

PEACE OF MIND

SUMMER 2024

WWW.BIAMI.ORG (800) 444-6443

Welcome to the Summer 2024 edition of Peace of Mind!

Happy soon-to-be Summer! With the arrival of May, we're stepping into Mental Health Awareness Month, a time to recognize the importance of our mental well-being. For those of us navigating life after brain injury, prioritizing mental health takes on an even greater significance. Let's join together in recognizing the importance of maintaining a healthy mind space and support one another as we embrace the warmth of summer ahead!



TIPS &
TRICKS

Mental Health Awareness Month

Simple self care practices to improve mental health:

- **Stay Active**
 - Whether it be yoga, tai chi, seated movements or going for a walk, maintaining an active lifestyle is a way to reduce stress and support our brain in releasing chemicals to make us feel better.
- **Get Outside**
 - Research shows that being in nature can increase energy levels, reduce depression and boost well-being.
- **Connect With Others**
 - Spending time with friends and family has been shown to decrease stress. Not sure who to reach out to? Attend one of our support group meetings! 😊
- **Partake In Something You Enjoy / Are Good At**
 - This could mean reading a book, listening to your favorite music, journaling, doing an art project etc. Finding pleasure in a task or activity can contribute to a sense of accomplishment.

"The month of May is the gateway to summer"

Jean Hershey

Resource Corner

988 Suicide & Crisis Hotline

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

All conversations are free and confidential.

Text or call 988 to speak with a crisis counselor

OR

visit <https://988lifeline.org/chat/>



SURVIVOR STORIES

Janice B.

Coming from a background of alcoholic and abusive parents, Janice’s life before her injury was already very difficult. In retaliation, to cope with her struggles, Janice often acted out. She desperately wanted someone to love and care for her.

Life only proved to quickly become more challenging for Janice. On January 23, 1988, following a night of bowling, Janice and her boyfriend crashed into a utility pole on their way home. Janice’s head hit the side window and upon impact, was split in half.

Following a 7.5-week coma, Janice began to learn how to walk and talk again. Her rehabilitation started at Mary Free Bed and later continued at Neurorestorative and Hope Network. In 2016, she suffered a set back when she suffered a stroke. Determined to be as independent and happy as possible, Janice persevered despite her difficult upbringing and new physical setbacks.

The road to recovery did not come without struggles. Issues with memory and strength, difficulties forming healthy relationships and completing everyday tasks, added layers of complexity to her journey. Support and sharing her story proved to be essential to Janice’s recovery. She gave speeches in high schools in the months surrounding prom to educate communities on the dangers of drinking and driving. She also uses art as a healing tool, including writing, drawing, and painting.

Janice’s involvement with the Brain Injury Association of Michigan also proved instrumental to her journey. Attending support groups and classes provided her with a sense of community and understanding, allowing her to grow stronger and work harder with the support of others who shared similar struggles.

“The support group has helped a lot, and I really enjoy the (Fall) conference,” Janice said, “The people at the conference helped me realize I can have a disability and enjoy life, too.”

Continuing to breakdown boundaries and defy limitations set by others, Janice embraces her story. Today, she lives in her own apartment, where she continues to save money, provide for herself, and define all odds.



NEW MEMBER SHOUT OUT **Welcome New Members!**

- Kim M.
- Robin L.
- Alexis S.
- Debbie M.
- Scott M
- Ed S.
- HB S.
- Terrance W.
- Julie R.
- Gabriel G.
- Amy G.
- Chloe H.
- Jeffrey B.
- Gabriel H.
- Tobias S.
- Lauren L.
- Elise D.
- Heather F.
- Jennie M.
- Denise R.
- Jennifer M.
- Brittney R.
- Regina K.
- Julia N.





DETROIT TIGERS TICKETS

DATE	TIME	OPPONENT
WEDNESDAY, MAY 29TH	1:10pm	PITTSBURGH PIRATES
TUESDAY, JUNE 11TH	6:40pm	WASHINGTON NATIONALS
JULY	COMING SOON	COMING SOON



Tigers tickets will be distributed digitally on a first come first served basis.

If you would like to attend a game, you will need three things:

1. Access to an email, so we can mail you the tickets
2. A smart phone with the MLB app downloaded

-OR-

3. A friend, family member or caregiver who can assist you with accessing your tickets

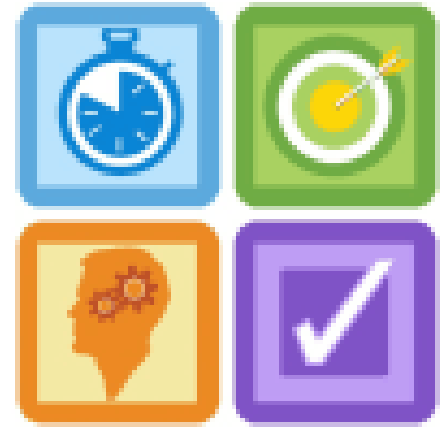
Limited # of accessible seats available.

Please email janheuser@biami.org to request tickets.

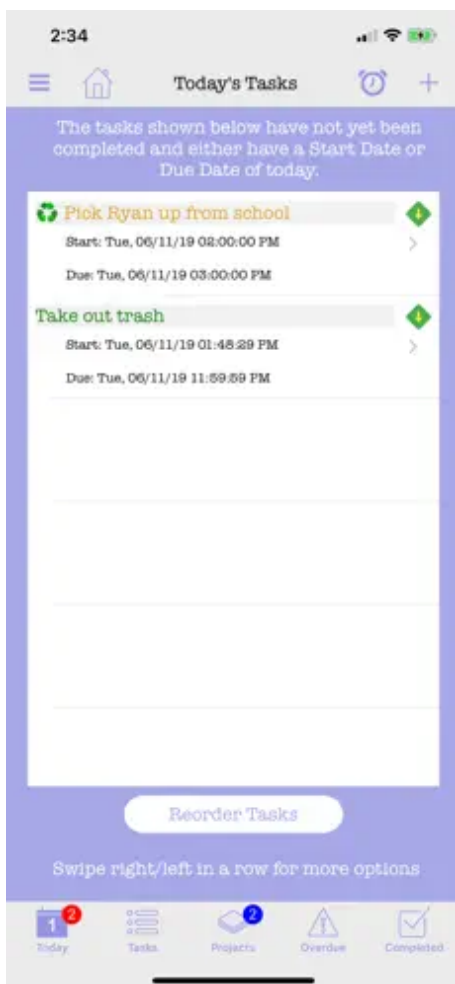
Tickets for May need to be filled prior to June requests.

CHECK THIS OUT!

Digital tool - BEST SUITE: 5 APPS IN 1



Recommended by a speaker for the BIAA, BEST Suite: 5 apps in 1 is a comprehensive program designed to aid individuals with brain injury, concussion, stroke, and cognitive challenges in regaining independence. Developed by an expert with over 30 years of experience in cognitive rehabilitation, this suite offers practical skills to enhance initiation, time management, self-esteem, life balance, and productivity. It consists of five integrated apps, each focusing on different aspects of cognitive improvement.



App 1: PaceMyDay

- Helps plan day for success

App 2: ReachMyGoals

- Set personalized, specific measurable goals

App 3: StrategizeMyLife

- Create and record strategies that work for you
- Rate how well each strategy works for you

App 4: CompleteMyToDos

- Easily create tasks with start and due dates
- Set alarms for tasks

App 5: CueMyList

- Organize items in a checklist
- Record personal messages to prompt yourself from one item to another

App is available for purchase in app store on Ipad, Iphone and Ipod for \$9.99

UPCOMING EVENTS

	Event	Time & Date	Description
MAY	BIAMI Educates: The Dani Plan	Friday, May 10th at 3PM on ZOOM	<p>Discover The Dani Plan: an easy to use website designed for people with special needs. The Dani plan allows a user to organize important information and documents to share it with trusted family, caregiver and doctors.</p> <p>https://www.surveymonkey.com/r/DaniPlan524</p>
	BIAMI Annual Meeting and Spring Fling!	Thursday, May 23rd at 5PM on ZOOM	<p>Learn more about what's been happening with BIAMI at our Annual Meeting, followed by Spring Fling featuring SUPER SIZED Bingo!</p>
	BIAMI Recreation: Detroit Tigers Game	Wednesday, May 29th at 1:10PM at Comerica Park	<p>This is BIAMI's first game of the season and we invite YOU to join us in rooting for the Detroit Tigers at Comerica Park! Request tickets by emailing janheuser@biami.org</p>
JUNE	BIAMI Social: Summertime Trivia	Friday, June 7th at 3PM	<p>Join us for some brain-teasing fun with Summertime Trivia!</p> <p>https://www.surveymonkey.com/r/SummerTrivia24</p>
	BIAMI Recreation: Detroit Tigers Game	Tuesday, June 11th at 6:40PM	<p>Root, root for the home team! Support the Detroit Tigers at Comerica Park! Request tickets by emailing janheuser@biami.org</p>
	BIAMI Educates: Bike Safety	Friday, June 14th at 3PM on ZOOM	<p>Learn more about the importance of practicing bike safety with the League of Michigan Bicyclists!</p> <p>https://www.surveymonkey.com/r/BIAMIBikeSafety</p>

BIAMI

WORD



SEARCH


CREATED BY DARLENE PRESTON



A	B	A	S	E	B	A	L	L	B	O	P	H	I	R
C	I	T	Z	W	R	F	J	U	M	P	R	O	P	E
F	C	U	F	R	I	S	B	E	E	D	S	P	I	L
E	Y	W	K	B	D	M	I	N	D	I	K	S	C	A
F	C	J	C	L	S	K	M	V	E	O	A	C	N	X
G	L	U	O	S	T	C	O	I	W	J	T	O	I	S
J	I	X	D	O	L	V	A	X	N	X	E	T	C	T
K	N	S	U	N	B	A	T	H	E	G	B	C	Q	W
P	G	S	R	R	E	B	E	A	C	H	O	H	S	O
E	T	L	M	V	O	L	L	E	Y	B	A	L	L	I
A	N	K	I	Z	W	S	U	N	S	C	R	E	E	N
F	B	O	N	F	I	R	E	Y	O	U	D	B	I	A

- BASEBALL
- BEACH
- BICYCLING
- BONFIRE
- FRISBEE
- HOPSCOTCH
- JUMP ROPE
- PICNIC
- RELAX
- SKATEBOARD
- SUNBATHE
- SUNSCREEN
- SWIMMING
- VOLLEYBALL

MAY 2024





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>For information about upcoming programs, events, chapters and support groups, please call (810) 229-5880</p>						
5	6	7	8	9	10	11
		Grand Rapids Chapter 7:00 p.m. Tri Cities Chapter 7:00 p.m.	Genesee Valley Chapter 2:00 p.m. North Oakland Chapter 6:00 p.m.	Southwestern Chapter 1:30 p.m. Wayne Oakland Chapter 6:30 p.m.	BIAMI Educates: The Dani Plan @ 3:00 p.m. on Zoom	
12	13	14	15	16	17	18
<i>Mother's Day</i>	Alpena Support Group 7:00 p.m.	West Michigan Chapter 6:30 p.m.	Detroit Chapter 5:30 p.m.	Southwestern Chapter 1:30 p.m. Livingston Support Group 6:00 p.m.		Lids for Kids 10:00 a.m. Lansing Fire Station
19	20	21	22	23	24	25
				BIAMI ANNUAL MEETING & SPRING FLING @ 5:00 p.m. on ZOOM		
26	27	28	29	30	31	
			Macomb Chapter 6:45 p.m. BIAMI Recreation: Detroit Tiger Game @ 1:10 p.m.	Southwestern Chapter 1:30 p.m.		

JUNE 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	--------	---------	-----------	----------	--------	----------

If you are interested in participating in ANY of the activities listed, or would like more information, please call the Brain Injury Association of Michigan at: (810) 229-5880

2	3	4	5	6	7	8		
		Alpena Support Group 7:00 p.m.	West Michigan Chapter 6:30 p.m.  BIAMI Recreation: Detroit Tiger Game @ 6:40 p.m.	Grand Rapids Chapter 7:00 p.m. Tri Cities Chapter 7:00 p.m.	Capital Area Chapter 6:30 p.m.	Southwestern Chapter 1:30 p.m. Washenaw Chapter 6:00 p.m.	BIAMI SOCIAL: Summer Trivia https://www.surveymonkey.com/r/summertrivia24	1 Lids for Kids 10:00 a.m. Grand Rapids 
9	10	11	12	13	14	15		
			Genesee Valley Chapter 2:00 p.m. North Oakland Chapter 6:00 p.m.	Southwestern Chapter 1:30 p.m. *Wayne Oakland Chapter 6:30p.m.	BIAMI EDUCATES: Bike Safety, with League of Michigan Bicyclists 3:00 p.m. on ZOOM			
16	17	18	19	20	21	22		
			Detroit Chapter 6:00 p.m.	Southwestern Chapter 1:30 p.m. Livingston Support Group 6:00 p.m. 				
23/30	24	25	26	27	28	29		
			Macomb Chapter 6:45 p.m.	Southwestern Chapter 1:30 p.m.				