



Brain Injury Connections

NORTHWEST

BIRRDsong Peer & Family Meeting - February 6, 2016

Written by: Karl M. (Survivor & Bio Project Lead, BIC-NW)

We had five new peer member that attended on this day. Jim~ a TBI survivor, Greg~ a TBI survivor, Brendan~ a TBI survivor, Nina~ a TBI survivor, Marie~ a TBI survivor. A total of 18 peers and 5 peer supporters were at this meeting.

After Jeff's welcoming to BIC-NW with a comical Interdiction with laughs and smiles, we then went around the table introducing ourselves as peer or as support person.

We then discussed Dan Lita's idea about having a Personal TBI Bio story written by the Individual themselves (Some may need help which is in the works).

Fern and I Introduced our Guest Speaker, Michelle Lagos. Michelle Lagos has a MBA and has written a book titled 'Get Back UP' (<http://empowerhealingnow.com/>)

She discussed her life-changing story and things that she felt that helped her to "Get Back Up" like meditation, exercise, eating fruits and vegetables each and every day.

Michelle then asked for each peer to briefly go over their life changing story. We all did this – our stories were different lengths. Due to time constraints, BIRRDsong did not have a mid-meeting break.

BIRRDsong is one of the support groups of BIC-NW. We meet on the first Saturday of each month at Good Samaritan Hospital. 1015 NW 22nd Ave. Wilcox 102. Join us from 9:30 am – 11:30 am. Everyone is welcome!

Social Committee Coffee & Chat - February 10, 2016

Written by: Ginnifer M. (Family & Communications Team Lead, BIC-NW)

Contributor: Had Walmer (Survivor & Meditation Instructor, BIC-NW)

The social committee hosted coffee (and tea) at Kobo's Coffee on Wednesday, February 10th from 12:30 – 2:30 pm. Seven people in total were at the get-together, and everyone enjoyed a free cup of coffee (or tea) and light snacks. Peers, family and friends caught up with each other, and learned a little bit more about each other. The guiding message from this event was, in the words of Had Walmer, “We are all well!”

The next Coffee & Chat is scheduled for March 1st at 1:30pm at Kobo's Coffee.

Coffee & Chat is one of the outings sponsored each month by the Social Committee of BIC-NW. Join us at 2355 NW Vaughn Street, Portland, OR 87210.



Quote of the Month

Unknown

Believe you can & you're halfway there

Have an event, story or quote that you want in the newsletter? Please Contact:

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