual session our boots are on the ground already.

Brain Injury Advocacy Day has been scheduled for Wednesday, March 25 with registration opening at 9:30 and the program beginning promptly at 10. A free lunch will be available to those that register.

Providers and Organizations: Help us bring survivors, family members, friends and professionals to Albany by organizing a group from your area to travel to Albany together.

Wear blue and show your support for our community! Information and registration can be found on our website.

For more information on Advocacy Day or other legislative issues, visit bianys.org or call Christina LeBeau, Director of Advocacy, at 518-459-7911.

March is Brain Injury Awareness Month

Go Blue!
for Brain Injury

Go Blue! with us and host a site to raise funds & awareness at work, in your school, just about anywhere!

Go to bianys.org today to learn how you can support New York's brain injury community.

All proceeds from Go Blue! fund the BIANYS Annual Conference Scholarship Program.

38th Annual Conference Awards

BIANYS is now accepting nominations for awards to be given at the 38th Annual Conference, taking place at the Holiday Inn Saratoga Springs on June 10 & 11, 2020.

To learn more about the awards and nominate someone, [please fill out this form](#). Nominations will be accepted until March 30, 2020.

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