



# BRAIN INJURY ALLIANCE NKY



## TOGETHER WE CAN DO MORE

Brain Injury Alliance NKY is excited to bring you the 2021 BIANK quarterly newsletter! Our goal is to deliver exciting announcements and information, and help connect the survivor community.

On November 1st, 2020 Bridges, Inc officially merged with Brain Injury Alliance NKY. Under BIANK's umbrella, Bridges will continue to serve the survivor community by offering monthly support groups and a variety of new program events. As a joint operation, BIANK will be able to strengthen initiatives and continue to provide outreach, resources, education, and prevention awareness.

Our focus remains the same: To walk with brain injury survivors in their journey and provide hope by being a source of support.

We are excited to get back into the community this year after Covid restrictions are lifted, to work in person with survivors and their families, resume an in person calendar of events, and offer educational opportunities.

Our services are offered fee-free and we continue to need the community's support. If you would like to support our mission please contact us today! [www.biank.org](http://www.biank.org)

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**2021 NKY Brain Injury Conference**  
 March 26th 2021  
 8:00am - 4:00pm  
**VIRTUAL**  
 Maximizing the Brain Injury Recovery Journey and Looking Forward

<b>SPONSOR</b>	<b>ATTEND</b>	<b>BE AN EXHIBITOR</b>
Unite with us in our mission to provide support and education. Sponsorship levels available	Virtual, user-friendly platform hosting live speakers, networking, and exhibitor booths. CEUs available	Interact live with attendees in a virtual booth. Customized set up available

[Conference Website and Registration: www.biank.org/2021conference](http://www.biank.org/2021conference)  
 Brain Injury Alliance of NKY  
 ACCEVENTS  
 CONFERENCE VIRTUAL PLATFORM  
[WWW.ACCEVENTS.COM/2021NKYBRAININJURYCONFERENCE](http://WWW.ACCEVENTS.COM/2021NKYBRAININJURYCONFERENCE)

Please visit [www.biank.org](http://www.biank.org) for more information.

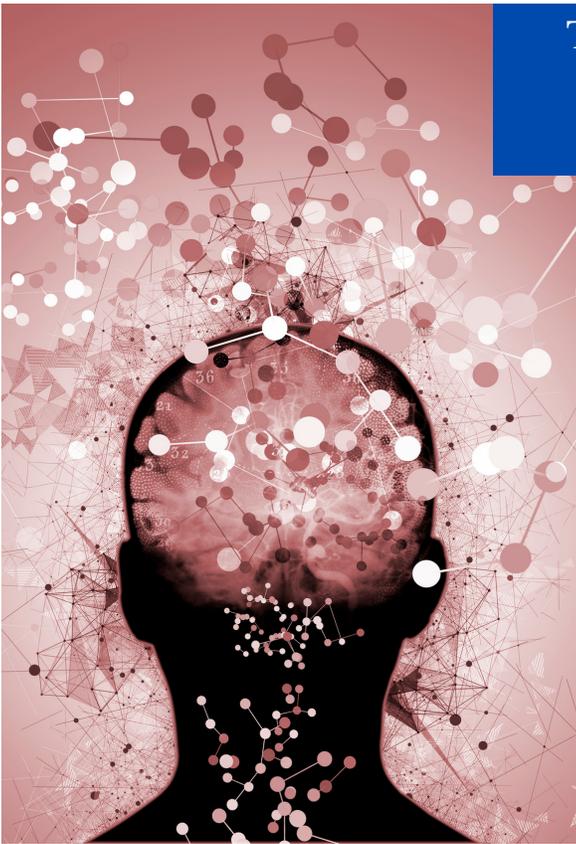
**Our Pappy Raffle was a Success!**

Thanks to all who supported our organization. The funds raised will go toward BIANK programs and outreach.

Special THANKS to Crescent Springs Tobacco Shop for the generous donation!

## TBI 101: BEHAVIORAL & EMOTIONAL SYMPTOMS

POSTED ON BRAINLINE JUNE 13, 2017



Depending on what part or parts of a person's brain are injured, the individual may experience significant behavioral and emotional changes. The frontal lobe, for example, helps govern personality and impulsivity. If damaged, there might be no "braking mechanism" for self-control. A person may find he cannot control his anger or aggression. He may also make inappropriate comments to friends or strangers not realizing they are off color. Or the opposite might happen ... someone's personality may become muted or seemingly emotionless. This is called "flat affect." Some of the most common behavioral and emotional problems people with TBI can experience include: Verbal outbursts, Physical outbursts, Poor judgment and disinhibition, Impulsive behavior, Negativity, Intolerance, Apathy, Egocentricity, Rigidity and inflexibility, Risky behavior, Lack of empathy, Lack of motivation or initiative, Depression or anxiety.

Visit <https://www.brainline.org/article/tbi-101-behavioral-emotional-symptoms> to learn more.

## The Brain Injury Diet: Best Foods & Supplements For mTBI & Concussions

By Dr. David Musnick, MD, IFMCP / October 1, 2019  
*Functional Medicine Doctor Sport Medicine & Orthopedics*

Source: [webfmd.com](http://webfmd.com)



The brain injury diet is designed to decrease the inflammation in the brain and body after a head injury. It also provides key nutrients needed to support the healing process.

Often overlooked in the conventional approach to mild traumatic brain injury (mTBI) and concussions, diet plays a key role in the healing process especially in the first 8-10 weeks, which is known as the critical period after a head injury. You can still benefit from the diet after that period as well. A diet for brain injury recovery involves the elimination of foods that prevent healing and the addition of foods to support the body to heal naturally. The basic principles of the diet are: Eliminate foods known to cause inflammation or that contain toxins that disrupt the healing process of the body and brain. Eat foods that are high in phytochemicals, flavonoids and other nutrients shown to reduce inflammation, support the repair process and promote brain health. Use personalized dietary supplements to further support the healing process of the brain. It is important to tailor the diet to each patient's unique needs.

To learn more, specifically for a food list of what to eat, what to avoid, recipes, and supplements, visit <https://www.webfmd.com/the-brain-injury-diet-best-foods-supplements-for-mtbi-concussions/>.



WWW.BRIDGESNKY.ORG

## BRIDGES

### "CARING AND SHARING" EVENTS

OPEN TO ALL SURVIVORS, CAREGIVERS AND FAMILIES

**Support Group  
Monthly  
Meetings:  
Third Thursdays  
at 6:00 PM on  
Zoom**

**Join The Meetings  
Call: 1 646 876 9923  
Zoom Meeting ID:  
899 6737 2449  
Passcode: 899034**



#### LIVING WITH BRAIN INJURY VIDEO SERIES

Do you have a story to share for this project? Email Jarred Payne at [jwpayne15@gmail.com](mailto:jwpayne15@gmail.com)

#### Fun Fridays

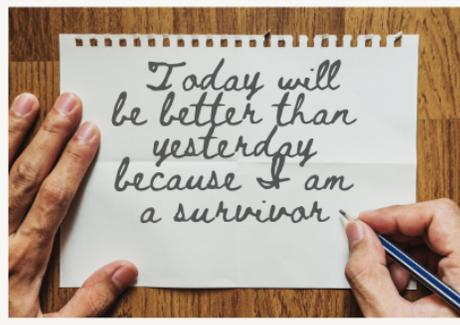
Join us on the First Friday of every month for Virtual fun and games! Use the same Zoom information to connect.

Contact: 859-667-2766 with questions.



### Featured Members - Tracy and Curt Dorsel

During quarantine, Tracy took a 3 month leave from work. Curt and her spent that time visiting local parks for walks and picnics. They have participated in some socially distant events including weekly visits with Tracy's parents in their front yard, a front yard Father's Day breakfast, and dinners at few restaurants that have outdoor, distanced seating. Tracy also used quarantine time to accomplish things around the condo. They avoid crowded stores by using grocery delivery and curbside pickup. They've stayed in touch with family and friends with frequent phone calls, and have binge watched a few series on Netflix. They miss their BRIDGES friends and can't wait until they can be together again.



#### STAY CONNECTED

FACEBOOK, TWITTER, INSTAGRAM

#### SUPPORT BIANK AND BRIDGES

AMAZON SMILE

KROGER REWARDS

GIVING ASSISTANT

PERSONAL OR CORPORATE GIVING

[WWW.BIANK.ORG/DONATE](http://WWW.BIANK.ORG/DONATE)

#### CONTACT US

[WWW.BIANK.ORG](http://WWW.BIANK.ORG)

859-379-8230

Want to receive our newsletters electronically?  
Sign up at [www.biank.org](http://www.biank.org)

#### Virtual Resources

- Brainline- News and Headlines for Brain Injury and PTSD [www.brainline.org](http://www.brainline.org)
- Brain Injury Association of America- Information, Research, Public Policies and More [www.biausa.org](http://www.biausa.org)

