

Q&A with Tucson 2019 Bowl for Brain Event Chair Bradley Payne

Q How did you come to have a traumatic brain injury (TBI)?

A On August 14, 2004, I was the owner of an industrial chemical company that was operating successfully in a five-state region. On August 15th, I was struck by lightning while leaving a fast food restaurant in my home town of Castle Rock, Colorado. The lightning entered my brain in the back and exited out of the left side of my head. Pardon the pun, but my and my family's lives changed in a flash. I woke up three days later in intensive care without a clue as to what had happened.



Bradley is looking to strike up support for Southern Arizona brain injury survivors

a burn on my head and some balance/coordination issues, there were not a lot of physical changes. Because lightning strikes to the brain are not that common, my wife was told if I survived the first 72 hours, I would most likely live. I did develop a seizure disorder approximately three months after the initial injury and I still have seizures to this day. Otherwise, I discovered that my cognition seemed to be delayed, and sometimes wasn't there at all. I was diagnosed with a condition known as "postictal psychosis," which means that after having a seizure, I could become anything from irritable to verbally abusive,

Q What were some of the physical, emotional, behavioral, or cognitive changes you noticed after your brain injury?

A I have little to no recollection of the days immediately following the injury. Besides

mainly towards authority figures or people in uniforms (EMT's, police, TSA Agents, etc.) I have some very unusual examples that occurred in airports across the country where I probably should have been placed under arrest, but for whatever



reason, I wasn't. During the early part of my rehabilitation, there were a lot of difficulties because I had to learn to feed and dress myself again, as well as relearn other aspects of what the medical community refers to as ADLs (Activities of Daily Living). There was everything from excitement for my triumphs to tears over the many failures I experienced along the way, but I did everything within the context of confidence that I would either regain these abilities or learn a coping mechanism that would allow me to achieve the desired result. We set goals, reviewed them, and each time one was achieved, a new one would be added. I still use that system today twelve years post-injury. I choose not to dwell on the injury and my ultimate goal is not to get back to my "old self"— I feel I have an opportunity to go beyond that and create a better me.

Q What are some lessons you've learned as a person who survived a TBI?

A Internal and external support, along with hard work, were the keys to my return as a productive member of society. You must advocate for yourself in every aspect of your recovery. When you can't advocate for yourself, a professional or loved one should advocate on your behalf. Resources are out there and readily available, such as those provided by the Brain Injury Alliance of Arizona. I was blessed personally to have an internal support system that included my wife Patricia, who had worked for 15 years on the financial side of healthcare. She knew what forms to fill out, and the steps to take to resolve issues, such as when the health insurance was supposed to pay a bill but didn't. When you consider that my first-year medical costs were

over one-million dollars, making sure the insurance pays everything they should is critical. Also, within my immediate family was my son Geoff, who is a firefighter/EMT. He quit his out-of-state job to move home and help take care of me when I was having 10-12 seizures per day. Also, my daughter-in-law Beth, who is an occupational therapist by trade, made my rehabilitation her personal goal. Finally, I was discharged with a referral to see a neurologist who specializes in electrical shock. He made sure I had the resources that were available, and even wrote letters to the Social Security Administration regarding SSDI on my behalf, so I could qualify for Medicare as a disabled person. I really can't stress how thankful I am to my family and the specialists who worked with me for all their support.

Q What is something you wish other people understood about brain injury?

A The lack of physical or outwardly visible injuries doesn't mean they aren't real. In addition, I would like to tell TBI survivors that their circle of friends may shrink post-injury. The friends they still have from before their injury, plus any friends they have made after their injury— those people are their true friends. The others were just acquaintances.

Q You will be the chairperson for the 2019 Bowl for Brain event in Tucson on March 1st. How did you come to be the chairperson, and what will be some of your roles/responsibilities?

A I have participated in this fundraiser for two years now, and I volunteered to chair the Bowl for Brain event. I would like to continue to see even more participation than

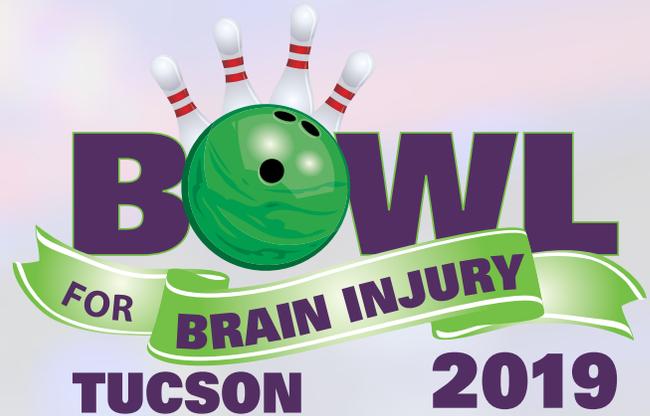
in previous years and hope to enlist some corporate sponsorship from the medical and rehabilitation community.

Q What are some other ways you are or will be involved with the Brain Injury Alliance of Arizona (BIAAZ)?

A I am currently working with Carrie Collins-Fadell, the Executive Director of BIAAZ, to see how I can be more useful in a volunteer capacity. I would like to become involved in some of the committees and am open to speaking opportunities.

Q Do you have any upcoming goals or projects you're currently working on?

A Besides improving my golf game, which so far is a lost cause, I enjoy the outdoors and have a goal to run a half-marathon with my sons before the end of this year. I am an avid gun collector and can be found at the pistol range frequently. My long-term goals include competing in the United States Professional Shooting Association as an amateur.



Q What are some of your hobbies or things you do for fun?

A My wife and I enjoy camping, hiking, and spending time with our four grandchildren.

Q Are there any final thoughts you'd like to share?

A Don't ever quit trying to improve your cognitive/physical limitations, and do not be too proud or depressed to ask for assistance.

THE 2019 BOWL FOR BRAIN INJURY EVENT WILL TAKE PLACE IN TUCSON AT LUCKY STRIKE BOWL ON

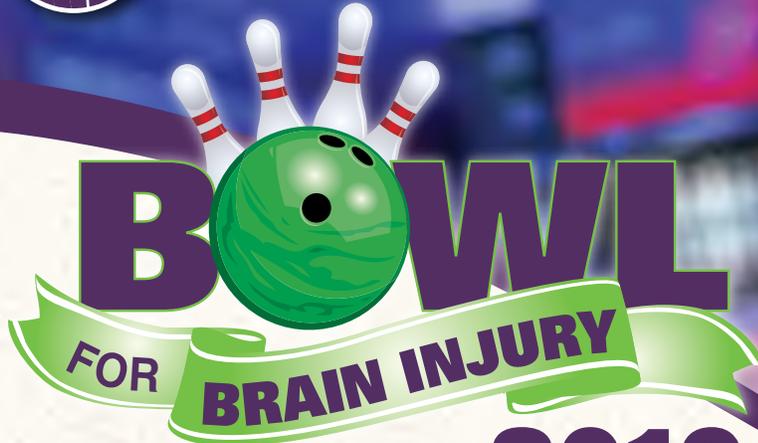
**Friday, March 1
6:30 p.m.-8:30 p.m.**

The cost is \$30 per bowler. To sign-up a team or for more details, visit

Bowlforbrain.org
or call the BIAAZ office at 602-508-8024.



**Brain Injury
Alliance**
ARIZONA



TUCSON 2019

The Brain Injury Alliance of Arizona is hosting its premier fund raising event. Get your friends, family and co-workers together to participate in this fun-filled event!

Friday, March 1, 2019

6:00 p.m. Registration • 6:30-8:30 p.m. Bowling
COST: \$30 PER BOWLER

Lucky Strike Bowl
4015 E. Speedway Blvd. • Tucson, AZ 85712

Register online at www.bowlforbrain.org or use this form

Name _____

Email _____

Address _____

City _____ State _____ Zip _____

Phone _____

Team Name _____



Make checks payable to:
Brain Injury Alliance of Arizona
and mail to:
5025 E. Washington Street, #108
Phoenix, AZ 85034
Fax (602) 508-8285

**Making
Strides with
every Strike**

**EARLY BIRD
REGISTRATION**
\$30 PER PERSON
Register by 2/5/19
and receive a T-shirt

**SPACE IS LIMITED,
SIGN UP TODAY!**

Can't Bowl?

How about being an event sponsor?

- Kingpin Sponsor: \$1,000
- Strike Sponsor: \$500
- Spare Sponsor: \$250

Contact (602) 508-8024 for
more information or email
development@biaaz.org

www.bowlforbrain.org



**Brain Injury
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ARIZONA

**YOU'RE
INVITED!**



Tucson Purple Ribbon Cutting

Join us as we kick off March, Brain Injury Awareness Month in Southern Arizona.

Monday, March 4, 2019
Tucson Metro Chamber
465 W. St. Mary's Rd., Tucson, AZ

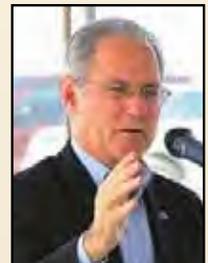
12:00-1:00 p.m. Purple Ribbon Cutting & Program
1:00-1:30 p.m. Networking & Noshing
1:30-2:30 p.m. Training: Brain Injury 101 & Community Resource Discussion

REGISTRATION IS REQUESTED
<https://tucsonbiam.eventbrite.com>

WITH INVITED
GUESTS:



Isabel Ticlo
Miss Arizona



Jonathan Rothschild
Tucson Mayor



Dr. Bellal Joseph
*Chief of Trauma
Critical Care, Burns,
& Emergency
Surgery at The
University of Arizona*



Carrie Collins-Fadell
*Brain Injury
Alliance*

info@biaaz.org • BIAAZ.org • 888-500-9165



Childers and Coventry’s Own Jay Mankey is the Latest Addition to the BIAAZ Services for Vulnerable Populations Committee

If someone were to ask Jay Mankey if he gives a care, the answer would indubitably be yes— after all, he’s spent nearly his entire working career caring for people in one form or another.

As an active airman in the U.S. Air Force for four years, Jay learned about his love for helping others when, during two of those years, he was stationed overseas on the island of Terceira in the Azores, an island chain owned by the country of Portugal, and assigned to work in the environmental health units in the hospitals. This experience led him to pursue his passion for the medical field upon his discharge from the Air Force.

A Pittsburgh native, Jay completed his nursing program training and graduated from Western Area Vo-Tech, located in “Steel City” itself. Now, his firm benefits from his 16 years of long-term care experience, as well as his time spent as a former hospice nurse at Hospice of the Valley.

Currently, Jay is utilizing his vast knowledge of the medical field in his position as a care manager at Childers and Coventry, a company that provides care management and fiduciary services, which can include guardianship and conservatorship. He’s been with them for the past nine years and takes his position quite seriously. “My responsibility is to take care of the medical and psycho-social needs of our clients,” he informs. “It’s very similar to a case manager, except there’s more in-



teraction on my end.” Some such interactions include speaking with clients’ physicians, going to doctor appointments, responding day or night to emergency room visits, and researching facility placement options.

Also incumbent on Jay as a representative of Childers and Coventry and as a care manager is his ability to effectively communicate with the company about the clients’ needs. His main priority is reporting the physical and health status of those in his care to allow Childers and Coventry to make well-informed decisions that are in the best interest of those whom they serve. Typically,

individuals receiving the type of services Jay and his employers provide are either court-ordered to have them or are paid for by family members who are unable to provide direct care to their loved one themselves. "We [care managers] are either there to support them [the clients] in their need for financial management or health care, or to speak for them if they are unable to do

so for themselves," Jay shares. In his line of work, he finds himself mainly overseeing clients with dementia, but he has also worked, both in the past and present, with individuals with traumatic brain injuries (TBIs), as well as other disabilities.

Although Mr. Mankey enjoys providing high-quality care management while on the clock, he has also maintained a strong community presence as well. Just this past year, he retired after 12 years of coaching football for several Phoenix Area High Schools, including Valley Vista, St. Mary's, and Shadow Mountain. "High School football was the closest I've felt to being back in the military," he admits.

Jay's latest venture into community service involves his induction as the latest committee member for the Brain Injury Alliance of Arizona's Services for Vulnerable Populations Committee. Jay is excited to get started, and honored that Carrie Collins-Fadell, executive director of BIAAZ, asked him to join. Carrie called Jay a natural choice to join the BIAAZ leadership team as a committee member. "As a small statewide non-profit, we rely on our leadership members to use their connections to open doors, bring new ideas, and assist us in strategically implementing programs and outreach," Collins-Fadell says. "The Services to Vulnerable Populations Committee will look at how we are reaching and impacting Arizonians whose situations can be precarious, such as the homeless, veterans, domestic violence survivors, and those battling addiction."

Part of Jay's decision to come aboard as a council



Jay, shown here with members of The Random Gingers after their camp performance, was a huge help at camp and even revealed a talent- he has a wonderful singing voice.

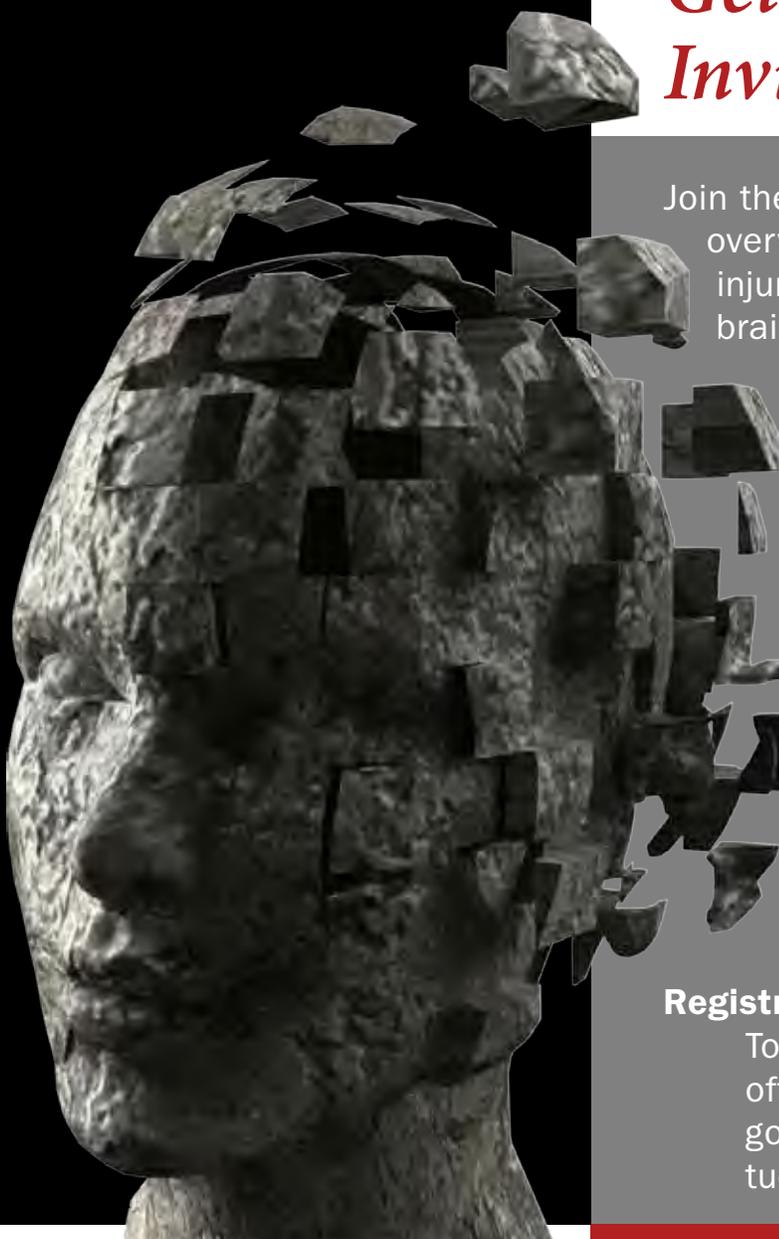
member stems from his positive experience as a volunteer for the 2018 session of BIAAZ's annual summer camp, Camp Can Do, where campers and volunteers alike can participate in campfires, themed dinners, arts and crafts, fishing, a talent show, and more. Jay owes finding out about camp partly to Childers and Coventry, as they are a partner organization with BIAAZ, as well

as through Sean Badding, the owner of several group homes specifically designed to support those with TBIs. One of Jay's clients lives in one of Sean's homes, and many of Sean's residents attend camp every year. After talking with Sean about the camp and getting permission from his boss to go, Jay made his way up to Whispering Hope Ranch in Payson to see what all the fuss was about. "Camp was great!" Jay says enthusiastically. "The interaction with campers was a n experience you can only appreciate by doing. If someone tells you about it, it's nothing compared to doing it yourself." Jay was also impressed by how the campers always had a smile on their face and seemed to be grateful for everything the volunteers did for them. "From the Camp Director Barbara Correll down to Faes (BIAAZ's operations coordinator), everyone was great; all the volunteers were amazing," he confirms.

In his spare time, Jay, a lifelong sports fan, counts among his hobbies not only watching them, but collecting memorabilia as well, including game programs, autographs, and player cards, most especially baseball cards. He also has a wonderful wife, Sharon, who also works in the care industry with people who have dementia in a memory care facility. He is very proud of the fact that in 2015, she was named the National Certified Nursing Assistant of the Year and was presented the award at a national conference in Des Moines, Iowa. Mr. Mankey and Sharon have lived in Arizona for the past 26 years, and he says he has no plans to ever leave. "It's where I'm supposed to be," he says.

BRAIN INJURY 101

Getting to Know the Invisible Disability



Join the Brain Injury Alliance for an overview of the basics of brain injury, types of brain injury, how brain injury impacts the brain, behaviors that can result, specialists and treatments, and the cognitive, somatic, and emotional impact after the invisible disability occurs. This is a great primer for those attending our Legislative Day or anyone who wants to know more about brain injury. We will discuss the prevalence of brain injury in Arizona and resources available in the community at-large.

Registration is requested.

To register please call the office at 888-500-9165 or go online at biaaz.org or tucsonbraininjury.eventbrite.com

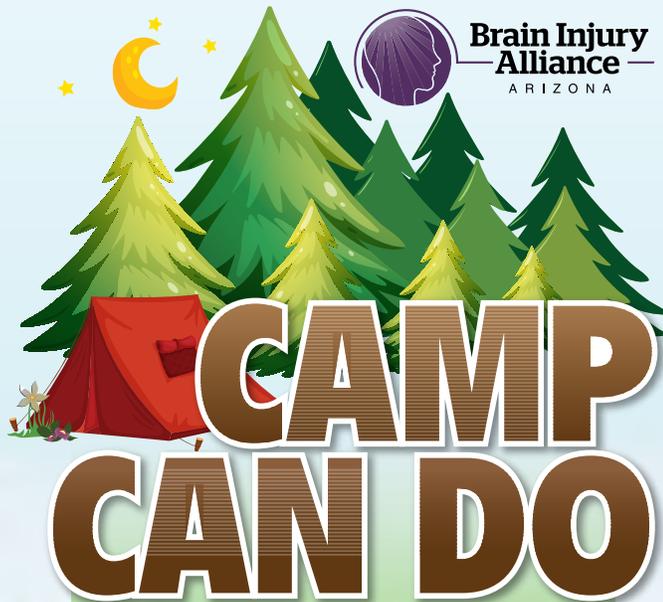
Monday, March 4th
1:30-2:30PM

— LOCATION —

Tucson Metro Chamber of Commerce
465 West Saint Mary's Road
Tucson, Arizona



SAVE THE DATE!



AUGUST 8-11 2019

Join us for fun, friendship, acceptance, and cabin-style camping. This is a retreat for adult survivors of brain injury that takes place in Payson, Arizona.

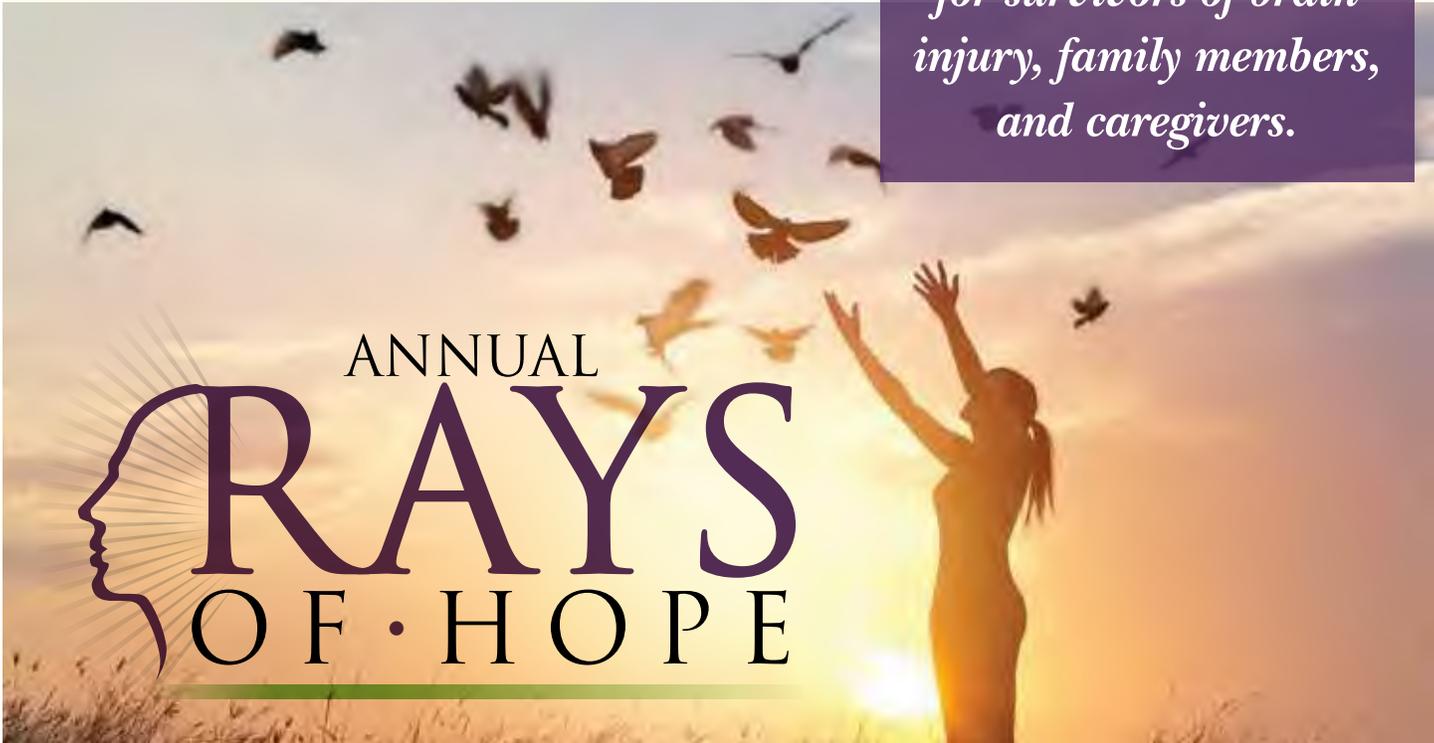
- Archery
- Arts & Crafts
- Horseback Riding
- Kayaking
- Live Band Performance
- Talent Show
- Theme Dinners

**INFORMATIONAL
OPEN HOUSE
JUNE 1 IN
PHOENIX**

www.Biaaz.org/programs • Camp@biaaz.org • 602-508-8024



Join us for the annual educational conference for survivors of brain injury, family members, and caregivers.



FRIDAY, MAY 17, 2019

**8:15-9 a.m. Breakfast & Registration
9 a.m.-3:30 p.m. Program**

**Desert Willow Conference Center
in Phoenix**

**FREE EVENT
REGISTRATION REQUIRED**

**FEATURING 22 EDUCATIONAL AND FUN
BREAKOUT SESSIONS TO CHOOSE FROM!**

**This event is for survivors of brain injury,
their family members and caregivers**

*Call The Brain Injury Alliance of Arizona at
(602) 508-8024 to register or register online at BIAAZ.org.*

**FEATURING
KEYNOTE SPEAKER**

Courtney Clark

Courtney is the luckiest unlucky person in the world. At age 26, Courtney beat melanoma. But five years later, routine follow-up scans found an



aneurysm in her brain that was close to hemorrhaging. Multiple brain surgeries later, she is a speaker and the author of two books on personal resilience.





**Brain Injury
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Phoenix Holiday Meditation For The People

Join us to learn basic meditations to help you manage stress in the new year and engage in discussion about the use of meditation in your everyday life.
Brought to you by the Brain Injury Alliance of Arizona & Julie Rake, P.A.-C

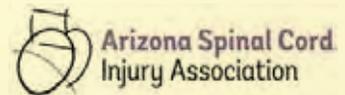
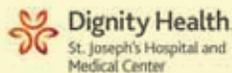


INSTRUCTOR
Julie Rake, P.A.-C

Thursday, December 27 • 12:30-2:00PM
Thursday, January 10 • 6:00-7:30PM

This event is free and open to the public, but registration is required.

REGISTER AT BIAAZ.ORG



ABILITY360
SPORTS & FITNESS CENTER

For more information contact: info@biaaz.org or 602-508-8024



**Brain Injury
Alliance**
ARIZONA

Michael Murphy on Defying Death, Embracing Life, and Everything in Between

*Brittany Sweeney-Lawson, Noggin editor and BIAAZ resource facilitation specialist, had the pleasure to interview survivor Michael Murphy about the recent publishing of his book *The 5 Percenter: Defying Death and Embracing Life*.*

Have you ever met someone who is just downright, irrepressibly cheerful? Someone who can brighten up your day just by talking to you; someone who seems to have a real zest for life and doesn't take a single day for granted? This type of person can often make us realize what is most important in life and inspire us to be our best selves. Michael Murphy is this type of person.

When Michael speaks, it's in a slow, relaxed manner that sharply contrasts with the hectic outside world. It seems only natural that his favorite pastime is golf, a sport often associated with both intense precision and essential relaxation. His current life, when compared with his pre-brain injury days, is also fairly distinct—from successful attorney and self-proclaimed workaholic, to author and health aficionado.

Michael's brain injury, like most, is a unique and interesting story. On October 7, 2011, he was scheduled to fly out of the John F. Kennedy International Airport in New York to meet his



Golfing again seemed impossible when Michael collapsed after a business meeting at Trump Tower with Eric Trump and some fellow executives.

wife Pam in Las Vegas to celebrate his 54th birthday after a meeting with Eric Trump, but missed his flight. In the Delta Lounge, where he went to



Mike spent his seven-year survivor anniversary with fellow survivor and the Co-Chair of the BIAAZ Run, Walk, and Roll fundraiser, Jim Ledgewood.

book a new flight, he collapsed unconscious to the floor in front of the reception desk. Cause: a cardiac arrest, which in turn, stopped oxygen flow to his brain, resulting in an anoxic brain injury. “According to my sources, I was actually dead for 50 seconds and was not breathing for several minutes,” he recalls. Fortunately for him, there happened to be a nurse who passed by the lounge at the same time he collapsed who was able to perform CPR on him and save his life.

Considering he rarely, if ever, went to the doctor before his incident at the airport, post-injury Michael suddenly found himself thrust into the medical world, constantly surrounded by doctors and specialists. “For several months, I lived at hospitals,” he shares. “Doctors were my best friends.” Besides spending nearly a month in intensive care, Michael was in acute rehabilitation at NYU Rusk for an additional month, where he received speech, occupational, and physical therapies daily. He was then transferred to Kateri, a sub-acute hospital, to do additional in-patient therapy for yet another month. “I had to relearn everything while in the hospitals—brushing my teeth, tying my shoes, etc.,” he shares. In mid-January of 2012, he was finally able to start his out-patient therapies, meaning he was able to live at home, and could attend his therapy appointments a few times a week instead of every day. All in all, Michael and Pam estimate his recovery took about five years.

Only five percent of the people who experience the type of brain injury Michael did end up surviving. It became very clear to him that not only was he lucky, but he needed to take advantage of the second chance life had given him. This included making drastic changes in his lifestyle. Michael admits that before his brain injury, he was not a particularly healthy person—long hours at his law firm, bad eating habits, and little exercise, not to mention excessive stress, had taken their toll on him, and he believes these habits are partially responsible for the heart attack and subsequent brain injury he experienced. Now, Michael enjoys daily exercise, no longer

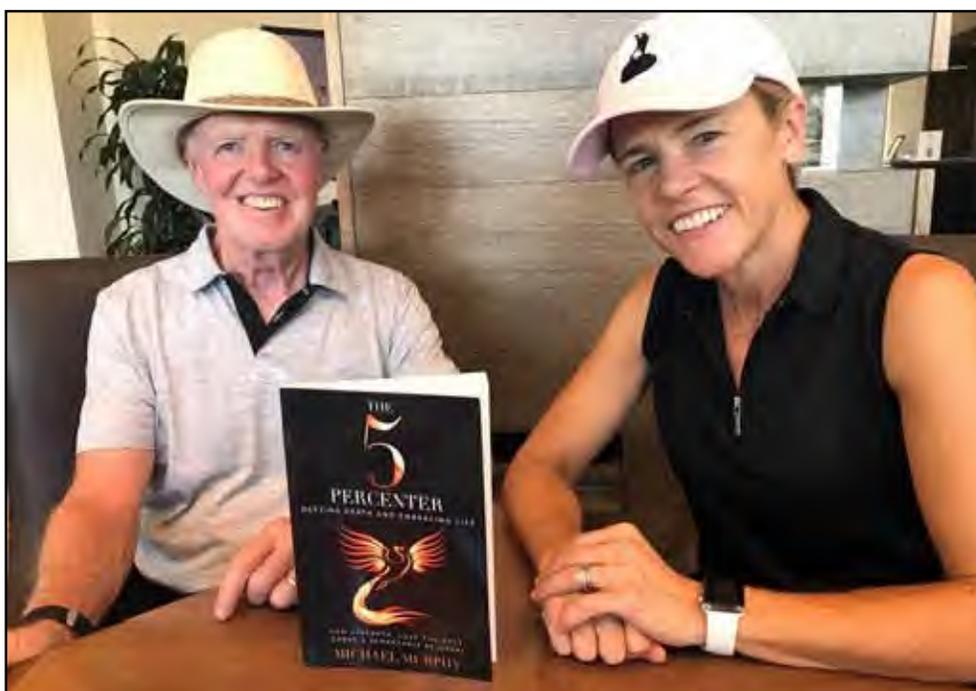
drinks alcohol, and picks healthy foods for his meals. He credits Pam with helping him along in his health and recovery journey. "I have a good wife [who] keeps me happy every day," he says. "She always provides me with so much love and support."

From the fires of his injuries, Michael emerged from the ash with scars that he feels have made him a stronger, and in some ways, a better person. "Before, it was all about working and making money," he says. "Now, it's about being a good husband and having a good life and getting better and making improvements every day." He believes that life is short, and every day should be embraced because "you never know [what can happen]."

"My thought is [survivors] should try to be stronger and better every day."

For Michael, his realization of just how rare the survival rate is for the heart and brain injuries he experienced not only made him grateful—it made him a writer. Based on the statistic that only five percent of people who suffer his same type of injuries make it through to the other side, Michael titled his book *The 5 Percenter: Defying Death and Embracing Life*. He describes it as both a personal history and a detailed account of his recovery journey.

Michael's inspiration for delving into the writing process came from encouragement from Pam, as well as from a golf professional friend of his named Kerry Graham, who in 2017 had written a book of her own about the mental aspects involved in the game of golf, which Michael helped her edit. As a lawyer, Michael had experience writing legal documents and other business-related papers but writing a book was new territory for him.



Michael and Pam are both very active in the lives of Michael's two successful adult sons.

On top of reminding Michael about his miraculous survival, writing his book proved to be therapeutic as well. "It forced me to use my memory and remember events to write them down," he remembers. "It also required a lot of research." With one book publication under his belt, Michael says he's already in the process of starting another, but this time, it's a fictional story, or as he calls it, and adventure-comedy. As his story now stands, Michael thinks it might make a better TV show than a book, and since one of his friends also happens to be a Hollywood TV producer, he's not discounting the idea of seeing his work appear on the small screen one day.

As for advice for other brain injury survivors, Michael feels it's crucial for them to be able to admit their own limitations— what they can and can't



Mike was thrilled to meet with BIAAZ Executive Director Carrie Collins-Fadell

do. He is no longer able to drive and still has a hard time with his speech. But these acknowledgments don't stop him from enjoying doing what he can do and loving his life. "My thought is [survivors] should try to be stronger and better every day," he shares. Even though he used to be what he describes as a "very good golf player" prior to his injury, Michael hasn't let his disability affect his love for the game or willingness to play. "I [still] play golf as often as I can, for the competitive aspect, brain exercise, and discipline that golf requires," he explains. As far as his game is concerned, he feels he is still "pretty good."

He also recommends staying active, stimulating the brain with a variety of games and challenges (his favorites are the computer versions of Backgammon and Scrabble), and healthy eating in order to make the most of each day and feel better overall. He also doesn't believe a survivor's purpose is lessened due to their disability. "[It] isn't the end of your life," he confirms, "it's just a change." In Michael's case, his "change" has helped him better appreciate life. Ever the optimist, Michael says, "I've always been a very positive person, but now, I think I'm even more so. Every day is a good day."

Michael and his wife Pam are avid golfers, and previously lived in New York and Boston. As of two-and-a-half years ago, they became Scottsdale residents, and are thrilled to be able to enjoy the sunshine, quality of life, and the many golf courses Arizona has to offer. For more information on Michael's book, *The 5 Percenters: Defying Death and Embracing Life*, look for it on Amazon.

BRAIN INJURY ALLIANCE OF ARIZONA

CONCUSSION DISCUSSION GROUP

FOR YOUNG PROFESSIONALS

Join us for support, discussion,
& education for those under 35 who
have had one or more concussions!

Ability 360 Center - Classroom A/B
5025 East Washington Street
Phoenix, AZ 85034

6:00-6:30PM

Networking & Noshing

6:30-7:30PM

Program, Support, & Discussion

FACILITATED BY:

Lana Susskind-Wilder, PsyD, MBA

with Stephanie Cahill, ASU Student & Concussion Survivor

Dates & Topics:

- **Dec. 4** Oops ... I Lost My Friends: Navigating Changes in Social Connections after Concussion
- **Jan. 1** Meditation after Concussion
- **Feb. 5** Moving Forward with a Renewed Purpose after Concussion
- **March 5** Preventing Reinjury after Concussion
- **April 2** Fortifying Your Resilience



*Brought to you by the Brain Injury Alliance of Arizona.
Please contact the office for more information or to ask
questions about living life fully after brain injury.*

info@biaaz.org | 1.888.500.9165 | biaaz.org



@biaaz1



@BIAArizona

unmasking braininjury

JOIN THE MOVEMENT & SAVE THE DATE

The Brain Injury Alliance of Arizona (BIAAZ) invites you to participate in **Unmasking Brain Injury**, a visual art and education project to be displayed across Arizona in 2019!

We will be hosting several mask making events for brain injury survivors at the ABILITY360 Center. Please join us for one of the following dates:

JANUARY 2019

Thursday, January 10	3 pm-5 pm
Tuesday, January 15	3 pm-5 pm
Thursday, January 24	2 pm-4 pm*

FEBRUARY 2019

Wednesday, February 6	10 am-12 pm*
Tuesday, February 12	2 pm-4 pm
Thursday, February 21	2 pm-4 pm
Monday, February 25	10 am-1 pm

*VOLUNTEERS NEEDED FOR CLEAN UP



**Brain Injury
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OBJECTIVE

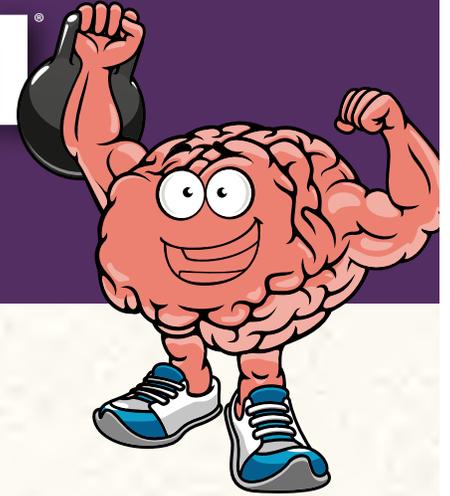
To have each person living with a brain injury, create a mask that depicts the hidden feelings behind their brain injury in an effort to raise awareness in our communities and give survivors a VOICE! All masks will be displayed throughout Arizona beginning in 2019.

To learn more about the Unmasking Brain Injury project please contact Laura Johnson, Unmasking Brain Injury Director at Unmasking@biaaz.org, call 888-500-9165, or visit biaaz.org/unmasking or visit biaaz.org/unmasking

**BIAAZ.ORG/
UNMASKING**



BRAIN GYM[®] PHOENIX!



Brain Injury
Alliance
ARIZONA

Get Your Brain In Shape!

Brain Gym[®] may help optimize brain performance

Brain Gym[®] is based on a series of 26 movements designed to promote a more efficient mind-body connection. Brain Gym[®] exercises have been effective in improving the following areas:

- Concentration and Focus
- Memory
- Academics: Reading, Writing, Math
- Physical Coordination
- Organization Skills
- Attitude

*Call Brain Injury Alliance of Arizona for more information,
(602) 508-8024. Individual results may vary.*

**Please join us for a class
and see what Brain Gym[®] can do for you!**

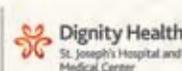
Ability360 Sports & Fitness Center

5031 E. Washington Street
Phoenix, AZ 85034

All classes are held in the Group Fitness Room on 2nd Floor
YOU MUST BRING YOUR OWN WATER BOTTLE TO PARTICIPATE!

2019 CLASS SCHEDULE

January 15	5:45 pm
February 6	1:00 pm
February 19	5:45 pm
March 6	1:00 pm
March 19	5:45 pm
April 3	1:00 pm
April 16	5:45 pm
May 1	1:00 pm
May 21	5:45 pm
June 5	1:00 pm
July 3	1:00 pm
September 4	1:00 pm
October 2	1:00 pm
October 15	5:45 pm
November 6	1:00 pm
November 19	5:45 pm
December 4	1:00 pm
December 17	5:45 pm





MY CONCUSSION STORY

The Brain Injury Alliance of Arizona is gearing up for September 21, National Concussion Day by sharing some of the personal stories, thoughts, and artwork of those who have been impacted by concussion. We are proud to bring you Tyler Roland's personal account of life after concussion.

“What If?”

By TYLER ROLAND

Phoenix — What if, what if, what if? We all have those “what if?” moments in life that we can’t seem to help thinking about. We often concern ourselves with an alternate ending to a situation after it has already happened. For example, what if we hadn’t bombed that job interview and had ended up in the job of our dreams? Life would be completely different, right? I know for myself personally, I could sit around for hours thinking about the “what ifs?” to every situation. Just imagining the different outcomes absolutely blows my mind and fascinates me.

Sometimes we think about the “what ifs?” so much that it can become painful. We “what if?” this and “what if?” that to the point that it hurts us mentally and emotionally.

I’ve definitely had my fair share



of self-blaming moments for the outcomes of certain situations — “what if you’d done it a different way?” or “you shouldn’t have done it like that,” but in reality, there is no way to turn back time to fix whatever happened in the past. So why do we concern ourselves with these

“what if?” scenarios all the time? Who knows? It may just be how the human psyche tries to work out our problems for us sometimes.

One of my big “what if” moments happened during winter break of my senior year when I was supposed to get up for early morning basketball practice. Basketball was my life, my passion, my love, my everything; it was pretty much all I ever did. But on this particular morning for some reason, even though my alarm rang, I decided to go back to sleep for what was supposed to be “two more minutes”; however, those two minutes turned into thirty. I woke up five minutes before practice started. Since I was late and tired, I almost didn’t go and was just going to fall back asleep, but me being who I am, I knew I couldn’t live with myself if I did that. I was never late nor had I skipped a practice for any reason. So, I rushed to practice, barely making it on time. Halfway through practice, I was accidentally hit by a teammate in the mouth, which caused a concussion, which caused me to no longer be able to play basketball.

Now, imagine having the thing you love most taken from you within seconds. Every day, four months later, I sometimes still think, “what if I hadn’t actually woken up that day?” “What if I was a different type of person, the type who can handle skipping practice without feeling guilty?” “What if I hadn’t been hit?” It killed me to think about it and all the “what ifs?” just from this situation alone. But we can’t change the past; what has happened has happened; we can’t go back in time and relive a situation and



change the outcome to what we wish could have happened.

I became a whole different person the first two-to-three months after my basketball injury. I didn’t talk or eat like I used to; in fact, I lost almost ten pounds. It completely changed every aspect of my life, both on and off the court. Life absolutely sucked for a while; there’s no other way to put it, and people would always tell me to keep my head up and that things would get better, but nothing seemed to change. I really thought the injured version of myself was the person I was going to be from then on. I couldn’t stand it; I hated it. I had always loved being the happy, joyful, and goofy kid and I missed being that way. So, I knew I had to do something; I would think about it every day, but I had no clue what I was going to do; I simply didn’t know how to fix it.

I’ve always believed in the old saying that everything happens for a reason, but whenever I would try saying that to myself post-injury, I would just get mad and upset because I didn’t understand why this had happened. What could I possibly have done to deserve this? I used

to beat myself up all the time over it.

But what if we focused on the possibility for positive future outcomes instead of the all the “what-ifs?” As I’ve said, we can’t change the past, but we sure can shape the future. Instead of dwelling on the past, which I regret doing, and worrying about the future, which I hate doing, I’m trying to look for the positives in every situation. I used to think my life was ruined after I couldn’t play basketball anymore, but I was wrong. Obviously, it sucks, but there’s more to life than any one thing. Yes, it may be the thing we love that seems like it was taken from us, but eventually, we move on and find a new passion, a new love, or a new, well, whatever it may be. Life happens, we can’t do anything about that; stuff happens that we have no control over. But there are things we can control, and that’s where we can place our focus.

So, don’t feel bad for me, don’t pity me, and don’t show any sympathy for me. I am happy now, and believe it or not, I am happy this happened to me because now

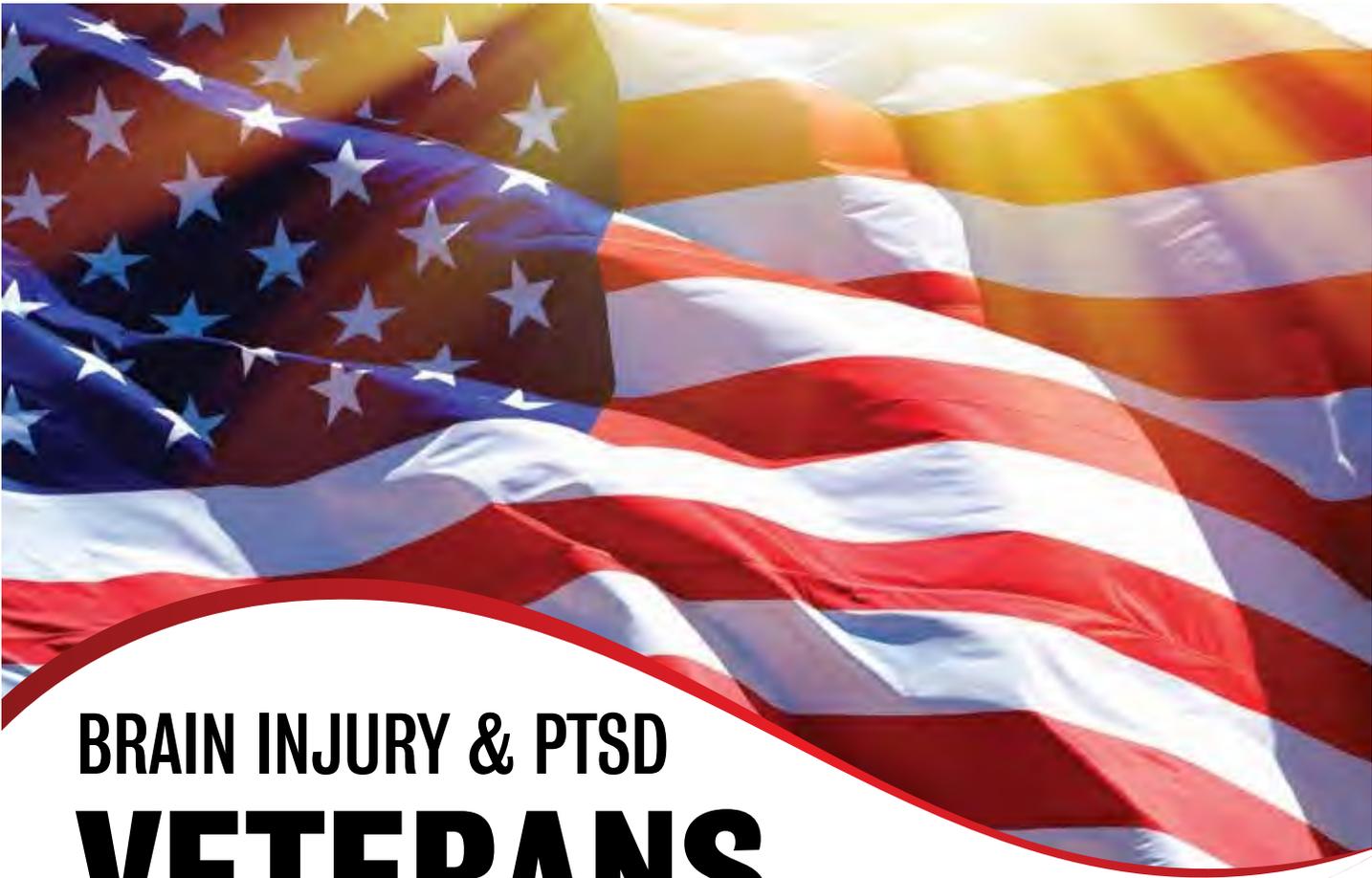


I have found a new passion—sharing my story and helping people through whatever they are going through. I truly believe I am here to inspire people, not to make them feel bad for me. My goal is to spread the important message of how to overcome whatever problems people may be facing. After four months of depression and hatred, I am finally starting to realize what the positive side to my situation is, and I wouldn’t change anything that has happened; it has shaped me as a person and has shown how strong I can be by not giving up or just waiting for the day to come when I magically become my former self again.

At the end of the day, no matter what punches life may throw at us, even if it knocks us down, we have to get right back up and fight back. My main message is that there’s no time to dwell on the past and all the “what ifs?” because there is no possible way to change it; we can only focus on the future and what is to come, find our passions in life, and pursue them.

Tyler Roland is an eighteen-year-old concussion survivor. He is attending Glendale Community College and lives in the Valley. Through sharing his story, he is hoping to raise awareness about the invisible injury, concussion. It is his hope to work with organizations such as the Brain Injury Alliance of Arizona to create a compassionate and educated world to support survivors of brain injury as they heal. He also shares his story so that student athletes can make educated choices when enjoying athletic activities. He enjoys working out, coaching basketball and hanging out with friends.

PHOTOS BY ED NOJAKITIS



BRAIN INJURY & PTSD **VETERANS SUPPORT GROUP**

THIRD TUESDAY OF THE MONTH @ 6 P.M.



**Brain Injury
Alliance**
ARIZONA

**Ability360 Center
Conference Room 1
5025 E Washington St
Phoenix, AZ 85034**

ABILITY360
SPORTS & FITNESS CENTER

Contact Malissa Mallett at 602-508-8024 or program@biaaz.org for additional information.

**VETERANS CAREGIVER SUPPORT GROUP, HOSTED BY THE ELIZABETH DOLE FOUNDATION,
OFFERED AT THE SAME TIME AND LOCATION IN A SEPARATE ROOM**

A Bump Or A Bleed

AND WHERE IT CAN LEAD>>



*Understanding
Concussion:
A Community
Training*



LOCATION

Saturday • January 26, 2019 • 9:30AM-12:30PM

FEATURING

Susan M. Wolf, PhD, Education Psychologist
& The Brain Injury Alliance

Northwest Regional Library
16089 N. Bullard Ave. • Surprise, AZ 85374

This training is free and open to the public. Registration is requested. Please feel free to bring your own refreshments and snacks. Register at BIAAZ.org or surpriseconcussion.eventbrite.com
Contact info@biaaz.org or 602-508-8024 for more information on the event.



BRAIN INJURY SURVIVOR & SPECIAL NEEDS FREE COMMUNITY SAFETY EVENT

LEARN HOW TO SAFELY INTERACT WITH FIRST RESPONDERS!

At this event teens and young adults living with brain injury, Autism, or a disability will engage with first responders to learn key safety skills through activities, talks, and episodes of Be Safe The Movie.

**RSVP TODAY & GET A FREE
COPY OF BE SAFE THE
MOVIE WHEN YOU ATTEND!**

**November 23, 2019
12 p.m.-3 p.m.**

12:00-12:30 Registration & Lunch with Officers
12:30-2:00 Be Safe Training for Those Living with a Disability
2:00-3:00 Interactive Discussion on Family Planning: When to Call 911 & What Happens Next
Location: Ability 360 Campus
5025 East Washington, Phoenix
Nina Mason Pulliam Conference Center

Brought to you by:



**Brain Injury
Alliance**
ARIZONA



SPECIAL THANKS TO:

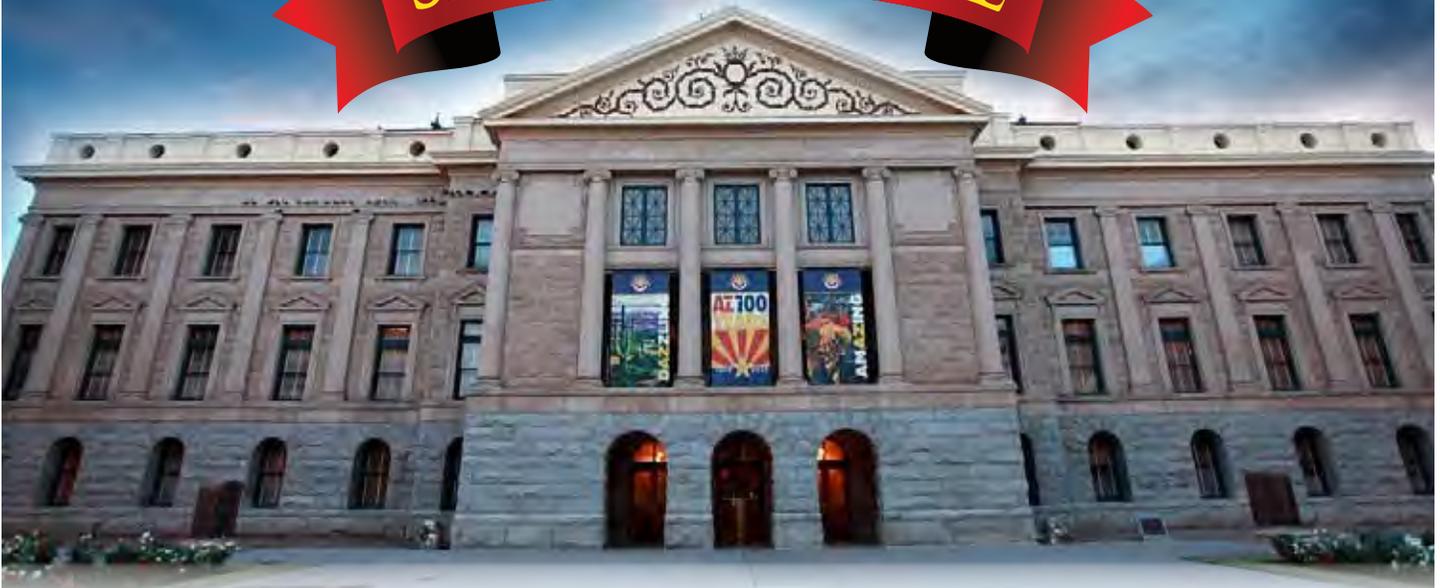
**Adam Pepiton
Tara Pepiton
Detective Sabrina Taylor
&
Carrie Collins-Fadell,
Be Safe Certified Trainer**

This event is free and open to the public. Registration is required. Please RSVP online at BIAAZ.org

Lunch will be provided including vegetarian fare. Those who have other food preferences or restrictions are welcome to bring their own.

Please contact Carrie with any questions at Carrie@biaaz.org or call/text 520-310-3301

SAVE THE DATE



BRAIN INJURY AWARENESS
LEGISLATIVE DAY
AT THE CAPITOL

Thursday, February 28, 2019

8:00am-11:30am

Arizona State Capitol

1700 West Washington • Phoenix, Arizona 85007

CALLING ALL

- Survivors of brain injury
- Caregivers
- Neuro-professionals

PLEASE SAVE THE DATE and join us for the Brain Injury Alliance of Arizona's first-annual legislative day at the Arizona Capitol as we raise awareness about all types of brain injury and the support survivors and caregivers in Arizona need.

FULL DETAILS WILL BE OUT IN DECEMBER. Please RSVP if you are interested. We will save you a spot and keep you informed as planning continues. Please register the name of every individual coming.



**Brain Injury
Alliance**
ARIZONA

RSVP AT BIAAZCAPITOL.EVENTBRITE.COM

New BIAAZ Resource Facilitation Specialist Will Grove Finds his Groove



Brain Injury Alliance
ARIZONA

**“Come on, Will!” “Will, come dance!”
“Get up, Will! Everyone else is dancing!”**

My resolve to move not one inch closer to the dance floor was steadfast. Two decades of frequent concert-going, along with a life-long and unwavering aversion to anything that even resembled dancing, had prepared me for this. First cast in the dimly-lit, streamer-adorned gyms and auditoriums of my youth and sculpted to refinement in the various concert halls of Phoenix, my skills of polite refusal on this matter were stuff of legend. This was no challenge. I would, as ever, be an amiable rock of inertia.

Or so I thought.

Ten minutes later, there I was, on the dance floor with a group of campers and volunteers who, up until 48 hours prior, had been complete strangers. We moved back and forth in an earnest, but ultimately hopeless, attempt at approximating the rhythm of the music. This “rock of inertia” now looked more like one of those inflatable dancing tube puppets at car dealerships, operating at a sputtering 50% power. My principled refusal had been overcome by a campaign of benevolent, concentrated peer pressure the world had never before seen and may never again. I confess, I have the utmost admiration for all who participated in this effort. For years, many have come before you and have failed. By the end of the night though, much like those flailing inflatable tube puppets (technically called “Sky Dancers,” according to Google), I was smiling.

That was on day number six of my new job as a BIAAZ resource facilitation specialist, so you could say my first week was a bit of a whirlwind. I had started the week by being introduced to Jeanne Anderson, the resource facilitation manager, who so graciously delayed her indefinite sabbatical, (she doesn’t like to use the word “retirement”), in order to begin my training and instill in me the knowledge she’d gained during her sixteen years of invaluable service to the brain injury community. Of all the things I learned from Jeanne, (and there were many), what stuck out most was the humbling realization of the



gargantuan shoes I’d been tasked to fill.

By day four, I was off to the lovely Whispering Hope Ranch in Payson for Camp Can Do 2018. I spent the next four days in the Arizona “wilderness” getting to know a whole new community of co-workers, fellow professionals, and most importantly, survivors, which, yes, included reluctantly participating in... *shudder*...dancing. I had the pleasure of making dozens of new friends and not only hearing their survival stories, but their dreams for the future as well. As camp drew to a close, my still nascent comprehension of my new position and community did not mitigate my hope to understand the purpose, the “why” of BIAAZ’s mission; rather, it fueled my desire to learn how my new role would contribute to fulfilling it.

I showed up for the start of week two at the office even more excited than I had been on the first day. For five years prior to joining the BIAAZ, I had worked in the world of children’s behavioral health, and I bring from that time many lessons and experiences I value. Most treasured of these is understanding the importance of always learning more than I am teaching. At Camp Can Do, my primary task was to support the campers, but I can say without hesitation that I gained more from them than I gave. My first week at BIAAZ demonstrated to me that I will have frequent opportunities like the one at camp to step out of my comfort zone and go to places, both physical and figurative, I may otherwise not dare go. Whether I am supporting a professional in their mission to help others, or briefly taking a trip with a survivor on their journey to recovery, or simply making a timid foray onto a makeshift dance floor under a ramada in Payson, I look forward with excitement to my role with the BIAAZ and all that it will entail. Already in my first few months here, I have had the honor of being welcomed by so many members of this community. I hope to meet many more of you in the future!

Will Grove is a native of Erie, PA, and a graduate of Syracuse University. He is an avid fan of indie films and music, and in his spare time, he enjoys playing soccer, running, and hiking. Prior to joining the BIAAZ staff, Will worked as a coordinator for kids and adolescents struggling with behavioral health needs at Child and Family Support Services. If you have questions regarding BIAAZ resources and programs, you can contact Will via his email, outreach@biaaz.org.

Join us for the 2nd Annual Run, Walk, & Roll to support survivors of brain injury. Join us as we make a difference in the life of those who have had a stroke, TBI, concussion, or brain tumor.



RUN, WALK, & ROLL

**Saturday,
March 30, 2019
at Kiwanas Park, Tempe**

biaazwalkandroll.org



REGISTRATION IS OPEN!

You can register for a 10K, 5k,
or 1 mile fun run/ walk



To learn more about our affordable sponsor and vendor opportunities, contact Carrie at carrie@biaaz.org. Please contact Faes Ibrahim with registration questions at Operations@biaaz.org

THE QUESTION CORNER



**Brain Injury
Alliance**
ARIZONA

Hello. My question is about my best friend who I've known since high school; we were born and raised in the valley. He was recently jumped while walking home late at night from work and was beaten up pretty badly. He was in the hospital for a few days and they helped set his arm and stitched him up, but it sounds like the injury to his head was never addressed. He saw his doctor a few days ago, who told him his symptoms (headaches, double-vision, behavior issues) will get better with time. I feel like my friend could benefit from seeing a specialist with traumatic brain injury expertise, but he is positive that "everything will be fine." How can I explain to him why seeing a TBI specialist would be beneficial? I've heard you guys have access to all sorts of brain injury-specific, vetted resources, and I figured this might be a good place to start. Thanks for your time, and I'm looking forward to hearing from you.

—Concerned Friend

Thanks for your question, Concerned Friend; it's a good one. You also heard correctly— at the Brain Injury Alliance of Arizona (BIAAZ), we do have access to specialist resources throughout Arizona we've vetted to ensure they understand brain injury and have previously worked with survivors for at least two years. This quality controls serves the brain injury community by connecting them to neurologists, neuropsychologists, neuro-ophthalmologists, therapists, etc., who understand how a brain injury causes and affects certain symptoms, such as your friend's headaches, for example. And while family doctors and general practitioners are often very knowledgeable and can help manage and treat many illnesses and injuries, the brain is a complicated organ, and requires special doctors who have studied it specifically. I typically like to think of it this way— a teacher is a professional with extensive knowledge about a particular subject. However, I wouldn't expect my English teacher to be able to help improve my time for running the mile; I'd go to my P.E. teacher. I also wouldn't ask my history teacher to help me with my Spanish homework; that's the Spanish teacher's area of expertise. Essentially, even though all

teachers teach, they don't all teach every subject. The same concept can apply to doctors and specialists. Your friend could very well benefit from seeing a specialist, such as a TBI neurologist, who would be able to order tests and suggest treatments based on his condition and symptoms. The neurologist could then recommend your friend out to other specialists, depending on his test results and responses to treatments.

One thing that's important to remember though is your friend is an adult and will ultimately make his own decisions regarding his health. A brain injury can be tricky because your friend may lack the self-awareness needed to recognize he has a brain injury or be in denial that he has an injury at all. This can make someone less inclined to seek or accept additional help. However, you can always plant the seed in his mind that, if his symptoms don't improve as quickly as he'd hoped, there are programs and specialists out there who can help him. You can tell him about BIAAZ, for example, because we have specialists too— resource facilitation specialists— and they'd be more than happy to help provide him with resources and referrals. I hope this answers your question, and if you have more (one question often gives birth to several), you can always contact us at 602-508-8024 or email us at info@biaaz.org. We're here to help.



The answers provided by The Question Corner are meant to be informative only; they are not intended as a replacement for medical, legal, or other specialist-based advice. You should always consult a professional regarding issues related to your health and the law. If you have an educational, informational, or resource-based question you would like answered by The Question Corner, please email it to resources@biaaz.org, or mail it c/o Brittany Sweeney-Lawson, 5025 E. Washington St., Ste. 108, Phoenix, Arizona 85034.

Think Ahead! Family Brain Injury Support Night



Brain Injury
Alliance
ARIZONA



This program is for youth with brain injuries, their caregivers, parents, and family.

February 21, 2019

**5:30-6:00PM Registration, Conversation, & Dinner
6:00-8:00PM Program**

MPS STUDENT SERVICES BUILDING
3rd Floor, 1025 North Country Club Drive, Mesa

TOPIC FOR STUDENTS, PARENTS, & CAREGIVERS:

Brain Gym - using movements and breathing to improve concentration and memory with Brain Gym from the Brain Injury Alliance of Arizona



REGISTRATION:
mesanights.eventbrite.com



A light dinner and dessert will be provided, including vegan and vegetarian. Those with other food preferences or restrictions are welcome to bring their own food and snacks.

QUESTIONS? Please contact the Brain Injury Alliance of Arizona at 602-508-8024 or info@biaaz.org



unmasking braininjury

Unmasking Brain Injury, a visual art and education project, has arrived in Arizona and the Brain Injury Alliance of Arizona (BIAAZ) wants to help you tell YOUR story!

The objective of this project is to have each person living with a brain injury create a mask that depicts the hidden feelings behind brain injury in an effort to raise awareness in our communities and give survivors a voice! There are several ways you can participate and support this important project.

Please complete the form and return to unmasking@biaaz.org or visit our Unmasking Brain Injury website BIAAZ.org/unmasking to complete the online registration and request more information about the project.

MASK REQUEST FORM

DATE

FIRST NAME

LAST NAME

ORGANIZATION

MAILING ADDRESS

CITY/STATE/ZIP CODE

PHONE NUMBER

EMAIL

CONSUMERS FULL NAME (if different from person completing the form)

I want to get involved! Please select all options that apply.

- Create my own mask
- Host a mask-making event in the community
- Sponsor the Arizona project
- Locate display space for 2019
- Provide display space in 2019

UNVEIL YOUR STORY!



**BIAAZ.ORG/
UNMASKING**

Brain Injury Alliance of Arizona • 5025 E. Washington Street, Suite 108 • Phoenix, AZ 85034
P. (602) 508.8024 F. (602) 266.0181

THE MISSION OF THIS PROJECT IS TO

PROMOTE

awareness of the prevalence of brain injury.



GIVE

survivors a voice and the means to educate others about what it is like to live with a brain injury.



SHOW

that persons living with a disability due to brain injury are like anyone else—deserving of dignity, respect, compassion, and the opportunity to prove their value as citizens in their respective communities.

Unveil Your Story

CREATE

your own mask

HOST

a mask making event

EXHIBIT

a traveling display in your community!

SPONSOR

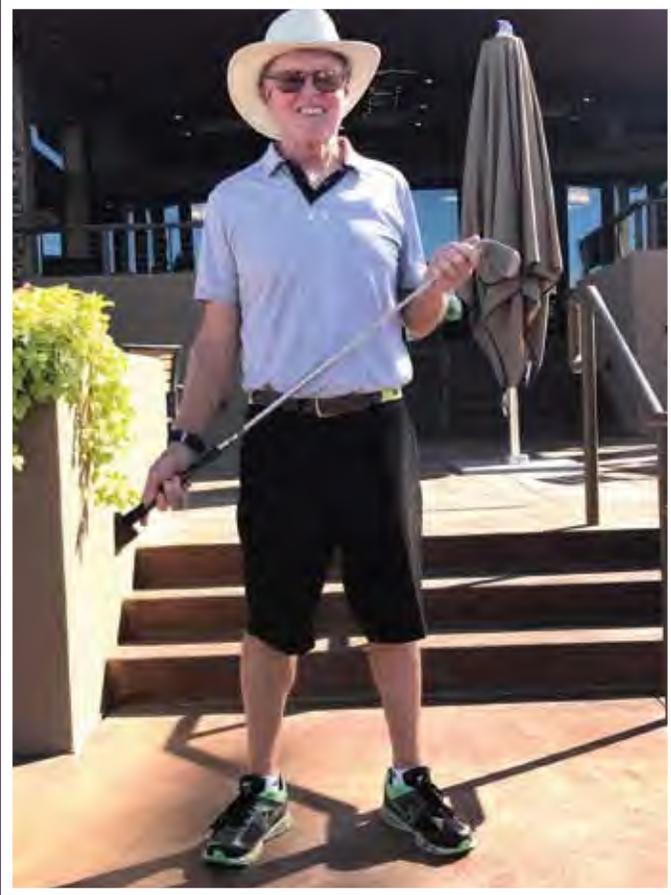
the project



Unmasking Brain Injury is a global brain injury project started by Hinds' Feet Farm.



BIAAZ.ORG/UNMASKING



After sudden cardiac arrest and an anoxic brain injury, the doctors thought he wouldn't live. And when he did, those same doctors thought he would never walk again. Today Mike is in better shape than he was at 40. And he's back on the golf course walking 18 holes and shooting in the 80s. The 5 Percenter is a story of how strength, love and golf drove a remarkable recovery and a chance to embrace life and those he loves with renewed passion and joy.

At age 54, Michael Murphy's life drastically changed ... but he refused to give up.

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