

Brain Waves

Quad City Chapter, Brain Injury Alliance of Iowa (BIA-IA)
PO Box 461 Bettendorf, IA 52722

Vol 68 No 3

April, 2023

**Monthly Activities
Support Group
Temporary Meeting Place**
Hosted by
“Everyday Heroes” CPR
Northwest Bank Bldg, #506
2550 Middle Road
Bettendorf, IA

**Brain Injury
Alliance of Iowa**
855-444-6443

This number will also allow
you to access the neuro-
resource facilitator and brain
injury support
network
www.biaia.org

The contact information of
the Quad City Chapter is
563-340-0995 or email at
kbb32874@aol.com
Jan Barker is the support
group leader and will return
your call if a message is left.

Leisure Group

Meets the 3rd Wednesday of
the Month at 5:30PM. For
more information, contact
Dianna Griebel at
563-344-8688.

Pop Can Tab Collection

The Quad City Brain Injury
Support group is again col-
lecting pop can tabs for a
local organization. Please
save your tabs and bring
them to the next monthly
meeting and members of the
board will get them to the
organization.

Brain Waves

Brain Waves is a monthly
newsletter published by the
BIA-IA, Quad City Chapter.

Please contact us to have
your name placed on the
mailing list or if there are
questions about the Brain
Injury Alliance.
Editor:

For questions or comments
related to Brain Waves,
please contact Ashley Hall at
563-421-1480 or
hallsarah
@GenesisHealth.com

**Thanks to Genesis
Regional Rehabilitation
Program for printing of
the monthly newsletter.**

INFORMATION FOR YOU MEMBERS:

At this time we are once again having our Leisure group sessions and including “Care & Share”. We are doing in-house activities for now, however, will be planning on going out to eat again, once it is safe for all of us. If you have any suggestions for the Leisure Program activity that you would like to do, just let Dianna know and we will try to accommodate your ideas. This program is for you and your enjoyment and we want it to be inviting for your attendance. (563) 344-8688.

Thoughts from a Family Member

Contributed by Karen Johnson, Family Member and Board Member

April, for many is a special month to celebrate Easter, the coming of Spring and with it the beauty of the flowers, trees and birds that have migrated back to us. For our family we celebrate the anniversary of my Son’s new life after Traumatic Brain Injury 37 years ago. His injury occurred while riding his motorcycle. What contributed to the accident was the fact that the streets were wet and he was in an unfamiliar neighborhood and alcohol. That night was the worst night of our lives, as we got the call from the hospital at 5:00 am and after that nothing was ever the same again for any of us. For many of you who read this you have also had that experience or know of someone who has. That night he almost lost his life. He was transported to the hospital unconscious and went into a coma that would last 2 months, with 5 ½ months in the hospital and 2 years of Rehabilitation in a Private facility. He was fortunate that he was insured and that insurance took care of his expenses. As the weather warms, you will be participating in biking, swimming, skateboarding, sports, motorcycle riding, horseback riding and other fun stuff, you need to be extra cautious with these activities. Wear the protective gear, buckle seat belts, wear helmets and most of all do not do drugs or drink. In a matter of seconds your life and the lives of your loved ones can change because of Traumatic Brain Injury. Please stay safe out there!

Food for You...Ham and Veggie Casserole

Contributed by Karen Johnson, Family Member and Board Member
Yield: 4 servings

Ingredients:

- 1 package (16 oz) frozen broccoli florets
- 1 package (16 oz) frozen cauliflower
- 2 teaspoons plus 2 tablespoons butter, divided
- 1/4 cup seasoned bread crumbs
- 2 tablespoons all-purpose flour
- 1-1/2 cups 2% milk
- 3/4 cup shredded sharp cheddar cheese
- 1/2 cup grated parmesan cheese
- 1-1/2 cups cubed fully cooked ham (about 8 ounces)
- 1/4 teaspoon pepper

Directions:

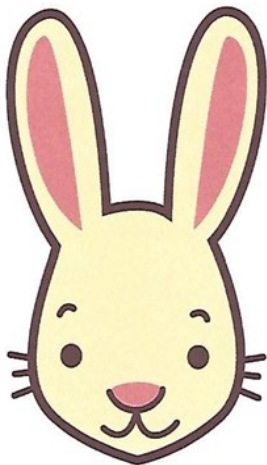
1. Preheat oven to 425°. Cook broccoli and cauliflower according to package directions; drain.
2. Meanwhile, in a small skillet, melt 2 teaspoons butter. Add bread crumbs; cook and stir over medium heat until lightly toasted, 2-3 minutes. Remove from heat.
3. In a large saucepan, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Remove from heat; stir in cheeses until blended. Stir in ham, pepper and vegetables.
4. Transfer to a greased 8-in. square baking dish. Sprinkle with toasted crumbs. Bake, uncovered, until heated through, 10-15 minutes.

Survivor's Corner

Contributed by Sarah Barker, Survivor and Board Member

... Certain deficits with brain injury are very long term. Why else would it have taken me over 20 years to get through school! There's no such thing as a break, when it comes to healing from a brain injury. You definitely know if you are a survivor, that you are constantly working. It really just has become part of your life. Do we complain? No, we just keep on pushing forward. The takeaway from this is to just keep pushing forward. You won't regret it. Something to think about.....

DIRECTIONS:
 Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



Easter Day Word Hunt

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

- | | | |
|-----------|------------|--------|
| BASKET | DECORATE | SPRING |
| BUNNY | EASTER | SUNDAY |
| CANDY | EGGS | |
| CARROT | FLOWER | |
| CHICKS | HUNT | |
| CHOCOLATE | JELLYBEANS | |
| DAFFODIL | PARADE | |



Basic rule for when to wear a helmet: "If they make a helmet for the activity - wear it."