

"I have been amazed at the grace with which survivors and family members make their way through the experience."

— *Board Member*



"I like spending time with people who know what I've been through as well as understand and accept me for who I am."

— *Survivor*

"It was a place to go when I didn't know where to turn to."

— *Family Member*

We are charter members of:

Brain Injury Association of Iowa
7025 Hickman Road, Suite 7
Urbandale, Iowa 50322
www.biaia.org

Brain Injury Association of America
1608 Spring Hill Road #110
Vienna, Virginia 22182
www.biausa.org

Family Help Line: 1-800-444-6443

Meeting Information:

BIAIA-CASG support group meetings for family members, survivors, and friends

Meetings are held the 3rd Sunday of the month from 2-4 pm with the following exceptions:

June through September
We meet the 3rd Friday of the month for "Friday Nights with Friends" 5:30-8pm

December - Christmas Party

**All are held at On With Life
715 SW Ankeny Rd.
Ankeny, Iowa 50023**

Meeting topics may include guest speakers or a sharing and caring session among the attendees.

In cases of inclement weather, please refer to ABC5 (Des Moines channel 5), KCCI (Des Moines channel 8), and WHOTV (Des Moines channel 13) for cancellation information. For questions, please feel free to contact Dave Anders at (515) 964-0977.

"The support group has become my second family."

— *Survivor*

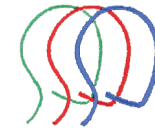


For more information about the Central Area Support Group or the activities we provide please call:

Doris Konkol 243-8273

Rev. 1/09

"after a brain injury, life is never the same"



Brain Injury Association of Iowa — Central Area Support Group

Which person is affected by brain injury?



All of them!

March is National Brain Injury Awareness Month

“you are not alone”



The Central Area Support Group of the Brain Injury Association of Iowa is a non-profit organization that formed in 1982 and exists today to support, assist and advocate for persons who have experienced a traumatic brain injury or similar injury to the brain as the result of anoxia, cerebral hemorrhage or illness. Another function of the organization is to promote public and professional awareness of brain injury. Dedicated members work together to develop support systems, encourage appropriate rehabilitation for survivors and distribute information about brain injury.

What is a brain injury?

A person with a brain injury is an individual who, sometime after birth, suffered an injury to the brain. Brain damage can result in varying degrees of physical, intellectual, emotional and behavioral impairment, which precludes being able to return to life as it was before injury. Most brain injuries happen as a result of accidents, but similar problems can result from conditions such as blunt trauma, lack of oxygen to the brain, encephalitis, cerebral hemorrhage and many other medical conditions.



What you can do:

If you are a person who has sustained a brain injury, a family member, professional, friend, or are interested in learning more about us, you are invited to join our group.

Because an injury to the brain from a serious brain trauma will vary among individuals, its effects will not necessarily be the same for all. Once considered ‘normal,’ and in many instances still *appearing* ‘normal’ persons with brain injuries may experience life-long changes in memory, body functions, sensations, judgment, intellect, behavior and/or emotional responses.

It is only recently that the medical profession and social agencies have begun to identify such people as a unique group requiring special attention and proper facilities in order to reach their full potential.

The resources for this group are limited and there is a growing need for more. The Central Area Support Group works to help fill this need.



“I enjoy being involved with an organization that is committed to advocating for survivors and families.”

— Board Member



Activities

Survivor Activities/Outings

Movies, baseball games, picnics, field trips, shopping, camp scholarships

Christmas Party

Annual Awareness Walk

Annual event held in October

Promoting Bicycle Safety

Selling helmets at cost throughout the year

Advocacy

Working with legislators to promote awareness

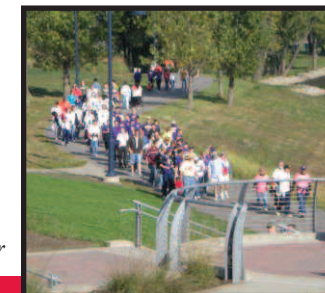
Monthly Newsletter

Networking Personally and Professionally

Public Appearances/Community Events

Fundraising

Our garage sales are always a hit



“our goals have the lifelong interest of people with brain injury at heart”