



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

Website: [www.mnbif.org](http://www.mnbif.org)  
E-mail: [info@mnbif.org](mailto:info@mnbif.org)  
Box 75 Courtland, MN 56021  
Office (507) 228-8161  
Cell (507) 720-4480

## *News 4 You*

*April – May 2013*

### *Fund Raisers to help support area brain injured survivors!*

Monday, **April 15** (Tax Day) – 5 to 8 PM at “Pizza Ranch” - Redwood Falls  
Monday, **May 13** – 4 to 8 PM at “Five Guys Burger & Fries” - Mankato  
Wednesday, **June 19<sup>th</sup>** – 4:30 to 8 PM at “Pizza Ranch” - Mankato

### **Support Group Meeting Sites**

#### **New Ulm**

2<sup>nd</sup> Saturday of the month  
1 PM – 3 PM  
St. Paul’s Lutheran Church  
Fireside Room, 201 N. State Street

#### **Mankato**

2<sup>nd</sup> Monday of the month  
6 PM – 8 PM  
Morson – Ario VFW Post 9713  
1900 North Riverfront Drive

### **Planned Presentation Topics**

**April 8<sup>th</sup> - Mankato** “Willie's Deadly Mistake”  
A brain injured veteran will be sharing his TBI (DWI) story tonight. Tips to save \$ when doing your taxes! 7 Tips to Improve your Memory from Mayo Clinic, America's Brain Health and Top News -\*Dr. Oz The benefits of Grass Fed Beef!  
**April 13<sup>th</sup> New Ulm** 7 Tips to Improve your Memory \*Mayo Clinic, Choline – a Nutrient that Powers your Brain \* Dr. David Juan, America's Brain Health and Top News- \*Dr. Oz, and Tips on saving \$ when doing your taxes.

**May 11<sup>th</sup> New Ulm** **May 13<sup>th</sup> Mankato**  
Prevent Cancer and Alzheimer’s- Turmeric – Dr. J. Mercola, Foods and Spices to Bolster Brain Health \* Dr. Oz The Rancho Los Amigos Levels of Cognitive Functioning \* TBI Model Systems

### **“Lonesome Ron” is coming!!**

**June 19<sup>th</sup>--** Lonesome Ron has volunteered to play his special music at MNBIF's fund raiser at Pizza Ranch in Mankato. He wants to help support local brain injured survivors. Way to go Lonesome Ron! Thank you so much!

Share the news and tell your family and friends to visit the above listed fund raisers. Want to feel useful? Help at a fund raiser or help hang up posters around your area. Ask what you can do to help MNBIF help the area brain injured. And just go DO IT! You gotta feel good because when you help MNBIF you are helping God's brain injured survivors!

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

If you visit these fine establishments, you can save \$ and help a local brain injured survivor!  
\*\* **Papa Murphy's** “Peel a Deal” cards can be used at any Papa Murphy store! Buy a card from MNBIF for \$5 and you save over \$25!  
\*\* **Pub 500** coupons cost \$5 and you receive \$10 worth of food from Pub 500 in Mankato.  
\*\* **Happy Joe's Pizza** in New Ulm \$ saving coupons sell for \$5. Any ?? call MNBIF.  
OR...Do you want to **Sell / Buy Minnesota**

## Director's Notes

Thank you to all MNBIF volunteers!

### Past Dates....

March 11<sup>th</sup> – fund raiser at “Five Guys Burgers and Fries in Mankato...Join us and thank them for their support!

March 15<sup>th</sup> Mankato Area Nonprofit Networking. Dole and Sharon attended this info meeting.

March 15<sup>th</sup> - 7 PM - MNBIF board of director's meeting held at Sharon's home / MNBIF office.

March 18<sup>th</sup> - fund raiser at Pizza Ranch in New Ulm..limited turnout cause of weather conditions. Thanks to Sarah, Jack, Sue and Mavis for showing up and working at the fund raiser!

March 20<sup>th</sup> - The director of Oak Terrace Living Center in Gaylord is always aware of “whats happening” and she wanted her staff to know that “March is Brain Injury Awareness Month”. She invited Sharon to share brain injury information with a nice caring staff!

April 3<sup>rd</sup> “Willie's Deadly Mistake” at Sleepy Eye School! MNBIF hired a brain injured veteran to tell his TBI - ( DWI ) story to the 11<sup>th</sup> grade health class at Sleepy Eye Public School. Cory Haala wanted his 11<sup>th</sup> graders to know more about the dangers of drinking and driving. These students should be applauded for their great behavior and their willingness to learn about brain injuries.

They were the best! If a student from that class reads this letter..and also emails MNBIF they will receive a special prize! Deadline is May 1<sup>st</sup> 2014.

### New Dates besides events & group meetings..

April 19<sup>th</sup> ...Mankato Area Nonprofit Networking

April 29<sup>th</sup>...Willmar TBI support group meeting.

May 9<sup>th</sup> ... Region 9 Grant Forum in Mankato

### Brainy Ed Bookmobile News

New additions: 1) Headaches after TBI \* MSKTC

2) All-Natural Headache Cures \* Dr. Oz

3) Moving On - a planning workbook for people with brain injury - \* Mount Sinai Medical Center

4) Brain Nutrients \* Kate Gilbert Udall

The following people have long over due books:

Kristie M. + Dennis A. + Diana S.

Return the books or pay \$25 to replace them. I am in Mankato and New Ulm working to help local brain injured and we can arrange so I can get the books from you. You will find along with your newsletter MNBIF has sent you a bill!

## Brain Injury Force promotional items?

### Minnesota Brain Injury Force Inc.

Coming together and sharing is a beginning! Working together is SUCCESS! Minnesota Brain Injury Force Inc. is in the process of sending invitations to area banks, area attorney's, area businesses, area health clinics etc. to join our mission and work together to help the area brain injured. Our goal is to raise \$100,000 by 1-1-14. We need to employ more brain injured veterans / survivors in this area. Presently we employ part-time a disabled spouse of a brain injured veteran and a part-time brain injured veteran who tells his (DWI) story. “Willie's Deadly Mistake” should be heard by many more people! MNBIF wants to help make that happen!

The following statements are from the letter being sent to over 200 places:

*“Knowing that a local non-profit raises more than \$100,000 to support cats and dogs....we feel strongly that all of us, working together, can do better for our area brain injured survivors!*

*Minnesota Brain Injury Force Inc. believes that with your help we can provide (our) area brain injured with the support they deserve.”*

### News 2 Share

\*\*Inspired Aging (507) 388-2437 at 604 N.

Riverfront Drive, Mankato has holistic integrative therapy that includes yoga and aroma therapy.

In the past...a Mankato member wanted to know more about yoga....I hope she reads this!

\*\* Saturday, April 20<sup>th</sup> 10:00 AM - 4 PM \*\*

Visit **St. Peter Food Coop and Cyle Gruver** too!

As one of the Saint Peter Potters... Cyle will be

there selling his art (pottery pieces). Way to Go Cyle! May God Bless your special artist hands!

\*\* Speaking of artists ...help find MNBIF more!

Dole and I have talked about planning a “special art fair & sale” this summer. We're asking local churches to donate quilts to sell, and a local TBI

artist can sell his pictures! Cyle, make more of your art too! Does someone have ideas or have

any items to donate? Speak UP! Be Heard!

\*\* **May 14<sup>th</sup>** (9am-2pm) Senior Expo - Verizon

Wireless Center..I need to see the AgeWell Room!

**Be STRONG and COURAGEOUS; do not be frightened or dismayed, for the LORD your**

**GOD is with you wherever you go. Joshua 1:9**