



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

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Never Give Up Hope!

News 4 You

August 2012

Allina Neighborhood Health Connection awarded Minnesota Brain Injury Force (MNBIF) a grant to promote MNBIF (media attention) and encourage ways to live to keep a healthy brain. Brain foods, exercise and stress reduction etc.

1. *We have purchased t-shirts (since a lot of members requested them) with our logo to promote MNBIF which will be sold at cost to members or given away to members who work at events.*
2. *MNBIF will have a "Back to School Brain Boosting Bash" for area families at the Vogel Arena in New Ulm on August 23rd at 6:30 p.m. - 8:00 p.m.*
3. *At area high schools "Design a MNBIF Poster Contest" will encourage youth to learn about us!*

Support Group Meeting Schedule

New Ulm

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

Mankato

Snell Motors (Community Room)
1900 Madison Ave.
6:30p.m. 2nd Thursday of the month

Planned Presentation Topics at the meetings:

September 8th New Ulm **Sept. 13th** Mankato

"The Five Best Ways to Boost Your Brain" and also
"Protect your Brain with these Fruits" Articles are by
Victor Marchione M.D.
"Learning to Remember" from brainline.org.

October 11th Mankato **Oct.13th** New Ulm

L-Glutamine is a brain fuel....info from a book called
"Anti-Aging Nutrients for Our Brain" written by Judy
Lindberg Mc Farland.

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

Stress Management: Identify your Sources of Stress,
How to be Happy: Tips for cultivating contentment are
two articles from the Mayo Clinic and "The Top 10
Feel-Good Foods" by Richard Foxx, M.D.

Minnesota Brain Injury Force Events

"Back to School Brain Boosting Bash"

August 23rd (6:30 - 8:00 p.m.)

Bring your neighbor along to this event... Free Brain-Boosting Snacks, Free T-shirts for the first 50 guests, Free School Supplies, Free Recipes and Handouts, Free Samples, Door Prizes, Gym Games, Music and Rhythm Activities, HCMC Brain Activity Wheel's and a School Bus Safety Demonstration by Palmer Bus Service.

"Burger King" Brain Injured Veteran Fund Raiser - September 11th - 4:00 to 8:00 p.m.

Please Help Us Support our local brain injured veterans while you eat at the Burger King in New Ulm during the time listed. We will have some information on display about brain injuries. You will need to ask Burger King *before* you order for a *special coupon* to be able to give MNBIF ... 20% of the proceeds. If you ask for the special coupon after you place your order; it will be too late. Ask for the **special coupon Be-4 U order!** CU on **911**. Please pass around the coupons!

Gotta Go to Georges Fine Steak in New Ulm

October 6th Breakfast served 8:00 - 10:30 a.m.

Try George's great cooking for \$5.00 @ coupon.

Buy coupons at SSL Auto Service Center - 626 North MN Street in New Ulm or call Sharon

News 2 share.....

Minnesota BIF received a letter from the Brain Injury Assoc. of America.. your welcome to read it. The BIA of America www.biausa.org 1-800-444-6443 has MNBIF's contact info added to their list. The BIA of America sent us articles to share and are listed below and included in our Brainy Book Mobile. MN Food HelpLine is a program of Hunger Solutions MN. They connect you with emergency food resources. Call to learn about Food Support (food stamps), food shelves, school meals, Meals on Wheels, Fare for All and more.... Call the Minnesota Food HelpLine 1-888-711-1151 www.mnfoodhelpline.org Save \$ on food..call Fare For All 1-800-582-4291 www.fareforall.org *Child Brain Health Research Institute and *Effects of Nutrition on the Brain www.livestrong.com Disability Linkage Line 1-866-333-2466 www.MinnesotaHelp.info

Brainy Book Mobile

These articles now included in MNBIF binders:

- * Senator Kathy Sheran's 2012 Capital Report
- * Representative Terry Morrow's brochure sent to us.
- * MA-EPD Disability Benefits 101 Minnesota
- *Top 10 Anti-Aging Herbs and Spices from Dr. Oz
- * Try "Product B" by calling Sue W. (715)-505 5303
- * Fighting Inflammation by Bonnie Liebman
- * **The Brain Injury Assoc. of America** articles:
 - 1) Headaches after Traumatic Brain Injury
 - 2) "The Road to Rehabilitation Part 2: Highways to Healing: Post-Traumatic Headaches & Brain Injury
 - 3) "Living with a brain injury"
 - 4) Fatigue and TBI
 - 5) Understanding TBI Part 1: What happens to the brain during injury & in early stages of recovery.
 - 6) Behavioral Challenges after Brain Injury
 - 7) Coping with Depression after T.B.I.
 - 8) Challenges, Changes and Choices: A Brain Injury Guide for Families and Caregivers.
- * **Glesener's Inc.** (320) 365-3823 Box 140 160 South Main, Bird Island, MN 55310 provides brain injury services in a small town setting. This great place sent us information packets to share.

You have some nerve!

So the brain is *boss*, but it can't do it alone...It needs some *nerves* –actually lot's of them. It needs the spinal cord (long bundle of *nerves*) to let messages flow back and forth between the brain and body. So... Sharon is the *boss* but she needs *members (nerves)* to assist the *boss* in making the MNBIF (*body*) function. "How can only the (*brain*) do all the work?" This *brain* is calling on all *nerves* to assist...and volunteer...or?

Pub 500 in Mankato is giving MNBIF members the chance to help raise funds.. a \$5.00 coupon gets you \$10.00 worth of food at Pub 500. **Herberger's**

Community Day Coupon Sales. These coupons are a great way to save money on gifts for weddings, birthdays and for Christmas. The coupon sales also help MNBIF's area brain injured survivors which as of now... no one can say that their purchase from Target will help a local brain injured survivor from MNBIF.... Sharon should know!!

Example: Last April.. How can you buy a new toaster for \$2.99 plus the \$5.00 for the coupon? MNBIF will charge its members \$1.00 for each coupon and members will sell the coupon for \$5.00. The members make \$ on selling the coupons and can use the \$ for their own transportation costs to area brain injury support group meetings. Or maybe as a survivor they want to use a few coupons and get great deals! Please thank Herberger's for these great funds!

Special Thanks....

Abdo, Eick and Meyers, LLP – Certified Public Accountants & Consultants from: 11 Civic Center Plaza, Suite 300 Mankato, MN 56002. At no-cost to MNBIF they have filed the I.R.S. Form 990-N (e-postcard) and looked over the form 1023 for our 501 (c) 3 status. The 1023 was mailed to IRS on 6-28-12.

Allina Neighborhood Health Connection --GRANT Brown County Rural Electric Assoc.

www.browncountyrea.coop Sleepy Eye
Community Ins. Agency 507-228-8201 Lafayette
Culver's North Mankato and Mankato

Nature Blessed Cherry Concentrate *Sleep Better Naturally.. contains natural melatonin...drink the best...Drink Nature Blessed! We will be drinking this cherry treat at all the meetings! 1-800-642-2723
www.natureblessed.us Coloma, Michigan

Twin City Federal --TCF Bank Mankato
Wyndmere Naturals Inc. Minnetonka, MN

Thanked us for the opportunity to give us a donation!

Palmer Bus Service North Mankato

Veriditas Botanicals, L.L.C. - bug spray samples and organic Mental Clarity formula Edina, MN

3 M -- New Ulm school supplies New Ulm

Burger King- Support TBI vets- Burger King 9-11

Fund Raiser. & Gave to the Aug. 23rd event! New Ulm

George's Fine Steak & Spirits Fund Raiser- 10-6-12

New Ulm and **Pub 500** Free coupons sales Mankato

THANKS goes to all the **Special Places....** that allow

our "**Change a Brain Injury Survivor's Life**" coin

jars!! Please thank them for what they are doing!

