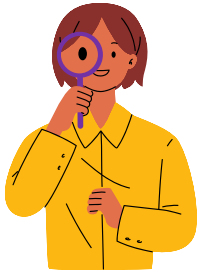




RESEARCH NEWS, HEALTH TIPS, AND COMMUNITY RESOURCES
FROM THE VIRGINIA TRAUMATIC BRAIN INJURY MODEL SYSTEM



TBI Research to Improve Lives

by Laura Boylan

Resilience is when people rise above sad or angry feelings to get through tough times. They find new ways to think and act in order to deal with life changes such as a family death or a severe injury.

Our research team is studying what makes people with severe TBI more or less resilient in the first year after injury. So far, we have found that people who have less resources and are nervous all the time tend to have less resilience. People who used a lot of drugs or alcohol before their injury tend to have less resilience too. You can read our study [here](#).

We are now looking at how to help people with severe TBI be more resilient. We may try to get people more resources earlier. We may also help people feel less nervous and not use drugs or drink alcohol. Tell us what you think may help by contacting NRCUsers@gmail.com.

TBI & Nutrition

by Laura Boylan

As your body and brain recover after a TBI, how well you eat can improve your health and energy. Kimberly Dillon, a dietitian at Sheltering Arms Institute, offers these 8 tips:

1. Always check with a doctor or dietitian to eat a diet that is best for you given your health conditions and allergies.
2. The Mediterranean diet decreases inflammation and is heart healthy. There are many resources to help you follow this diet, like from the [Mayo Clinic](#).
3. Eat at least 5 servings of fruit and vegetables daily.
4. Eat a variety of protein such as eggs, nuts, beans, quinoa, Greek yogurt, and low-fat dairy. Eat more fresh fish (salmon, cod, herring, tilapia, flounder, shrimp) and poultry (chicken and turkey). Eat less red meat (beef, pork, and lamb).
5. Avoid processed foods such as bacon, hot dogs, lunch meats, and fried foods. Use more olive oil and less butter.
6. Decrease high sugar processed foods (sweet baked goods and high-sugar breakfast cereals) and drinks (soda, milkshakes, coffee with cream + sugar).
7. Replace white rice and white bread with whole-wheat bread, brown rice.
8. Avoid canned and packaged foods that list: (a) Trans-fat, (b) Partially Hydrogenated Oils, (c) High Fructose Corn Syrup (HFCS), (d) Artificial Sweeteners (Aspartame, Sucralose, and Saccharin), (e) Sodium Benzoate, Nitrite, and Nitrate, or (f) MSG (monosodium glutamate).

Lastly, if you have trouble chewing or swallowing, or cough when eating, schedule a visit with a primary care physician.

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In our efforts to modernize, we have updated our look and are shifting to an **ONLINE ONLY** distribution of our quarterly newsletter. Make sure you are signed up to our TBIMS Listserv to have the newsletter delivered directly to your inbox. If you would like to continue to receive the physical version of the newsletter, please let us know.

For both the listserv and for physical newsletter requests, please contact Laura.Albert@vcuhealth.org.



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VISIT OUR WEBSITES FOR MORE INFORMATION:

TBIMS.VCU.EDU | SAI.REHAB | BIAV.NET | MSKTC.ORG



Community Connections:



What is "food insecurity"?

One in nine people who live in Central Virginia have food insecurity. This means they can't get enough food or can't get enough healthy food. It may be because they lost a job. Or it may be because they have a lot of bills and can't pay for everything. Whatever the reason, people with food insecurity don't get enough to eat and sometimes or often feel hungry. If you or someone you know can't get enough to eat, there are places to help get food.

What is FeedMore?

FeedMore provides food to people in Central Virginia who don't get enough to eat. FeedMore collects, makes, and gives out food to 165,000 people in 5 Central Virginia cities and 29 nearby counties. Click [here](#) to see the cities and counties that FeedMore serves.

Do you have food insecurity and want to see about getting food?

Click [here](#) and enter your Central Virginia city or zip code. The website will show you the nearest place to go or call about getting food.

Do you want to help people who have food insecurity?

Click [here](#) to get involved. You can then click on an icon to see how to volunteer, donate money or donate food.

What drives you to do this work?

"We're proud to serve our more than 165,000 Central Virginia neighbors who experience food insecurity – that's 1 of every 9 individuals in our region. The face of hunger isn't what you think. These are our neighbors working one or more jobs and are still living paycheck to paycheck. When an unexpected medical expense or car trouble hits, their savings are depleted. Then they're forced to make tough choices between basic necessities – pay the electricity bill or buy healthy groceries for themselves and their families."

-- FeedMore PR Rep, Rodrigo Arriaza

Brain Games for Fun!

We are changing the way we bring you brain games. Use the QR Code below to access our online portal!



SCAN ME

How to use a QR Code:

Open your smart phone camera and center the QR code. A link should pop up on the camera screen. Click this link to be directed to our puzzle page.

Upcoming Events



Aphasia Support Group

When: 2nd Thursday of the month, 6-7 pm

Where: Wells Coleman office building in Monument Corporate Centre office park, 5004 Monument Ave, Richmond, 23230

Contact: Susan Hapala at (804) 906-3261 or Jan Thomas at rva.aphasia@gmail.com

Virtual Virginia Stroke Survivor and Caregiver Education Group

When: 4th Wednesday of the month, 2-3 pm

Contact: Stu McNeal at stumneal@aol.com to learn more or be placed on the mailing list and receive zoom links.

BIAV Online Caregiver Group

A meeting for caregivers no matter where they live in Virginia.

When: 1st Wednesday of the month, 6-7 pm

Contact: Email Debra Holloway at debra@biav.net to register

BIAV Online Support Group for people living with BI and their families

When: 4th Tuesday of the month, 6 PM

Contact: Christine Baggini at christine@biav.net or 804-355-5748 for an invitation to the virtual meetings

Supportive Survivors

When: 2nd, 4th, and 5th Tuesdays, 6-8 pm, Outings planned for the 1st and 3rd Tuesdays

Where: Regency Mall Food Court, 1420 Parham Road, Richmond, 23229

Contact: Ted Taylor at (804) 781-2144 or taylorted58@yahoo.com

Women's Luncheon Group

When: 2nd Tuesday of the month for lunch, 11:30 am

Where: The Mill House, 7812 Shrader Road, Henrico, 23294

Contact: Jen Candela at (804) 386-0926 x 104 or jenniferc@communitybraininjury.org

visit tbims.vcu.edu to access back issues!