



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

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Never Give Up Hope!

News 4 You

October 2012

Show your support for local brain injured veterans & brain injured survivors at these fund raisers:

*Tuesday - October 23rd (5pm to 7pm) "Happy Joe's Pizza" * New Ulm*

*Tuesday - October 30th (4pm to 8pm) "Five Guys" * Mankato*

*Monday - Nov. 5th (4pm to 8pm) "JAKE'S Pizza" * New Ulm*

*Tuesday - Nov. 20th (4pm to 8pm) back at "Five Guys" * Mankato*

New Ulm Support Group Meeting Site

St. Paul's Lutheran Church

Fireside Room, 201 N. State Street

1 PM (2nd Saturday of the month)

Mankato Support Group Meeting Site

Snell Motors Community Rm 1900 Madison Ave

6:30 PM (2nd Thursday of the month)

Planned Presentation Topics at the meetings:

Nov. 8th Mankato **Nov. 10th New Ulm**

Stress Management: Identify Sources of Stress,
How to be Happy and Tips for cultivating
contentment *(Mayo Clinic web site) The top 10
Feel-Good Foods (* Richard Foxx, MD)

Dec. 8th New Ulm **Dec. 13th Mankato**

Celebrate the birth of **JESUS** at the Christmas
Parties!! How heavy is the cross you carry? Food,
games, prizes and music at the meetings.

Remember to vote on November 6th

Check out ..77 Non-Religious Reasons to Support
Man/Woman Marriage www.ruthinstitute.org

Minnesota BIF members say vote **"Yes"** to
Constitutional Amendment #2 (Photo ID Required
for Voting) A survey said that the majority of our
local brain injured feel it is important to avoid
voter fraud in the future and they do not feel
showing a photo ID to vote would be a barrier to
them. Before you vote ask yourself **WWJD?**

Minnesota Brain Injury Force Events

Latest events have been fund raisers!

A fund raiser at Burger King 9-11-12 and at
George's Fine Steak 10-6-12. We have scheduled
more! Support Group Members are encouraged to
participate in the Fund Raisers while they help
promote brain injury awareness. Members are
reimbursed for mileage to the event / can eat free!
Members who want to get involved need to call
MNBIF before the scheduled event. Working
together we can and will make a difference!

May God grant us courage to face each new day.
Never give up hope! Believe in better days!

NEW ULM fund raisers:

** Tuesday October 23rd (5pm to 7pm)

"Happy Joe's" in New Ulm is donating \$.50 for
every buffet sold. But mention MNBIF! They also
match the tips up to \$20.00.

** Monday November 5th (4pm to 8pm)

"Jake's Pizza" in New Ulm will donate a
percentage of the net sales and all the tips.

MANKATO fund raisers:

*** October 30th (4pm to 8pm)

"Five Guys" donates a percentage of their sales
during the time listed.

*** November 20th (4pm to 8pm)

"Five Guys" again donates a percentage!!

News About Old Events:

“Back to School Brain Boosting Bash” 8-23-12 had a great turn out which included a few brain injury support group members. They replied that they had fun and wanted to do it again next year! The event was just not for children!!

We served brain healthy snacks / gave lots of free information on brain health and brain injuries.

Thanks to all the volunteers which helped make it work! A grant from Allina Neighborhood Health Connection paid for the cost of the event and also helped purchase t-shirts that promote Minnesota Brain Injury Force and thus brain health / brain injury awareness in the area.

“Breakfast at George’s” 10-6-12

George made a great breakfast, volunteers worked hard and Larry Mages volunteered his talents in playing some great music. We had a wonderful turn out! See our list of donations...

The Oktoberfest Best Brain Test was a success! Not one person who took the test passed! This tells us that everyone needs to work on their brain health before they take another Best Brain Test!)

Web Site News www.mnbif.org

Take the time and check out our new look! You can now find posters of our events, posters of fund raisers, our brochures, the support group meeting poster, topics of the meetings etc. You can download and print your own copies to help MNBIF promote brain injury in this area. Please tell people about this! You might start with your doctor.

Ways to save \$ and Help support brain injury!

Buy from MNBIF and their members:
Herberger Community Day Booklets save over \$400 – Buy Pub 500 and Happy Joe's coupons

Minnesota Brain Injury Force - T-SHIRT

Call and order a MNBIF t-shirt and pick it up at any support group meeting.

News to share.....

* Can apple cider vinegar improve your memory? Read the article from our “Brainy Bookmobile.”

* 9 Things NOT to Say to Someone with a Brain Injury... www.brainline.org

* 7 Natural Pain Solutions ..www.doctoroz.com

* HHS Office of Inspector General Check out www.OIG.HHS.GOV shares updates and many cases of Medicare Fraud.

“Brain Boosting Bash” 8-23-12 Donations

We thank the following for their efforts in helping MNBIF promote brain injury awareness:

Allina Neighborhood Health Connection (grant)
Manitoba Harvest of Winnipeg, Manitoba Canada
Nature Blessed Cherry Concentrate (cherry drink served at a lot of our events) of Coloma, Michigan
Nordic Naturals of Watsonville CA - Wyndmere
Naturals of Minnetonka, MN -Veriditas Botanicals of Edina, MN - Hennepin County Medical Center (HCMC) of Minneapolis, MN - Culver's, Pub 500 and Nicollet Bike Shop all of Mankato, MN
Palmer Bus Service of North Mankato - St. Peter
Food Coop of St. Peter.

Donations from the New Ulm area :

George's Fine Steaks - Burger King - Auto Value - Cashwise - Lamplighter – Jake's Pizza – Subway - Happy Joe's Pizza – Domino's Pizza – 3-M - Pizza Ranch - Family Video – The Country Loft - Lola's Larkspur Market and R & R Gieseke Farm.

Donations to “George's Breakfast” 10-6-12

A very special thanks to George, Karen and Erin Cottom for donating & preparing all the food and holding the breakfast fund raiser at their place of business. Please visit George's Fine Steak and Spirits at 301 North Minnesota Street, New Ulm.

We appreciate the volunteers who donated their time and talents making this event a huge success!

Donations of products or promotional products:

Nature Blessed Cherry Concentrate of Coloma, Michigan – HCMC of Minneapolis, MN - George's City Meat Market of Nicollet, MN

The following merchants from Mankato, MN:

Cub Foods (Hilltop) – TCF – and Culver's.
CIA and Dave’s Place of Lafayette – Southpoint
Federal Credit Union (Sleepy Eye and New Ulm)
Merchants from New Ulm area : Happy Joe's
Beacon Promotions – Alliance Bank - UP Bank - R & R Gieseke Farm - B & B Concessions.

We thank the above donors for their generosity and these area merchants who opened their doors to sell the George Breakfast tickets:

Dave’s Place of Lafayette – Schutz Foods of Sleepy Eye – From New Ulm: Southpoint Federal Credit Union, United Prairie Bank and SSL.

Thanks to the special members of MNBIF who took their time to sell the tickets. :)

Like Sheriff Dead Eye said: **“May God Bless!”**