



The 2021 Brain Injury Survivor Series via ZOOM

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.

Sessions will be on ZOOM until further notice!



<https://www.braininjuryhopefoundation.org/events/>

Aug 13

1:00 p.m. to 2:30 p.m.
Mountain time

Technology Tools for Cognitive Performance

Michelle Wild and members of the Brain Education Strategies and Technology, Inc. (BEST) Team will demonstrate a toolbox of applications (apps) that address common executive function challenges. The toolbox includes apps to: set and manage SMART goals; manage energy and fatigue; create, track, & rate strategies; create checklists; cue yourself to move from one task to another; take effective notes; and brainstorm ideas. Michelle will also discuss other apps such as Smart Pens, Notability, Inspiration Maps, Lumosity, etc. We will also ask you, our participants, to share what you are using to compensate and support you in your life. Daily use of these apps can help develop self-awareness, increase productivity, build independence, increase productivity and support our BI community to “get your life back” to the next level.



Michelle Wild, Founder/CEO
Brain Injury Strategies and Technology, Inc.

REGISTER BY MAIL: *(mailing address only)*

Brain Injury Hope Foundation
6732 West Coal Mine Avenue
Suite 227, Littleton, CO 80123

REGISTER ONLINE

<https://www.braininjuryhopefoundation.org/online-registration/>

SCAN OR PHOTO AND EMAIL TO:

jcohen@braininjuryhopefoundation.org

QUESTIONS? Contact Joanne Cohen at: (720)389-0670 ext. 2

TIME ZONES: Please check your time zone

12 noon—1:30 pm Pacific

1 pm—2:30 pm Mountain

2 pm—3:30 pm Central

3 pm—4:30 pm Eastern

**TECHNICAL QUESTIONS, Text Gayann Brandenburg at
303-349-4058**

PLEASE REGISTER ME FOR AUGUST 13, 2021
Register by August 10, 2021—Attendance Limited to 100

Due to time constraints you will NOT be enrolled if you attempt to register on August 13—the day of this event.

Registration is Grant/Donation-funded so there is no cost to participants.

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

Email: _____

Please be sure to provide an email address to receive an email confirmation/reminder of your registration a few days before event.

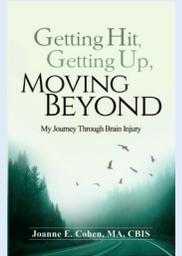
The 2021 BI Survivor Series



Your Host/Panel Facilitator: Joanne Cohen, M.A., CBIS/Vice-President of the Brain Injury Hope Foundation and Managing Partner, CTAT, LLC

Joanne was in a car accident in 1992 while vacationing in the Bahamas. Her life was forever changed. She was unable to walk and a year later she discovered many of her personal challenges were due to a traumatic brain injury (TBI). Joanne has overcome many obstacles and has exceeded her medical diagnosis, leading to a remarkable and inspirational story and recovery, then and again in 2014 and 2019.

Joanne published her first book in June, 2019, *Getting Hit, Getting Up, Moving Beyond: My Journey Through Brain Injury*, a compelling story of her challenges as she faced sequential “hits” and how she handled adversity with resilience time after time. She depicts the path to “moving beyond” and create a full life that includes tools to do so, many that can now be used as we are all “hit” with the Covid-19 crisis. Her book is available at Amazon.com or BarnesandNoble.com



**Save
the
DATES!**

August 13, 2021

Sept 10, 2021

October 8, 2021

Upper Tier Sponsors: Dr. Steve and Debbie Cohen

Thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors for 2021 and 2022.

Please contact a BIHF board member if you have any ideas!

Registration is grant funded and at no cost to participants. We can accept up to 100 registrations for our ZOOM webinar. If you do not have a computer with a camera, you can call in. All who register will receive a ZOOM invitation a few days prior to the event.

The 2021 registration is available online. If you do not receive our emails for the Survivor Series, please email BIHF at info@braininjuryhopefoundation.org.

Sept 10

Brain Injury Treatment Panel: Therapies to Assist the BI Community

Join BIHF for a panel presentation from a variety of counselors who work with our BI Community: David R. Dunlap, M.A., LPC, NCC (Focusing on Pediatric TBI); Rita Coalson, M.A., LPC, NCC (Focusing on Grief and TBI); Terri Mongait, EGC, CCT and Author of *Finding Your True Purpose: Life Beyond the Castle*—(Focusing on Equine Therapy); and Kevin Skillin, M.A., (Focusing on Spiritual Mentoring).

Oct 8

Spirituality and Creativity: Pathways Following Brain Injury

Join Dr. Mary Ann Keatley, Ph.D., CCC, Co-Founder of the Brain Injury Hope Foundation, Ricardo Esparza, Ph.D., Clinical Psychologist and survivors for a discussion and Q&A facilitated by Joanne Cohen. This presentation will provide information on brainwave states which may occur after brain injury and contribute to individuals functioning in states between wakefulness and sleep. This “cloudy feeling” may open the door to creativity and spiritual awakening. Many BI survivors experience post trauma as well as extreme light and sound sensitivity which may cause feelings of isolation. We all experience periods of contraction and expansion in our lives, but many survivors of TBI turn to spirituality and/or religion to help ground them along this unfamiliar path to maximum recovery. Dr. Keatley will discuss an informational study she performed many years ago showing survivors believe their injury was a path to understanding the meaning in their lives and a spiritual awakening to heightened compassion and acceptance of others.

Register at <https://www.braininjuryhopefoundation.org/online-registration/>