
[Protect Disability Services here in Iowa](#)



Mark your calendars!

Date: February 9, 2026

Time: 330-5pm

Where: the Iowa State Capitol

What: Join Iowa advocates in sharing why protecting disability services here in Iowa matters

Watch emails for more information next week!

[Update on FY 2026 Appropriations for Brain Injury Programs](#)

We are pleased to share that the House and Senate have come to an agreement on the Fiscal Year 2026 Labor, Health and Human Services, Education, and Related Agencies appropriations package, which includes several key victories for the brain injury community.

Notably, the final bill provides level funding for the following critical programs:

- The **TBI State Partnership Program** administered by ACL
- The **Centers for Disease Control and Prevention's brain injury programs**
- **TBI Model Systems at the** National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)

Level funding will be provided until September 30, 2026. This is very positive, particularly in the current fiscal and political climate. It reflects the ongoing, effective education and advocacy efforts by our members and partners who continue to elevate the importance of brain injury services and research at the federal level.

Looking ahead, both the House and the Senate are expected to consider this legislation before the January 30th deadline. It is unlikely that any changes will be made to the programs outlined. This funding being passed is necessary for the next round of ACL TBI State Partnership Grants to be released, so it is an exciting step forward.

NASHIA will continue monitoring the appropriations process closely and engaging with policymakers to ensure that brain injury remains a priority. Thank you for your continued commitment to advancing policies and funding that improve the lives of individuals with brain injury and their families.

Protect Your Medicaid Rights: Mail Delays & Appeals

(Often Called an "Adverse Benefit Decision")

Why this matters now:

The U.S. Postal Service recently clarified that many letters have no postmark and postmarks often don't show when a letter was mailed. Notices may arrive late without proof of mailing.

DO THESE 4 THINGS RIGHT AWAY!

-  **KEEP THE ENVELOPE** – Do not throw it away
-  **TAKE A PHOTO** – Show the envelope with label & no postmark
-  **WRITE THE DATE YOU RECEIVED IT** –
Write "Received on: [date]" on the letter
-  **SIGN UP FOR USPS INFORMED DELIVERY** –
Get email alerts of incoming mail at informedelivery.usps.com

Know Your Iowa Rights:

- Iowa usually assumes you got the **notice 5 days** after the date on it (*unless you can prove later*)
- Appeal within **10 days** of when you got the notice to keep services during your appeal
- You have up to **90 days** to request a hearing

If they say: "You missed the deadline"

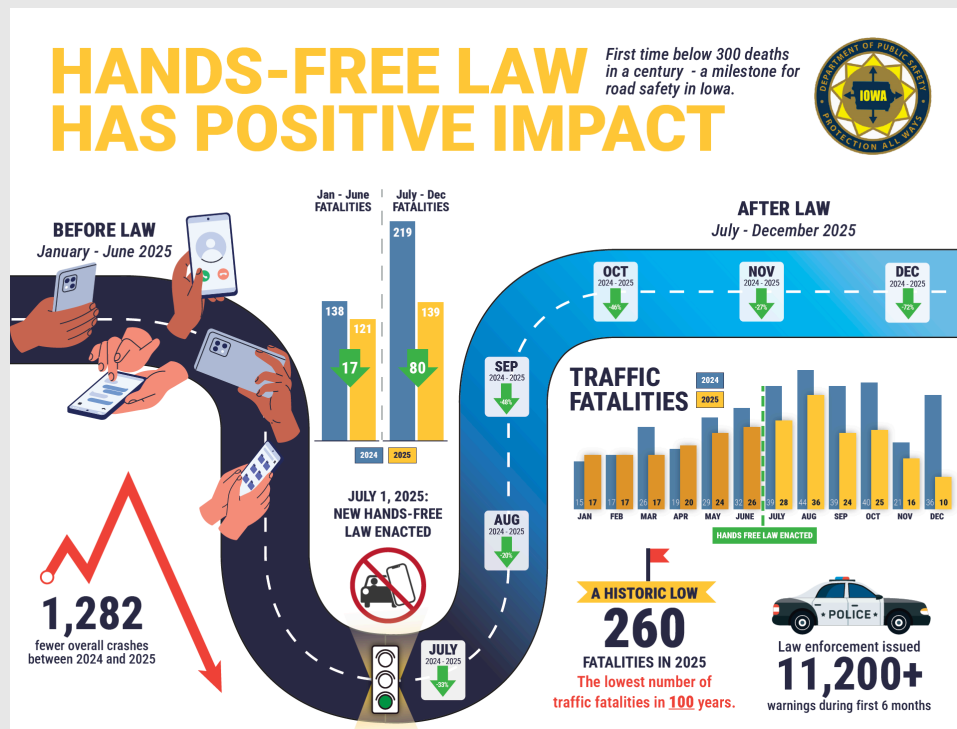
"I did not get the notice until [date]. I **kept the envelope** and wrote when I got it. There is **no postmark** or proof of mailing. I am asking for an appeal and to keep my services."

BONUS TIP: If you know a Medicaid notice is coming, request it be sent to you **electronically** (by email or through a portal) to receive it faster and avoid mail delays.

Save Proof – Protect Your Medicaid Rights!

[From Acute Trauma to Lifelong Journey: How Research Redefined Brain Injury as a Chronic, Dynamic Condition](#)

For decades, traumatic brain injury (TBI) has been viewed as a discrete medical event marked by an initial period of acute care and rehabilitation followed by a presumed plateau. Clinicians have often believed that once a person's initial recovery stabilized, the effects of the injury would remain largely unchanged for the rest of their life. However, a growing body of research, anchored by the Traumatic Brain Injury Model Systems (TBIMS) program, has challenged and transformed this outdated assumption. [Read more.](#)



An article from The Gazette: “As of Dec. 31, the state **had recorded 260 deaths on Iowa roads in 2025**, a significant drop from the 357 deaths recorded in 2024, and the five-year average from 2020 through 2024, which was 354.2. The last time Iowa recorded fewer than 300 traffic deaths in one year was in 1925, when there were 261 fatalities. The highest yearly fatality count in Iowa was in 1970, when 912 people died on the state’s roads.” [Read full article](#)

2026 Annual Conference - Registration Open!

BRAIN INJURY ASSOCIATION OF IOWA

34th Annual Best Practices in Brain Injury Services Conference

“The Playbook for Change: From Challenge to Triumph”

DATE CHANGE! **March 3 - 4, 2026**
West Des Moines, Iowa

Scan QR code to register or use this link:
<https://biai.memberclicks.net/2026conference>

Early Bird Rates Ending soon — [Register now for the 34th Annual Best Practices in Brain Injury Services Conference!](#)

Early Bird rates apply to professional/survivor/family/caregiver/student registration only. Discount runs until January 31, 2026 (11:59pm CST). Use

discount code “**earlybird**”.

We look forward to another meaningful gathering. If you have any questions or need support with registration, please don't hesitate to connect with us — we're here to help.

Brain Injury Advocacy Day 2026



Register and join BIAIA's [Brain Injury Advocacy Day](#) scheduled February 24, 2026 at the State Capitol, Des Moines.

Don't miss this opportunity to raise awareness, share lived experiences, and advocate for policies that improve the lives of individuals living with brain injury. You can register at our [ADVOCACY](#) page or use this link: <https://biaia.org/brain-injury-advocacy-day/>

[National Brain Injury Conference and Awareness Day: Registration is Open](#)

The **2026 National Conference and Awareness Day** on **March 9-11** will bring together the brain injury community to inspire action, drive advocacy, and celebrate achievements. Join and strengthen the collective impact through dynamic sessions, networking, and opportunities to advocate on Capitol Hill. [Register here](#).

[2019-2022 Iowa Domestic Abuse Death Review Report now published](#)

The 2019–2022 Iowa Domestic Abuse Death Review Team report is now available [on Iowa Publications Online](#).

Share the report to those who can implement recommendations to prevent future domestic abuse deaths in Iowa.

Webinars

FREE CEU opportunities available for these webinars!

Visit our [webinar page](#) to learn more and register.



5 Stories Down

Cody Ridenour, Brain Injury Survivor and Author of "5 Stories Down: Sometimes You Must Fall to Rise – A True Story"

WEBINAR
February 3, 2026
12:00-1:00 PM CST

855-444-6443
info@biaia.org
www.biaia.org



WEBINAR
APRIL 2, 2026
12:00 - 1:00 PM CST



MASTER THE 5 KEY PILLARS FOR BRAIN INJURY RECOVERY

Kelly Tuttle, Brain Injury Survivor and Author of "After the Crash: How to Keep Your Job, Stay in School, and Live Life After Brain Injury"

www.biaia.org info@biaia.org 855-444-6443

Support Groups



Our support groups are where individuals can connect, share experiences, and find encouragement. Together, we provide understanding, resources, and community to help one another navigate challenges and celebrate successes. Visit our [Support Group page](#) for more information.



Educational Topics Survey

What topics related to brain injury would you like to see in upcoming webinars hosted by the Brain Injury Alliance of Iowa? Your feedback is valued and appreciated! [Participate in the survey.](#)



Call for Webinar Proposals

The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations can target professionals or survivors and their loved ones. [Submit proposal](#)

Brain Injury Resource Facilitation



Brain Injury Resource Facilitators are available to serve Iowans; to answer questions and connect those with a brain injury to resources and information. [Learn more about this program.](#) BIAIA is one call away.

[BIAIA Satisfaction Survey](#)



Our mission at the Brain Injury Association of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.