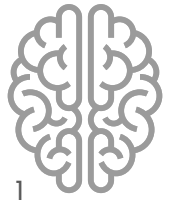




BRAIN INJURY
ASSOCIATION
OF ARIZONA

THE NOGGIN

VOLUME 10 • ISSUE 1



INFLUENCER EDITION

MEET **Gaby**

She's taking
visibility,
accessibility,
& friendship to
new heights
in the cosplay
community.

PHOTO BY

@fantastic.photographic
featuring Gaby_cosplay,
Rumi (sunflowercosplay)
and Mira (momo_cos95)



Dear Survivors, Families, and Friends,

As you open *The Noggin*, you might be thinking about connections. Connections include who we learn from, who helps us feel less alone, and who is able to articulate the experiences and complex symptoms that can be hard to explain or even to understand. For people in the brain injury community, connections can be life changing.

This issue's focus on social media influencers is both timely and important. Across platforms, survivors, caregivers, clinicians, and advocates are using their voices to educate others about life after brain injury. They explain cognitive fatigue, sensory overload, memory changes, headaches, grief, isolation, accommodations, accessibility barriers, and the daily work of rebuilding routines. They are bringing to light the parts of brain injury that the public often does not see: the cost of care, the fight for benefits, transportation challenges, missed work, strain on families, and the emotional weight of living with a condition that includes symptoms that can change daily.

That visibility matters. A single post can help a survivor say, "That is what I have been trying to explain." A video can help an employer better understand accommodations. A caregiver's honest story can help another family release shame. A creator who talks openly about medical bills, depression, identity, fatigue, or accessibility can shift the conversation from sympathy to understanding, and from awareness to action. **These stories are not just content; they are invitations to listen more closely and respond with compassion.**

At the Brain Injury Association of Arizona, we are committed to turning awareness into practical support. We work every day to connect survivors and families with education, resources, community, and hope.

We also know that this work is only possible because people choose to invest in it. Your donation keeps our nonprofit strong and helps us continue to serve Arizonans impacted by brain injury. If this issue moves you, teaches you, or reminds you of someone you love, I hope you will consider making a gift to BIAAZ

I also invite professionals to stay connected with us this fall. Our fall events will offer opportunities for learning, collaboration, and deeper understanding of the lived experience of brain injury. Professionals play a critical role in building systems that are more accessible, more informed, and more responsive to survivors and families. Please visit BIAAZ.org to donate and explore our fall events for professionals.

As you read this issue, I hope you celebrate the influencers and advocates who are bringing brain injury into public view. I hope you also remember the people whose stories remain private, but whose courage is just as real.



Together, we can create a future where survivors are seen, believed, supported, and included.

Happy Reading!

Carrie Collins

Executive Director, Brain Injury Association of Arizona

Contents

OUR MISSION—To improve the quality of life for everyone impacted by brain injury by providing advocacy, education, information, support, and resources, while promoting brain injury prevention

OUR VISION—A world where all individuals impacted by brain injury thrive in their community

OUR VALUES—

Integrity:

Being dependable and following through on commitments

Excellence:

Modeling a positive example as we pursue high expectations

Collaboration:

Actively listening and working together for a common purpose by brain injury thrive in their community

FEATURED

Meet Gaby & the Cosplay Community

Page 4

BIAAZ Business Advisory Council Welcomes New Members

Page 8

Digital Stress

Staying Connected Without Burning Out

Page 11

BIAAZ SPOTLIGHT ON

Brain Injury Influencers

Page 15

Laura Warshauser Knows

The Struggle is Real When it Comes to Being a Creative

Page 18

A woman with dark hair and bangs, wearing a blue crop top and purple pants, is sitting in a wheelchair with purple wheels. She has tattoos on her arms and is smiling. The background is dark with some blue lighting.

Meet Gaby_Cosplay

BY CHRISTINA EICHELKRAUT

PHOTOS BY @FANTASTIC.PHOTOGRAPHIC

The viral social media
sensation whose
bringing accessibility
to the cosplay
community.

If you haven't followed Gaby_Cosplay on... well everywhere, really, you're missing out. Even if you're not into cosplay. Even if you couldn't name an anime movie if your life depended on it. And even if you think you have no interest or stake in sewing or ability, costume design. Gaby shows the amazing things that happen when skill, dedication, craftsmanship, and passion meet a modern day creative force.

Gaby, 30, has been creating costumes and has been an avid cosplayer for 10 years, mostly with her best friend, Momo (@momo_cos95 on Instagram).

By day a social worker who works with disabled children, Gaby – alongside Momo – has dressed up as and created content for just about any character in any genre imaginable.

Gaby is also an ambulatory wheelchair user. That means though she is not paralyzed and can walk, her inflammatory arthritis limits her ability to do so for very long. On bad days, the pain can feel as though both her knees are fractured.

This partly inspired a recent encore of Gaby's wildly popular social media series in which she posed as Disney princesses with disabilities. In a gown created by Holy-Clothing, Gaby played Ariel as a disability icon. In a way, this makes sense since in the story's original telling Ariel does get legs in exchange for her voice but felt like she was stepping on knives with every step.

Gaby was formally diagnosed with Hashimoto's dis-

ease in December of 2025, but has been living with illness for nearly five years. Severe arthritis is a common co-condition of Hashimoto's disease. Ever since Gaby has needed mobility assistance devices she has become a powerful and influential voice for people with disabilities, though not quite on purpose.

"I feel like once I started with my mobility aid there was no turning back," Gaby said.

To her surprise, her first posts using mobility devices were met with an outpouring of gratitude and support.

"Overall the people were so nice," Gaby said. "A lot of people were saying that they themselves were experiencing a lot of shame when it comes to their disability so to feel represented was really important to them."

Sometimes Gaby will even opt to pose a photograph with her mobility aid even if the shot could work with her just sitting down on a regular seat just to ensure other disabled people are still given representation.

"I feel like it's just a big way to reach as many people as we can," Gaby said.

Gaby is particularly touched by the mothers of children with disabilities, who often tell her that they show Gaby's photos to their kids. The kids inevitably appreciate seeing someone like them in such cool costumes and settings.

"That's what I want to do, I want those disabled children who never get representation, especially little girls but little boys, too, to be able to feel seen and to know there's absolutely nothing to be ashamed of,"

continued next page





Photos by
@fantastic.photographic
featuring Gaby_cosplay, Rumi
(sunflowercosplay) and Mira
(momo_cos95)

Gaby said. “You can still be a princess, or a superhero, or a fairy if you want to be, it doesn’t change anything.”

So for the past five years, Gaby has built an incredible following of supporters in the cosplay and disability communities (and anyone who just appreciates good stagecraft, really). She’s created and given workshops on how to pose with or in a wheelchair, posted humorous takes on answering common questions from non-disabled people and gives excellent cosplay creation and styling tips that are useful for anyone in the cosplay community, regardless of their ability.

For Gaby, creating costumes and content is a perfect intersection of many passions.

First there’s making the costumes, especially the sewing. Gaby learned to sew from her mother, who would sew all Gaby and her siblings’ clothes when she was younger. Sewing is an important bonding activity for the mother and daughter and to this day her mom comes over to sew with her once a week.

Then there’s the theater and acting and set design. Having studied cinema in college after being a theater kid in high school, it’s no surprise this is another aspect of cosplay Gaby loves.

And of course, there’s the actual community of her friends, loved ones and fellow con-goers.

“At the end of the day what I like the most is we’re just a whole bunch of nerds geeking out and going to conventions,” Gaby said.

A self-proclaimed extrovert, Gaby loves meeting her fans, new people and generally engaging with the creative, fun and vibrant community. Since many of her cosplay (and feature) videos and photos are created with and feature her best friend and significant other, it’s also a fun way to enjoy her closest relationships.

And no genre, character, setting or story is off limits. Gaby, also a history and mythology nerd, even convinced her best friend to play Athena so she could create her personal cosplay masterpiece, Medusa. The costume, exquisitely detailed with a dark elegance, featured a 15-pound headpiece of writhing snakes.

"I'm proud of all my costumes; they're all my babies and I've spent so much time on each and every one of them, but this one had such a strong, feminist meaning to it so it's probably the one that to this day I'm still the most proud of." Gaby said.

Though she loves the impact she has on people and is proud of the mastery of her craft, Gaby admits that being an online presence has its dark side, too. She's had her fair share of bullying and the casual cruelty wielded by keyboard warriors.

"I'm not going to sugarcoat it, people are going to mean," Gaby said.

Her advice to anyone else who wants to create an online presence – advice she takes herself – is to not be afraid to take a break or simply silence the noise when necessary.

"Sometimes I have to remind myself I don't have to go through this if I don't want to," Gaby said. "If it gets to a point where it affects your mental health, feel free to step back, feel free to block the comments section and remove the option for people to comment."

For now, though, Gaby hasn't let online toxicity stop her from sharing her sewing skills and creative life online.

And, Gaby has plenty of other interests, too.

"I'm a big nerd," Gaby said.

She loves reading manga and delving into her passion for history by accumulating what she calls "unnecessary historical facts" that she happily pesters her friends with "all day every day."

Gaby also loves to cook and bake, though she concedes that "being disabled, the things that I can do are pretty limited, but I try to do activities that I can do at home that I can do from the comfort of the first floor of my house."

But most of her time is taken up with sewing and creating. Something everyone can appreciate and we are all grateful for, regardless of ability level.



Gaby's favorite, Medusa, photo by Stéphane Laroche

"I'm proud of all my costumes; they're all my babies and I've spent so much time on each and every one of them, but this one [Medusa] had such a strong, feminist meaning to it so it's probably the one that to this day I'm still the most proud of." Gaby said.



Welcome New Members!

The Brain Injury Association of Arizona is excited to welcome two new members to our Business Advisory Council.

The Business Advisory Council is made up of Arizona business and medical professionals who care about making a difference and enjoy collaborating with other thoughtful leaders. Meetings are virtual and the commitment is designed to be meaningful, efficient, and engaging. Council members are invited to leverage their business and medical experiences in ways that benefit the entire brain injury community.

Ryan Norris

brings a unique blend of lived experience, business leadership, and community connection to the Brain Injury Association of Arizona's Brain Injury Advisory Council.

Ryan has already been an active voice within BIAAZ. He recently served as guest editor of *The Noggin* for a special edition focused on returning to work after brain injury—an issue he understands both personally and professionally.

A brain tumor survivor, Ryan's journey into the brain injury community began with a series of unexplained symptoms—vertigo, migraines, and hearing loss—that ultimately led to a life-changing diagnosis in 2021. Following a successful craniotomy to remove a rare meningioma, Ryan faced the emotional, physical, and practical realities of recovery head-on.

Throughout his experience, Ryan leaned into his experience as a C-suite executive



to guide his recovery, applying what he had learned as a business owner to every aspect of his recovery. This included finding resilience every day to practical measures, like settling and meeting recovery goals. He did all this while supported by his family, faith, and community.

"I'm honored to join the Business Advisory Council and bring my background in business operations to support the BIAAZ mission," Ryan said.

Ryan, who owns AZ Floor Haven, Align Business Growth, and serves as vice president of the Greater Tucson Area Christian Chamber of Commerce, hopes to leverage his professional work and standing to benefit BIAAZ's mission.

"I've seen how vital a strong support network is for long-term recovery and success," Ryan said. "I look forward to helping bridge the gap between our professional community and the critical resources BIAAZ provides to Arizonans."

Cody Darling

only discovered the Brain Injury Association of Arizona a few months ago, but that hasn't stopped him from wanting him to jump right in to supporting its work. A financial planner who helps small business owners transition into retirement, he first discovered BIAAZ through its LinkedIn page.

"I wanted to get involved because I actually am a brain injury survivor, and the mission resonated with me," Cody said.

Cody sustained a traumatic brain injury, or TBI, when he was 13-years-old after a bicycle accident. He doesn't remember much about the accident, only that he fell off and wasn't wearing a helmet at the time which he admits was a "huge mistake on my part."

"I don't even remember the entire day," Cody said.

Cody's dad found him unconscious on the ground and called paramedics. Although the paramedics released him, once home Cody began to fixate on the same questions, asking them over and over again. His mom, concerned, looked up head injury on the internet and learned that a red skull could indicate internal brain bleeding. A few hospital scans later, Cody found himself at Phoenix Children's Hospital for emergency brain surgery to treat a subdural hematoma.

"They genuinely saved my life," Cody said.

Cody was discharged after doing what



he called "the most excruciating lap" around the hospital.

After a few weeks of bedridden recovery Cody eventually returned to school. Though he didn't have to undergo any speech therapy or any other intensive rehabilitation, the impacts of the brain injury lingered.

"Within two to three weeks of being home I was able to get reacquainted to going back to school," Cody said. "But it was a long process of getting my bearings."

Ultimately, Cody said it was several months before he truly felt completely normal again.

Fast forward several decades and Cody came across BIAAZ on LinkedIn and called to learn more about the organization. It was not long before he was sold on being an active part of the organization's work.

"I didn't know an organization like this existed," Cody said. "Just being able to be more one-on-one with individuals and make that be more for impact is something that really caught my eye," Cody said. "I want to interact with individuals who went through something similar to what I went through and make a difference that way."

Armed with personal empathy and sincere enthusiasm for BIAAZ's mission, there's no doubt he'll be a valuable part of the Brain Injury Association of Arizona Advisory Board.





WORLD **STROKE** DAY

OCTOBER 29

Creating New Narratives: Creativity After Stroke

SAVE THE DATE

Thursday, October 29, 2026

9:00AM-11:30AM

You're invited to celebrate life and
creativity after stroke.

Join our community conversation. You can listen in
or share your art and poetry. Then join us for some
guided exercises designed to get your creative
juices flowing.

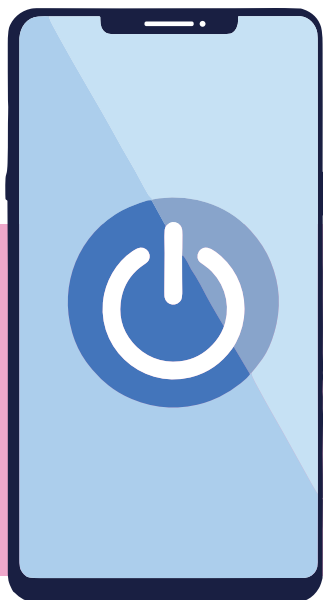
Visit biaaz.org/create

DIGITAL STRESS



Staying Connected Without Burning Out

For many people in the disability community, the digital world is more than entertainment—it can be a lifeline. Online creators, advocates, coaches, and support communities often provide connection, accessibility tips, identity affirmation, and guidance for navigating an ableist world. That value is real and important. But even helpful tools can become exhausting when screen time becomes nonstop. So, here's some friendly tips and tricks to help use digital spaces in ways that protect your energy, promote healing, conserve energy, don't harm attention, and ultimately help your brain health.



WHAT IS DIGITAL STRESS?

Digital stress is the mental and physical strain caused by constant notifications, endless scrolling, online pressure, doom scrolling, multitasking, and feeling like you must always be available.



Notifications



Mental overload



Sleep disruption



Eye strain



Irritability



Attention fatigue



Anxiety



Low energy

COMMON SIGNS YOU MAY NEED A RESET

- ☒ You feel drained after being online
- ☒ You lose track of time scrolling
- ☒ You open apps automatically without thinking
- ☒ You feel tense when notifications appear
- ☒ You compare yourself to others online
- ☒ You have trouble sleeping after screen use
- ☒ You can't focus after long digital sessions

WHY THIS CAN HIT BRAIN INJURY SURVIVORS HARDER

Many brain injury survivors already manage energy carefully. Screens can quietly consume more of that energy than expected.

Possible Challenges



Cognitive fatigue – prolonged attention can be exhausting



Headaches – especially after long sessions



Light sensitivity – bright screens may trigger discomfort



Reduced concentration – constant switching drains focus



Noise overload – autoplay audio or video can overwhelm



Sleep disruption – nighttime screen use may interfere with rest

Technology should support your life or recovery —not consume your energy.

8 WAYS TO LOWER DIGITAL STRESS (without disappearing)



1 Build “Pause Points”

Set timers for 20–30 minute check-ins. Ask: Do I still want to be here?



2 Rest Your Eyes

Try the **20-20-20** rule: Every 20 minutes, look 20 feet away for 20 seconds.



3 Silence Nonessential Alerts

Not every ping deserves your nervous system.



4 Protect Sleep

Reduce screen use 30–60 minutes before bed when possible.



5 Move Between Scrolls

Stand, stretch, walk, breathe



6 Spend Energy on What Gives Back

Choose communities, education, or creators that support you—not content that drains you.



7 Make One Small Screen-Free Zone

Examples: mealtime, bathroom, first 15 minutes after waking.



8 Curate Your Feed

Mute accounts that trigger stress. Follow people who educate, empower, and respect boundaries.

ONLINE HEALTH ADVICE: BE CAREFUL, NOT FEARFUL

Digital health content can be valuable—especially for people who face physical or economic barriers to care. But not every creator is qualified

Before you trust advice, ask:

- ☒ Do they list real credentials or lived experience honestly?
- ☒ Are they selling certainty, fear, or miracle cures?
- ☒ Do they cite reliable sources?
- ☒ Does the advice match what licensed professionals recommend?
- ☒ Are they telling everyone the same solution?

WHEN IN DOUBT, ASK FOR REAL HELP

If online advice conflicts with your symptoms or recovery plan, contact the **Brain Injury Association of Arizona** or speak with a qualified medical professional. Not sure who to ask? That's what BIAAZ is here for. We'll point you in the right direction.

HELPLINE: 888-500-9165
biaaz.org | info@biaaz.org

SOURCES

OECD. *Screen Time and Subjective Well-Being* (2025)

https://www.oecd.org/en/publications/screen-time-and-subjective-well-being_c840403c-en/full-report.html

Michigan State University Extension. *Effects of Excessive Screen Time on Adults* (2025)

https://www.canr.msu.edu/news/digital_technology_and_mental_health

FLAGSTAFF

FRIDAY



The 13th

Calling all Flagstaff brain injury survivors,
family members, caregivers, and professionals—

Brain Injury Community Pizza Social

Friday, November 13, 2026 • 5:30 — 7:30pm

Fratelli's East Side Pizza

2120 North 4th Street • Flagstaff, AZ

It's Friday the 13th... but the only thing scary is how
good the company (and the pizza) is.

You're Invited to Join Us: No Bad Luck—Just Good Company!



BIAAZ.ORG • info@biaaz.org
HELPLINE 888.500.9165

REGISTRATION &
INFORMATION
Scan QR Code or
visit biaaz.org/pizza





BIAAZ SPOTLIGHT ON Brain Injury Influencers

These are some of our favorite people to check out online. Who are yours?

Sometimes the right social media follow can make your whole day better. One post can teach you something new, make you laugh, help you feel seen, or remind you that recovery is not something you have to navigate alone.

We rounded up a few creators worth adding to your feed—people bringing insight, honesty, humor, and good energy to the internet. They're some of our favorites when scrolling ...uhm, **researching resources** online.



WORTH A FOLLOW

- ➔ Good creators remind people they're not alone
- ➔ Caregivers gain insight
- ➔ Professionals hear lived experience directly
- ➔ Humor and hope count, too



CAITLIN CAMPBELL (cc_unsilenced)

It's Giving: Real talk, resilience, humor, and the kind of honesty brain injury survivors instantly recognize. Caitlin shares the ups, downs, and everything-in-between moments of life after injury.

Best For: Young survivors, identity after injury, motivation.

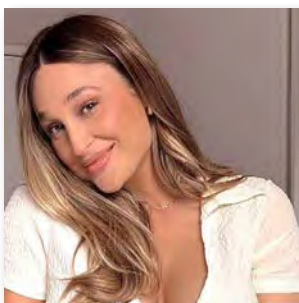
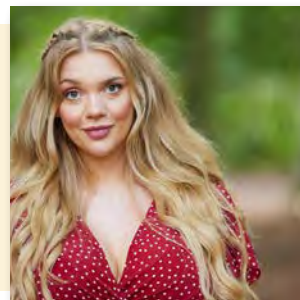
Instagram: https://www.instagram.com/cc_unsilenced

LUCY DAWSON (luuudaw)

It's Giving: Confidence, style, advocacy, and visibility from an encephalitis survivor who brings humor and authenticity to life after brain injury.

Best For: Self-esteem, representation, thriving after illness.

Instagram: <https://www.instagram.com/luuudaw/>



JACKIE MILLER JAMES (jackiemillerjames)

It's Giving: Hope, grit, family love, and a front-row look at recovery after a brain aneurysm and stroke. Her journey has inspired many navigating major medical events.

Best For: Stroke families, caregivers, encouragement during rehab.

Instagram: <https://www.instagram.com/jackiemillerjames/>

WESLEY HADFIELD (wesleysamuel2.0)

It's Giving: Sharp perspective, accessibility awareness, and humor that makes serious topics easier to engage with. Great for learning while scrolling.

Best For: Advocacy, practical awareness, disability culture.

Instagram: <https://www.instagram.com/wesleysamuel2.0/>



LAYLA ROGAN (laylas_tbi_journey)

It's Giving: Empowerment, confidence, and fresh perspective for younger audiences seeking relatable conversations around accessibility and identity.

Best For: Younger survivors, social confidence, empowerment.

Instagram: https://www.instagram.com/laylas_tbi_journey/

ADVOCATES, PROFESSIONAL VOICES & SMART FOLLOWS



TINA ODJAGHIAN

It's Giving: Advocacy, expertise, and practical guidance for families navigating brain injury systems, rights, and resources. A strong follow when life gets complicated.

Best For: Families, legal education, advocacy support.

Instagram: <https://www.instagram.com/tinaodjaghian>

Brain Society of California: <https://brainsocal.org>

LOOK FOR LOCAL VOICES

It's Giving: Arizona rehab experts, adaptive fitness leaders, and survivor advocates who know your community—not just the algorithm.

Best For: Real-world support beyond the screen.

FOLLOW CREDENTIALED PROFESSIONALS

It's Giving: Helpful explainers, trustworthy tips, and evidence-based guidance from speech therapists, OTs, neuropsychologists, and rehab pros.

Best For: Recovery strategies, caregiver education.

FOLLOW CREATORS WHO MAKE YOU FEEL BETTER

It's Giving: Calm, informed, encouraged, seen. If someone consistently adds value to your day, keep them close.

Best For: Mental health and digital wellness.

UNFOLLOW WHAT DRAINS YOU

It's Giving: Boundaries. You do not owe your time to comparison traps, miracle cures, fear bait, or negativity.

Best For: Protecting energy and focus.

Before you trust advice, ask:

- ☒ Do they clearly share credentials or lived experience?
- ☒ Do they cite reputable sources?
- ☒ Are they selling fear or miracle cures?
- ☒ Does the advice align with your provider's guidance?
- ☒ Do they encourage professional care when needed?

Red flags:

"One trick doctors hate..."

Instant cure promises

Expensive secret programs

Shame-based messaging

Telling everyone to stop treatment

*If unsure, contact BIAAZ
or a licensed healthcare professional.*

Laura Warshauer Knows The Struggle is Real When it Comes to Being a Creative

BY CHRISTINA EICHELKRAUT



Laura has turned those trials into an accessible creative workbook, *My Creativity is Killing Me*, which she co-wrote with Kohn Glay. The book helps creatives come to terms with the fact that – sometimes – your creativity won't mean millions of dollars, global fame or billions of followers online. Sometimes you have to find the joy in the creation itself. With the incessant pressure today to go viral or go home, the songwriter's lessons are important for every content creator to keep in mind.

The following is excerpted from our in-depth profile of Laura originally published as a Brainwaves blog in 2024. Read Laura's full story at biaaz.org/creative.

The creative life as a songwriter was inevitable for [Laura Warshauer](#). And, in today's media landscape, that means creating (at least one) online persona.

At 5-years-old, she walked up to a microphone that was just a touch taller than she was. Wearing her mom's siren red lipstick and a black velvet dress with white trim, she sang *I Saw Mommy Kissing Santa Claus* to the wide acclaim of 500 people.

From that moment, "I was all in," Warshauer said.

When she was 12-years-old, Warshauer's dad got her a guitar. Before long she had mastered a few chords and knew exactly what she needed to be.

"I was like, 'Hello World! I'm a songwriter!'" Warshauer said.

Since then, she's worked as a professional musician, even creating an alternate

persona, [Gigi Rowe](#), that achieved international fame.

But passion, talent, and even the hard work that brings in some success doesn't always equal superstardom, or even financial freedom.

"There have been some really cool moments, some really cool wins," Warshauer said. "But it never was quite enough to really connect me in a substantial way with the audience I feel I'm meant to connect to."

For all her professionalism, work, effort and creative energy, Warshauer was forced to face the fact that she simply hadn't created the life she wanted for herself.

"But a funny thing happened on the way to becoming a recording artist: label or no label, I wasn't making ends meet,"



"Creativity, it's really tied into the imagination and our ability to dream and our ability to envision the life that we want for ourselves."

Warshauer writes in the introduction to her book. "I was spending more than I was making, working harder than I'd ever worked, and wondering who pulled the rug out from under me."

At the same time, Warshauer knew she would never fit into the box of a 9 to 5 job, either. As so many creatives know, sometimes a creative life isn't optional because it truly is who you are. There is no other way for your soul to breathe.

Warshauer knew it was time to take a beat and reassess.

"On paper my life looks fantastic, but in reality it's quiet," she said. "My dreams feel far away. The things that I have been building towards, I feel are derailed."

Salting the wound is the fact that Warshauer has personally seen and to a degree experienced stardom. She's been flown first class to perform in exotic locations and many people she's worked with are now successful people on the world stage.

"It's so frustrating when the things that you've dreamed about, you've actually tasted them," Warshauer said.

continued next page

So, Warshauer called Patrick Carman, the New York Times bestselling author. It was during that conversation that he coined the phrase that would become the title of the workbook, *"My Creativity is Killing Me"* a phrase that immediately resonated with Warshauer.

As she continued these discussions with friends and other mentors, Kohn Glay, a life coach and TikTok influencer, suggested writing a book together that spoke to Warshauer's struggles. Encouraged by the fact that social media platforms offered a more egalitarian path to creative success, and the support of some amazing other creatives in her life, she and Glay began working on the book.

To Warshauer's surprise, the book has led her to a whole new creative tribe of publishers, literary agents and others in the book world. It's been a minute, but for the first time Warshauer feels energized and optimistic about the future.

"It's beautiful, it's challenging, it's entrepreneurial," Warshauer said.

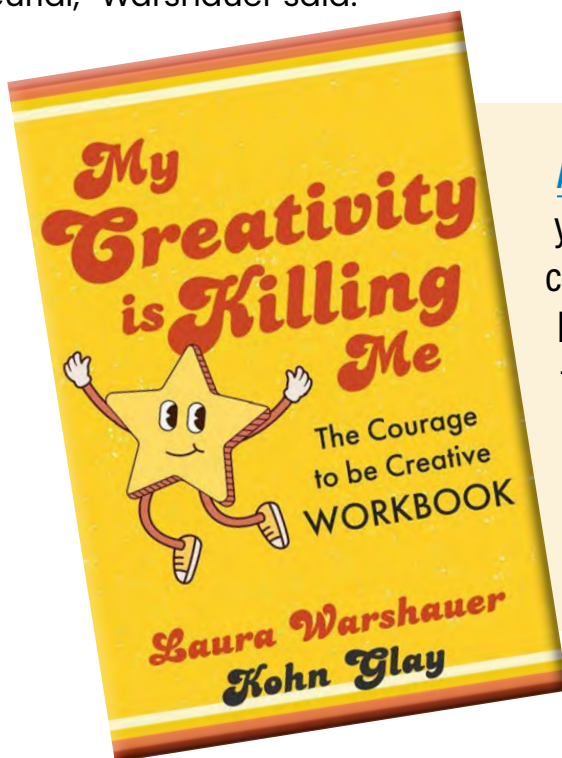
The ability to share the power of creativity with the disability community seemed to Warshauer a sign that the book was a step in the right direction. After all, art therapy and creative pursuits are vital and necessary parts for many survivors of brain injury's healing journey.

"I think creativity is an important part of every person's life whether you're aware of it or not," Warshauer. "Creativity, it's really tied into the imagination and our ability to dream and our ability to envision the life that we want for ourselves. And that matters to every single person."

That's why empowering people to be creative in practical, realistic ways can be so transformative, Warshauer said.

"Tapping into that is so significant because it can change your life," Warshauer said. "We can all become prisoners to our own lives and our own communities."

And Warshauer knows creativity is the key to freedom.

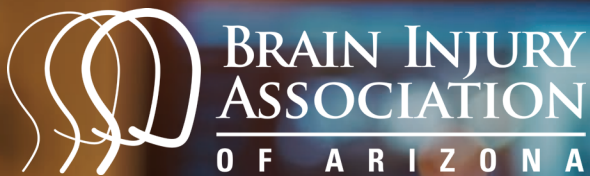


[My Creativity is Killing Me](https://a.co/d/0fpt008P) will help you master the connection between creativity and commerce, understand how you arrived where you are, and take control of your creative career.

And you'll have fun doing it!

Available at Amazon

<https://a.co/d/0fpt008P>



RESILIENCE

Virtual Return-to-Work After Brain Injury

An annual celebration of the businesses, programs and professionals that get Arizona survivors of brain injury back to work. This signature annual event culminates in a special award for a survivor who exemplifies the resilience and dedication it takes to re-enter the workforce after injury.



FEATURING

KEYNOTE SPEAKER

Erik Ronningen | 9/11 Survivor

Author of an award-winning book titled: *FROM THE INSIDE OUT, Harrowing Escapes from the Twin Towers of the World Trade Center*



September 10, 2026 • 8am–9am
Join us on ZOOM

Celebrating Return-to-Work Champions

REGISTRATION & INFORMATION: visit biaaz.org/return

BIAAZ.ORG • info@biaaz.org • HELP LINE 888.500.9165



BRAIN INJURY
ASSOCIATION
OF ARIZONA

BIAAZ Watersports Day

The Brain Injury Association of Arizona invites brain injury survivors to join us for our first ever **BIAAZ Watersports Day**, in partnership with our friends at Arizona Adaptive Water Sports.

Join us at Bartlett Lake on September 18th for an adaptive water sports experience including the following activities:

Water Skiing
Wakeboarding
Wake Surfing
Tubing

Looking just to chill at the lake? We will have a party boat available for you to hang out on the water.

This event is **FREE** for any survivors of brain injury and one accompanying family member.

REGISTRATION IS LIMITED, so please sign-up quickly to claim your spot!

SCAN QR CODE TO REGISTER

Please call our Helpline with questions or for assistance registering @ 888-500-9165
info@biaaz.org or text 520-310-3301



This event
was funded by



10K • 5K • 1-Mile Fun Run

Thank you to
our friends at

**ARIZONA
ADAPTIVE**

WATER SPORTS



**BRAIN INJURY
ASSOCIATION**
OF ARIZONA

**If you have a brain injury, or care for someone who does,
you'll have questions. You deserve the right answers.
We'll help you get them.**



Our statewide Help Line connects you with a Certified Brain Injury Specialist and a dedicated database of hundreds of vetted resources. Your personalized intake and support is just a phone call away.

**Our Help Line is open
Monday-Friday from 9:00 a.m. – 5:00 p.m.**

1-888-500-9165

Learn how you can help or donate today to further our cause.

The Brain Injury Association of Arizona is a statewide nonprofit dedicated to improving the quality of life for everyone impacted by brain injury by providing advocacy, education, information, support, and resources, while promoting brain injury prevention. Our Vision is a world where all individuals impacted by brain injury thrive in their communities.

BIAAZ.ORG | info@biaaz.org | HELPLINE 888.500.9165



BRAIN INJURY
ASSOCIATION
OF ARIZONA



PROFESSIONALS' BRAIN HEALTH CONFERENCE

Traumatic Brain Injury Foundational Knowledge & Intervention

*The Nature of Onset, Emotional Challenges,
Cognitive Changes, & Behavioral Issues*

JOIN US

December 4, 2026
Nina Mason Pulliam
Conference Center
Ability 360 Campus



Featured Speaker

Robert L. Karol, Ph.D., LP, ABPP-RP, CBIST-R



REGISTRATION & INFORMATION

Scan QR code or visit biaaz.org/pbhc

Brain Injury Association of Arizona
5025 E. Washington St., Ste 108
Phoenix, AZ 85034