



# • Touching Lives!

Volume 1 Issue 2

July 2015

## Sia Yorker Brain Awareness Newsletter

### Hot Off The Press!

Dear Reader,

In our efforts to keep you informed of the accomplishments of the Foundation and Brain information (**Hot Off The Press**) is our 2nd edition of Sia Brain Awareness Foundation Newsletter to be published quarterly.

### *Topic of Discussion... Concussion*

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.

Medical providers may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, **the effects of a concussion can be serious.**

### **Early Warning Signs of a Concussion**

➤ Headache or “pressure” in head; Nausea or vomiting; Balance problems, dizziness, double or blurry vision; Bothered by light or noise; Feeling sluggish, hazy, foggy, or groggy; Confusion, concentration or memory problems; Just not “feeling right,” or “feeling down”; Can’t recall events *prior to* or *after* a hit or fall; Appear dazed or stunned; Forget an instruction; Confused about an assignment or position, or unsure of the game, score, or opponent; Moves clumsily; Answer questions slowly; Loses consciousness (*even briefly*); Shows mood, behavior, or personality changes.\*\* Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt. You should continue to check for signs of concussion right after the injury and a few days after the injury. **If concussion signs or symptoms continue, seek medical attention.**



## Brain Awareness Fundraising Event

We are currently preparing for our Annual 5K Brain Awareness Fundraising Walk A Thon, Saturday October 17, 2015; 8am-12noon at Dewey Boster Park on Saxon Blvd. Deltona, Fl. All funds raised through this event allows us to continue to provide scholarships to deserving Central Florida graduating High School Seniors who will be full time students in an accredited Florida College or University, pursuing a Medical Science degree and help support Brain Research!.

### How you can help? “Volunteer”

Team Leaders are needed to help raise funds for Brain Walk!  
Help during Brain Walk Event! Participate! Walk! Walk! Walk!

Help Get the Word Out about Event! For more information, please visit [www.siabrainawarenessfoundation.org](http://www.siabrainawarenessfoundation.org) or call 386-717-4380.



*In The Community ...* Serving dinner to the homeless at the 13<sup>th</sup> Street Rescue Outreach Mission in Sanford, Florida.



**Helmet Donation & Think Big Bicycle Safety Deltona Lakes Elementary**

***Upcoming Events:***

City of Deltona Health Fair, Volusia County Little League Baseball Think Big Brain Seminar & Helmet Donations, National Federation of the Blind National Convention, Think Big Brain Awareness Seminar-Sandersville Georgia and 5K Brain Awareness Walk A Thon Fundraising event.



We are honored to partner with a network of flourishing **Stroke Brain Research Centers** throughout the United States, which together will help put this country at the forefront of much needed Brain Research.

For information on Brain Awareness Education Seminars please contact Sia Brain Awareness Foundation at [sybasf@gmail.com](mailto:sybasf@gmail.com) or call 386-789-3324.

If you would like to support the foundation by making a financial donation please visit [www.siabrainawarenessfoundation.org](http://www.siabrainawarenessfoundation.org) click give and follow prompts, or mail check or money order to: SYBASF P.O. Box 391142, Deltona Florida 32739.

On behalf of Sia Brain Awareness Foundation, we would like to thank all supporters of the foundation for your commitment in helping to keep the **Dream Alive!**

“You can never cross the ocean unless you have the courage to lose sight of the shore.”  
- *Christopher Columbus*

Newsletter published by:  
Al & Paula Yorker  
386-789-3324  
[www.siabrainawarenessfoundation.org](http://www.siabrainawarenessfoundation.org)  
[sybasf@gmail.com](mailto:sybasf@gmail.com).

**501c3 tax exempt organization. All donations are tax exempt.**