




The 2024 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/>

April 12

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

A Guide to Cyber Security for Brain Injury Survivors

Cyber Security is a critical and necessary issue for all of us to address. Join author of RELAX: A Guide to True Cyber Security, Ken Fanger MBA, CMMC-RP, On Technology Partners and member of the National Guard Cyber Reserve and Marguerite Chan, the Chief Experience Officer of Integrative IT. The panelists will teach you how to protect yourself from scammers and hackers and provide valuable insights into a topic that is relevant today and in the future. Real stories and SIMPLE WAYS and steps to protect your email and personal information will help you relax and feel safe. By sharing their personal journeys related to the vulnerability of having cognitive challenges that occur through TBI and other neurological issues, they will help the audience gain valuable knowledge and information on cyber security.



PLEASE REGISTER ONLINE AT

www.braininjuryhopefoundation.org

Please register by April 9th, 2024

Registration is donation-funded so there is no cost to participants. If you do not have a computer with a camera, you can call in. All who register will receive an email reminder with the zoom link a few days prior to the event.

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

Registration questions? Contact Joanne Cohen at: (720) 389-0670 ext. 2 **TECHNICAL QUESTIONS on day of event? Email Gayann at gbrandenburg@braininjuryhopefoundation.org before the event.**

SPONSORS

Upper Tier Sponsors: Dr. Steve and Debbie Cohen, Dr. Danny Mistry, MINDSOURCE, and thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors for 2024.

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

All sessions are the second Friday of each month 1 pm—2:30 pm Mountain time. If you do not receive our emails for the Survivor Series, please email BIHF at info@braininjuryhopefoundation.org.

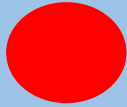
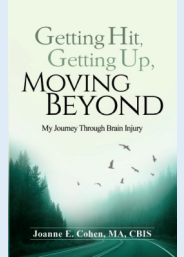
The 2024 BI Survivor Series



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!

April 12, 2024

August 9, 2024

May 10, 2024

Sept. 13, 2024

June 14, 2024

October 11, 2024

May 10

How to Find Purpose After Brain Related Cognitive Impairments

Please join Joanna Fix, Ph.D. (Living with Alzheimer’s disease) and Kelly Osthoff, MA; BI Survivors Danielle Neva Meyer, DSS, BSP, Certified Brainspotting Therapist; Amy Zellmer, author and speaker; Terri Mongait, EGC, CCT; and Joanne Cohen, M.A., CBIS for an enlightening conversation on how each person has found their sense of purpose after one or multiple brain injuries (and Alzheimer’s for Joanna.) They will discuss what gifts(s) each has obtained as a result of their cognitive impairments as well as the gratitude they express and experience to thrive and continue to help others.

June 14

Chronic Pain Management

Do you experience daily chronic pain? Please join a panel of experts who work daily to help clients/patients who experience chronic pain. They will discuss the Neuroscience of pain, pain management, how to classify and evaluate pain, the psychological aspects of pain, the socioeconomic status of pain, various forms of treatment, and success stories. Our panelists: Dr’s Nancy Bonifer, PT, DPT, MS; Perry Maynard, DC, DACNB; Kelsy Rayl, PT, DPT, and others, TBD.

Aug 9

How Creativity Can Enrich Your Journey through Brain Injury

It has been said by many BI Survivors that their brain injury (BI) made them more creative than before their BI. They became great artists, a writer of cookbooks & recipes, learned how to draw from the right side of their brain, play piano, etc. **They used creativity to promote their healing.** Join our panelists who will share, from their perspective, how tapping into their creativity changed their lives and perspective. Panelists include Sharon Mehesy (Author and writer of Poetry), Katie Caron (An Artist and Educator and others, TBD. Katie will share her Neuron Forest Collaboration with the Center for Bioethics at the University of Colorado , Anschutz as well as discussing other bodies of work dealing with trauma.

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