

The Brain Injury Association of Virginia
Headway: The Voice of Brain Injury
AUGUST 2020 EDITION

What are you saying about BIAV?

Each time we connect with a Virginian needing brain injury resources or just an ear to listen, we collect feedback about their experience. Our Data Coordinator, Theresa, summarized the customer survey data from July 2019 through June 2020 and we found some pretty interesting trends we want to share with you. Click the button to view the report!

Help Us Help You

Last month we included a link to a short, 4-question survey about the ways we communicate with you, our community, and what you're looking for as we start a new fiscal year. We had a great first-round response, but we want everyone to have a chance to give us their input. If you have already taken the survey, THANK YOU, and if you haven't yet, we encourage you to do so. We look forward to hearing from you!

Anti-Boredom Hacks from BIAV Staff

For months now, we've all learned how to be creative and innovative to beat the boredom from staying home. So, we asked our staff, "what are your anti-boredom hacks?" Perhaps you have some of your own, but in case you need some inspiration, here are our highlights:

Erin: *"Two activities I do every day are listening to an episode of a podcast when I wake up and drink my tea, and read at least one chapter of a book before bed (with more tea). Right now I'm rotating between Crime Junkie, The Opt-In, and Scene-On Radio for podcasts; and I'm currently reading The Farm by Joanne Ramos."*

Laura: *"Because 6 cats, 3 dogs, and 2 kids weren't enough to ward off boredom, I decided to buy my girls 3 guinea pigs. We like to watch them "popcorn" and run around while we try to make them like us (they don't). Another thing I like to do is contemplate "how many cucumbers can I add to dinner tonight?" since we have an overabundance in our garden this year. Luckily, I have 3 guinea pigs to help with that."*

Theresa: *"To help with boredom, I'm trying a couple of things. I like to cook and bake, so I'm experimenting with one new recipe each week and it's been fun. My favorite so far is a cold pasta salad with spinach, mandarin oranges, cranberries and pine nuts....YUM! I'm also trying to get out of the house a few nights a week for a walk or a short bike ride with my husband. If the weather is bad, we pull out a board game or a deck of cards!"*

Upcoming Events:

September 19: RABA Bike Race; details coming soon

October 12: Annual Charity Golf Classic; [click here](#) to learn more

Missed a Webinar? Click a Topic Below to Watch On-Demand:

[Intro to Applied Behavior Analysis](#)

[Post-Concussive Headaches](#)

[Virginia Brain Injury Screening Tool](#)

Notice:

We're here for anyone impacted by brain injury; we're only a quick phone call, chat, or email away!

Our hours are: 9 a.m. - 5 p.m. Mon. - Fri. Contact us: <https://www.biav.net/contact-us-2/>

****WE'VE MOVED**** Our new office address is 2810 N. Parham Road, Suite 260, Richmond, VA 23294

Quick Links:

COVID-19 Information and Resources: [Click here](#)

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2020 Mission Partners:

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