



*Providing knowledge and support for
brain injury survivors and
their families*

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February / March 2013

News 4 You!

Fund Raisers to help support area brain injured survivors!

Friday and Saturday - March 1st and 2nd Herberger Community Days in New Ulm

Monday - March 11th (4 PM to 8 PM) "Five Guys" in Mankato

Monday - March 18th (5 PM to 8 PM) "Pizza Ranch" in New Ulm

Support Group Meeting Sites

New Ulm

2nd Saturday of the month
1 PM – 3 PM
St. Paul's Lutheran Church
Fireside Room, 201 N. State Street

Mankato

(new time / new meeting site)
2nd Monday of the month
6 PM – 8 PM
Morson – Ario VFW Post 9713
1900 North Riverfront Drive

Planned Presentation Topics

February

* TBI Model Systems: Fatigue and Brain Injury
* Dr. Oz: The Brain Diet – End your Energy Crisis with Vitamin B-12 - Daily Dose: Magnesium
* Health Monitor Network: "I was the picture of health until I had three strokes!" said the star of Hercules (Kevin Sorbo). We will read his story unless Kevin wants to visit and tell us himself!
2013 Goals and Expectations?

March 9th - New Ulm Mar. 11th - Mankato

* TBI Model Systems: Understanding TBI Part 2: Brain Areas and Associated Functions - "The brain is made up of 6 parts that can be injured."
* Dr. Oz: Brain Foods that Fight Alzheimer's and 6 Top Foods for Brain Health. *Ginkgo Biloba

Ways to Save Money \$\$ and help support!

* Members from Minnesota BIF sell booklets or (look for us selling booklets in the store at the event March 1st and 2nd) Herberger's Community Day Booklets sell for \$5 ..you get over \$400 in savings at Herberger's. Thanks Herberger's!
** Pub 500 coupons cost \$5 and you receive \$10 worth of food from Pub 500 in Mankato.
** Happy Joe's Pizza in New Ulm gave us their coupons to sell for \$5 and you save big \$\$!
Need a Minnesota BIF t-shirt ? :)
Be assured that 100% of your donations go to help support area brain injured veterans and survivors.
The MNBIF director does not get paid!

News 2 Share

Things to check out....

Fuel Assistance – apply and save on home heating
Save \$ on food...call Fare For All 1-800-582-4291
www.fareforall.org or MN Food Help Line
www.mnfoodhelpline.org or call 1-888-711-1151
Disability concerns.. Call Disability Linkage Line 1-866-333-2466 or www.MinnesotaHelp.info.
(They have sent us lots of pens and brochures)
VITA/TCE- Volunteer Income Tax Assistance- get your taxes filed free...you might get free \$\$.
Disabled? Save \$\$ on your property tax- file a Special Homestead Classification.
Lifeline/ TAP can help save \$ on a phone bill.

Director's Notes

March is Brain Injury Awareness Month! MNBIF will promote brain injury awareness by selling promotional items that advertise MNBIF in area stores and at our fund raiser's. These items will be available at the March support groups too!

March 20th 2013 -

Oak Terrace Living Center staff in Gaylord will hear Sharon sharing what she knows or doesn't know: "How to care for a brain injured survivor."

Check out our March Fund Raisers listed on front of News 4 You.

God gave me an open door or just a table ? ...

Jan. 15th - Because MNBIF had a table at the Health Fair at Lake Crystal.. I was able to find a support group meeting site in Mankato!! Thank you Lake Crystal Rec. Center for being so nice and Jay for helping me at the event!!

Jan. 8th - At the Turner Hall guests appreciated hearing Mr. G. Peterson, CVSO explain Veterans Pensions and Aid & Attendance Benefits. MNBIF provided a brain healthy snack! Find your County Veterans Service Officer at: www.macvso.org
Thanks Turner Hall + G.Peterson + Jim Goltart!

Brain Ed. Bookmobile additions:

Brain activity wheels - * [HCMC](#).

Fish Oil For Your Brain-*[Nordic Naturals Inc.](#)

*[Center for Disease Control](#) or CDC

www.cdc.gov/injury Facts about Concussion and Brain Injury, Heads Up Concussion in Youth

*[Brain Injury Assoc. of America](#) www.biausa.org

1-800-444-6443 gave "Living with a Brain Injury"
MNBIF purchased these ...

1) National Geographic Investigates:

"The Human Brain" by K. Simpson.

2) National Geographic DVD - "The Incredible Human Body" - has a brain tumor operation.

MNBIF's 2012 and 2013 Meeting Topics will soon be inside binders for members to borrow.

Please return books to the meetings or call to set up a drop-off site. The following have over due books--Mankato - Kristie M. and Dennis A.

New Ulm- Diana S.

MNBIF will list 2013 donations on our web site www.mnbif.org also on our web site for print is: Meeting Posters, 2013 Topics, MNBIF Service Posters, Fund Raisers or Event Posters. MNBIF donation envelopes at area funeral homes soon!

Minnesota Brain Injury Force Inc.

does not receive state / federal funding so that's why we have to do fund raisers. We were recently asked if we provide transportation to the support group meetings. We do not provide this service now but hope to do so in the future. This depends on funding! We need people to step forward and support the work that MNBIF has been doing for over 13 years. I hope that someone reads this newsletter and helps us find the help we need. Here goes my plea.....

Does someone...Know a MN Twin / MN Viking that would want to help raise funds or MNBIF awareness? TV reporter from Fox 9 Twin Cities? A director from the Dr. Oz show? I need to thank Dr. Oz! I appreciate what he does and I am very thankful that I can download his free medical advice from his web site. (See MNBIF Topics!). Know a doctor / clinic who wants to help? No, but do you know a NASCAR driver? Help me get in touch with Alabama, Reba, Josh Turner, Toby Mac, Taylor Swift, Toby Keith, Alan Jackson or King of country music....George *Strait*. I got some of the words for a TBI song that we could *make!*"

Who knows of a building contractor that would help build an office so we can hire brain injured veterans / survivors? Who knows the director of "This Old House"- other TV show? We might own the world's oldest working hot water heater- **1948!** If it is worth \$ this \$ could help MNBIF. Who of you knows Glenn Beck personally? Who of you listen to Mark Levin www.theblaze.com? You are thinking: Sharon has to be crazy! Yes, I might be! To work so hard for no pay! Sharon is a Brain Injured American and she feels it is her mission to help God's brain injured veterans / survivors.

In Nov. 2012 voters gave her new responsibilities that she has to consider. Sharon can not be in two places at one time, yet!! Call MNBIF and ask what you can do to help your local brain injured!

God will send her someone... is it you or _____?
Brain injured veterans / survivors have many "broken dreams" and **YOU** can help them mend so they may learn to live again!

Remember...God is watching!

May the Lord be your shield and strength!

Never Give Up Hope!