

BIA of Iowa: East Central Chapter

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Cedar Rapids IA 52402

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**Brain Injury
Alliance**

I O W A
East Central Area Chapter

Support and Advocacy

Advocacy, Support and Education for Persons with Brain Injuries and Their Families In Benton, Cedar, Iowa, Johnson, Jones, Linn and Washington Counties

Volume 36, No. 2 – February 2016

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Conference March 3-4

January, 2016

BIA-IA: East Central Area Chapter • *Support and Advocacy*

24th Annual BIA-IA “Best Practices” Conference “Now What? The Art and Science of Healing, Services and Supports”

Thursday-Friday, March 3-4, 2016

Embassy Suites

101 East Locust Street, Downtown Des Moines

(Block of Rooms Available until February 5;

Can Reserve on BIAIA website or call 1-800-EMBASSY, Identify BIAIA)

Now accepting proposals for presentation and registration

Contact Conf. Coordinator: conferences@biaia.org or 319-466-7455



Support and Advocacy

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Please submit news items by the 15th of the month to the BIA of Iowa: East Central office via email or US mail.

BIA-IA: East Central Area Chapter

Park Place Center III

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BIA-Iowa Sets 2016 Legislative Priorities

Declaring that more than 95,000 Iowans live with long-term disabilities from brain injuries and that the Brain Injury Services Program in the Iowa Dept. of Public Health provides the only BI services statewide, the Brain Injury Alliance of Iowa reminds legislators that the six fulltime Resource Facilitators currently handle more than 25,000 calls/contacts each year and their current caseload is more than 700 per staff member.

In addition, more than 1,300 individuals with brain injuries are now waiting 24 months for services from the HCBS-Brain Injury Waiver Program. As Geoff Lauer, Exec. Director of BIA of Iowa, points out, the state is close to a crisis point, with persons ending up in prison or in desperation accepting a mental health diagnosis in order to receive services.

As a result, BIA of Iowa will be advocating strongly for the following legislative positions:

- **That the Iowa Legislature provide an increase of \$350,000 per year for three years for Resource Facilitator Services in the Brain Injury Program of the Iowa Dept. of Public Health; and**
- **That the Iowa Legislature initiate a dramatic reduction of the waiting list for Medicaid Brain Injury Services by fully funding the HCBS-BI Waiver.**

Services alone, however, cannot catch up with the need. The only real cure is prevention of brain injuries before they happen.

Lauer reminds us that Iowa is one of three remaining states with no helmet usage law! In order to save lives and prevent injuries, BIA of Iowa will be advocating for the following prevention legislation:

- **That the Iowa Legislature pass a Helmet Law in Iowa for all youth ages 17 and below.**

One of the reasons for the greatly increased caseloads for the BI Resource Facilitators is the heightened awareness of concussions. Another prevention piece of legislation on BIA of Iowa’s priority list relates to youth sports and the expansion of the 2011 Iowa Youth Sports and Concussion Act, as follows:

- **That the Iowa Legislature expand the 2011 Iowa Youth Sports and Concussion Act to include all youth sporting events in addition to those sponsored by schools; and**
- **To prohibit certain sanctioned contact in youth sports for students age 14 and under, such as tackling in football, heading in soccer, body-checking in lacrosse and hockey, and head-first slides in baseball.**

continued...

February Activities

Iowa City Survivor Activity

Tues., Feb. 2, 7:00-8:30 P.M.
Colonial Lanes
2252 Riverside Drive S., Iowa City
For transportation, call Lynn Borders,
319-337-4709

Iowa City Survivor/Caregiver Group

Mon., Feb. 8, 7:00-8:30 P.M.
Uptown Bill's Coffee Shop
730 S. Dubuque St., Iowa City
For survivor transportation, call Lynn Borders,
319-337-4709

Beginning Again Survivors Group

Mon., Feb. 15; 6:00-8:00 P.M.
Lutheran Church of the Resurrection
3500 29th Avenue, Marion
For transportation, call Mike Chalupa,
319-521-6453

BIAIA:EC Board Meeting

Tues., Feb. 9; 6:00-7:30 P.M.
Grant Wood AEA, 4401 Sixth Street
Cedar Rapids
For more information, contact
Nichole Plagge, Pres., 319-398-4020
or nplagge@mercyare.org

BIA-IA Advocacy Day

Wed., Feb. 17; 9:30 A.M.-3:00 P.M.
West Rotunda, State Capitol
1007 E. Grand Ave., Des Moines
Contact www.biaia.org to register

Beginning Again Survivor Group

Mon., Feb. 29; 6:00-8:00 P.M.
Lutheran Church of the Resurrection
3500 29th Avenue, Marion
For transportation, call Mike Chalupa,
319-521-6453

24th Annual BIA-IA Conference

"Now What? The Art and Science of
Healing, Services and Supports"
Thurs.-Fri., March 3 and 4
Downtown Des Moines Embassy Suites
Contact Conference Coordinator:
conferences@biaia.org or 319-466-7455

2016 BIAIA:EC Awards Celebration

Tuesday, March 29

Beginning Again Survivor Group:

Transportation is provided by NTS.
**IF YOU NEED TO CANCEL OR
ASK FOR TRANSPORTATION
THE DAY OF THE MEETING,
CALL NTS: 319-981-1138**

BIA-Iowa Sets 2016 Legislative Priorities continued...

In addition, BIA of Iowa asks that the Iowa Legislature direct the Iowa Dept. of Education to do the following:

- **That the Iowa Dept. of Education establish a Return-to-Learn protocol for students who have sustained a concussion, and to recognize that such students may need formal or informal accommodations, modifications of curriculum and monitoring by medical or academic staff until they are fully recovered.**

Finally, BIA of Iowa opposes legislation expanding the use of All-Terrain Vehicles (ATV's) on public highways. ATV's have a high center of gravity, increasing the risk of rollovers, and a narrow wheelbase and high clearance. They are designed for riding

in pastures, fields, and wooded areas. University of Iowa researchers have found that ATV crash victims on highways are twice as likely to suffer severe trauma than off-road victims, and three times more likely to suffer a brain injury.

On the next page is the listing and contact information for East Central Iowa legislators. Please keep that list handy as this year's legislative session progresses. Find the Iowa Senator and Representative that represent you. Persuade them that brain injury services and prevention are extremely important in Iowa, and give them information from this article.

Together, we can make things happen!

Talking or Writing to Your Legislator

Personal stories are the most powerful message you have for legislators. They need and want to know how YOU have been affected by a brain injury. So how do we tell our stories?

1. Begin with giving your name, where you live, whether it is you, your family member or a client/patient who has a brain injury, when and how it happened.

2. Tell your legislator the particular issue or legislation (give the bill number if possible) that is important to you. Tell them how you want him/her to vote. If you know, tell them where it is in the legislative process.

3. Explain how brain injury has affected you, your family, or your client/patient and express how much you need the support this legislation would give you or your loved one. If you can give any specifics regarding costs, length of time you have been waiting for a particular service, etc., that will strengthen your story.

4. Do not hesitate to contact your legislators several times about the same issue, especially if a bill is working its way through the legislative process. Ask your

legislator to keep you informed on the progress of the bill.

5. Thank your legislator each time he/she casts a vote in favor of your position and also if the vote doesn't go your way, let him/her know you're disappointed.

Even though legislators are very busy, they are people just like you and me. They have become legislators because they want to be helpful but they need your information to know and understand what to do. Don't be afraid to contact them...they will appreciate you!

2016 BIA-IA Advocacy Day

(Visit the Capitol; Learn About BI Issues; Talk with Legislators)

Wednesday, February 17
9:30 A.M.-3:00 P.M.

West Rotunda, State Capitol
1007 East Grand Avenue,
Des Moines

To register, go to
www.biaia.org (Events)

Legislators Representing East Central Iowa--2016

Iowa Senate

Senate Switchboard: (515) 281-3371

Joe Bolkcom (SD-43)
728 2nd Avenue
Iowa City IA 52245
319-337-6280 (h)
joe.bolkcom@legis.iowa.gov

Robert E. Dvorsky (SD-37)
412 6th Street
Coralville IA 52241
319-351-0988 (h)
bob.dvorsky@legis.iowa.gov

Wally Horn (SD-35)
101 Stoney Point Rd. SW
Cedar Rapids IA 52404
319-396-3131 (h)
wally.horn@legis.iowa.gov

Rob Hogg (SD33)
2750 Otis Road SE
Cedar Rapids IA 52403
319-247-0223 (h)
rob.hogg@legis.iowa.gov

Liz Mathis (SD34)
1725 Mackenzie Drive NE
Cedar Rapids IA 52411
319-377-2649 (h)
liz.mathis@legis.iowa.gov

Dan Zumbach (SD48)
2618 140th Avenue
Ryan IA 52330
563-920-5094 (h)
dan.zumbach@legis.iowa.gov

Kevin Kinney (SD39)
4321 Calkins Ave. SW
Oxford IA 52322
319-631-4667 (h)
kevin.kinney@legis.iowa.gov

Iowa House of Representatives

House Switchboard: (515) 281-3221

Bobby Kaufmann (HD-73)
1527 330th St.
Wilton IA 52778-9259
583-732-2902 (h)
bobby.kaufmann@legis.iowa.gov

Ken Rizer (HD-68)
2503 White Eagle Trail SE
Cedar Rapids IA 52403
319-651-7316 (h)
ken.rizer@legis.iowa.gov

Art Staed (HD-66)
1734 Chestnut Lane NE
Cedar Rapids IA 52402
319-365-6993 (h) 515-264-2617
art.staed@legis.iowa.gov

Quentin Stanerson (HD-95)
624 E. Terrace Dr.
Center Point IA 52213
319-455-3014 (h)
quentin.stanerson@legis.iowa.gov

Jared Klein (HD-78)
1744 Keokuk Washington Rd.
Keota IA 52248
641-636-2082 (h)
jared.klein@legis.iowa.gov

Dawn Pettengill (HD-75)
303 East Street
Mount Auburn IA 52313
319-475-2276 (h)
dawn.pettengill@legis.iowa.gov

Liz Bennett (HD-65)
1834 1st Avenue. NE #206
Cedar Rapids IA 52404
319-431-1656 (h)
liz.bennett@legis.iowa.gov

Vicki Lensing (HD-85)
2408 Mayfield Rd.
Iowa City IA 52245
19-338-6148 (h)
vicki.lensing@legis.iowa.gov

Lee Hein (HD-96)
11989 Richland Rd.
Monticello IA 52310
319-465-5805 (h)
lee.hein@legis.iowa.gov

Mary Mascher (HD-86)
40 Gryn Court
Iowa City IA 52246
319-351-2826 (h)
mary.mascher@legis.iowa.gov

David Jacoby (HD-74)
2308 Northridge Drive
Coralville IA 52241
319-358-8538 (h)
david.jacoby@legis.iowa.gov

Kraig Paulsen (HD-67)
1305 Cress Parkway
Hiawatha IA 52233-1843
319-294-2062 (h)
kraig.paulsen@legis.iowa.gov

Kirsten Running-Marquardt (HD-69) Sally Stutsman (HD-77)
3515 Field Stone Place SW 3754 500th St. SW
Cedar Rapids IA 52404 Riverside IA 52327
319-330-9899 (h) sally.stutsman@legis.iowa.gov
319-396-8587 Kirstin.marquardt@legis.iowa.gov

Todd Taylor (HD-70)
1416 A Avenue NW
Cedar Rapids IA 52405
319-398-8587 (h)
todd.taylor@legis.iowa.gov