

## HIANN Programs to Achieve its Goals

HIANN's mission is promulgated through its programs, events and activities targeting four main Objectives for its support:

- A. Promoting Education and Public Awareness of the Needs of Brain Injury Survivors.
- B. Promoting Brain Injury Prevention Programs.
- C. Providing Emotional Support, Resources, and Recreation to its Members.
- D. Providing Cognitive, Educational, Physical, Nutritional and Vocational Training to its Members.

All of HIANN's programs and services are offered at no charge to its members. A majority of HIANN's programs allow members to bring caregivers and family members at no additional charge. A description of the programs that meet each of HIANN's Objectives are listed below.

### *Programs Promoting Public Education and Awareness of the Brain Injury Survivor Needs*

- Support Group Meetings in Reno, Carson City and soon in Truckee
- Inviting Community Guests to HIANN Quarterly Board of Director Meetings
- Carson High School: Student Internships
- University of Nevada: Student Internships
- University of Nevada: Providing Research Subjects for Traumatic Brain Injury (TBI) and other Acquired Brain Injury (ABI) Studies
- University of Nevada: TBI/ABI Survivor Profiles Video Taping Project
- First Baptist Church of Sparks: Presentation of HIANN Services
- Reno Police Department: Presentation of TBI Issues and HIANN Services
- Renown Medical Center: Peer Mentoring Program
- Float Participant in the Nevada Day Parade: 50,000+ Attendees and Numerous Announcements Promoting HIANN on the Parade Route

### *Programs Promoting Brain Injury Prevention*

- Terry Lee Wells Children's Museum: Bicycle Helmet Fitting and Donation
- Washoe Indian Tribe: Bicycle Helmet Fitting and Donation
- Galaxy Theatre: Bicycle Helmet Fitting and Donation
- Local Area Elementary Schools: Bicycle Helmet Fitting and Donation
- Local Area Churches: Bicycle Helmet Fitting and Donation

*Programs Providing Emotional Support, Resources, and Recreation*

- Summer Picnic at Sand Harbor, Lake Tahoe (100+ members attend)
- Holiday Party and Dinner (100+ members attend)
- Art Classes: Painting and Pottery with Instructors and Supplies
- Kayaking Class on Lake Tahoe
- Galaxy Theatre Movie Night with Snack Bar Gift Cards for each Survivor
- Reno Philharmonic Christmas Concert
- Social and Cultural Events: Carson Lanes Bowling Tournament and Pizza Party, Carson Raceway Go Cart Racing, Reno Rodeo, American Century Golf Tournament, Shakespeare at Lake Tahoe, Reno Aces Baseball, and Carson City Ghost Walk.

*Programs Providing Cognitive, Educational, Physical, Nutritional and Vocational Training*

- Cognitive Training Classes, including Computer Tablets and Software
- Physical Fitness Classes with Professional Trainers
- Nutritional Cooking Classes at Nothing-to-It Culinary Center and The Ridge Tahoe
- Adaptive Water Sports Day at Donner Lake
- Kids & Horses Adaptive Horseback Riding Therapy
- AMBUCS Adaptive Recumbent Trike Fitting and Donations
- Adaptive Ski Program at Alpine Meadows
- Reno Philharmonic Musical Instrument Demonstrations