



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

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## *News 4 You*

*August 2011*

### *Upcoming Events:*

#### *August 9<sup>th</sup> 6 pm Brain Injury Survivor / family / friend Picnic*

*Sibley Park, Mankato (Look for the yellow mini school bus in the parking lot for directions to our location in the park.) Brain Injury Survivor's are welcome to bring a friend / family to the Potluck Picnic. Hotdogs, condiments and lemonade provided but please bring a dish (food) to share. Bring your eating utensils, plates, lawn chairs, blankets, fun games for kids and adults etc. Please join with MNBIF in thanking the area stores/businesses for their donations. The donations will be posted that night and on MNBIF's website. \* Exercise brain cells by finding the hidden treasures in the park and win prizes!*

#### *September 13<sup>th</sup> 6 pm Pizza Taste Testing in Sibley Park Mankato*

*We will be pizza taste testing with area pizza businesses donating pizza or providing pizza at a reduced price. The list of the pizza donations will be posted that night and posted on our website. Please join with MNBIF in thanking the pizza establishments for their support of brain injury survivors.*

*(Again to find MNBIF - look for the yellow mini school bus in the parking lot.)*

### *Support Group Meeting Schedule*

#### *New Ulm*

*St. Paul's Lutheran Church  
Fireside Room 201 N. State St.  
3 pm 2<sup>nd</sup> Saturday of the month*

### *Support Group Meeting Schedule*

#### *Mankato*

*Sites to be determined each month  
Contact [www.mnbif.org](http://www.mnbif.org) or [info@mnbif.org](mailto:info@mnbif.org)  
Sharon Gieseke (507) 720-4480*

### *Planned Presentation Topics*

*August 13<sup>th</sup> NO MEETING  
Picnic August 9<sup>th</sup> Mankato (see above)*

### *Planned Presentation Topics*

*August 9<sup>th</sup> Potluck Picnic (see above)*

#### *September 10<sup>th</sup>*

*Marcia Geyer from Hector will be presenting information she has found about "Depression."  
Thank you Marcia!*

*September 13<sup>th</sup> Meet in Sibley Park.  
Marcia Geyer's depression information.*

#### *October 8<sup>th</sup>*

*Find Ways to "Trick N Treat" your BRAIN.  
Using your sense of smell / using oils?  
Herbs to BOOST the BRAIN.*

*October 11<sup>th</sup> Site to be determined.  
Find Ways to "Trick N Treat" your BRAIN.  
Herbs to BOOST the BRAIN.*

**MINNESOTA BRAIN INJURY FORCE INC. [www.mnbif.org](http://www.mnbif.org) 507-720-4480**

**FOR YOUR INFO**

STATE OF MINNESOTA NEW LAWS  
New laws take effect August 1, 2011  
MNBIF gets email from  
HouseInfo@house.leg.state.mn.us  
They will also send you email and information.  
MNBIF will have a copy of these new laws at  
each of the meeting sites. We will review them.

This website: [www.BeReadyMN.com](http://www.BeReadyMN.com) will show you  
what State Agency is open in Minnesota during the  
State Shutdown or check the weather conditions in  
your area. We thank Terry from Mankato for this info.

Link to an expert by phone or online:  
Finding the right resources just got easier!  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

Minnesota Disability Law Center 1-800-292-4150  
or Dalaine Remes, Legal Advocate 507-389-9826  
Disability Linkage Line 1-866-333-2466  
Senior LinkAge Line 1-800-333-2433  
Veterans Linkage Line 1-888-LinkVet  
(Help for veterans and families.)

First Call For Help 1-800-543-7709  
First Call For Help is a 24 hour information  
line that connects people to services they  
need when they need them. 911 is for emergencies.  
For everything else there's First Call For Help.  
Call them and they will tell you where to find  
a local brain injury support group!! MNBIF is  
listed with First Call For Help.

Brain Injury Assoc. of Minnesota  
Providing Help, Hope and a Voice.  
1-800-669-6442  
\* September 24<sup>th</sup> 2011

Their Fund Raiser "Walk for Thought is  
at these four locations: Rochester,  
St.Paul, St.Cloud and Duluth.  
\* Sat. August 13<sup>th</sup> 2011

Consumer and Family Conference  
Golden Valley (9 am to 3 pm)  
Journey to Wellness. Body, Balance and Being  
Call the BIA of MN to register for the events.

*When life is so very hard and you don't know...!?*  
*When in doubt--ask yourself this question ?*  
*"WHAT WOULD JESUS DO?"*

**Minnesota Brain Injury Force Inc.**

MNBIF has been involved with Beyond the Yellow  
Ribbon for veterans and their families in Brown  
County. July 21<sup>st</sup> 2011, MNBIF informed Blue Earth,  
Le Sueur and Nicollet Counties that MNBIF is here for  
any veteran who needs knowledge and support because  
of a brain injury.  
Beyond the Yellow Ribbon 1-888-234-1274

**Educate Yourself and Stay Informed**

Health experts will agree that it is important to learn  
about your illness or injury. Stay informed and keep up  
to date with the latest news about brain injury and lots  
more by reading. Try reading magazines while waiting  
at a doctor's office. Like me, you might find a website  
to look at later. Medline Plus, Mayo Clinic,  
PositScience, Brainline and Health Monitor Network  
will send you email. Health Monitor will send you a  
free subscription in the mail. Call 1-800-422-4112

Do You Know?  
Brain Myth # 1

"You only use 10 percent of your brain."

Fact:

You use your entire brain. The truth is that we use  
virtually all of our brain every day.

Brain Myth # 3

"Brain Damage is always permanent."

Fact:

The brain can repair or compensate for certain losses  
and even generate new cells.  
(This information was found at PositScience)

**Minnesota Brain Injury Force Advocacy Board**

MNBIF is in the process of organizing a special  
advocacy board that will help with making decisions  
and providing advice to MNBIF. If you want to get  
involved as a local brain injury advocate email MNBIF  
at [info@mnbif.org](mailto:info@mnbif.org) or call 507-720-4480. This  
advocacy board will be meeting again August 9 before  
the picnic.

Remember the MNBIF website is still in the process of  
updating but visit it often to see the changes or to find  
the support group meetings, schedules or News 4 You.  
Our website is [www.mnbif.org](http://www.mnbif.org).

NEVER GIVE UP! GO OVER, GO UNDER, GO BETWEEN,  
OR GO THROUGH BUT NEVER GIVE UP !

