



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

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News 4 You

June - July

NEVER GIVE UP! Be STRONG and COURAGEOUS; do not be frightened or dismayed, for the LORD your GOD is with you wherever you go. (Joshua 1:9)

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

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

Planned Presentation Topics

June 8th New Ulm June 10th Mankato

We will share what helps each of us "SLEEP".
Sleep after TBI *Brainline.org WAKE UP! How
Poor Sleep Hurts Your Brain – What to eat for
Deep Sleep – Get Back to Sleep Plan- *[Dr. Oz](#)
Sleep Tips: 7 steps to better sleep *[Mayo Clinic](#)

July 8th Mankato July 13th New Ulm

Sharing our anxiety reducing tips. Anxiety –
Learning to relax after brain *[Dr. Douglas Mason](#)
Dietary Supplements: What You Need to Know-
*[National Institutes of Health](#) and *[Dr. Oz's](#) -
Ultimate Supplement Checklist – The Right (and
Wrong) Way to Choose Nutritional Supplements.

August --- NO August MEETINGS! ---

Minnesota BIF at local fairs....

*For Group Members only: Do you want to show
your art and hand made crafts at our booths?
Or do you want to eat "FREE" at Minnesota BIF's
"True Colors" fund raisers! Call us first!

"TRUE COLORS" - FUND RAISERS

Show "True Colors" Wear Red, White & Blue
and you win an area business promotional item too!

***June 10th (5 - 8 PM)** - % of Eat in Only sales

Redwood Falls - Pizza Ranch

***June 17th (5 - 7 PM)** - % of Buffet sales

New Ulm - Happy Joe's Pizza

"Lonesome Ron" is coming June 19th !

***June 19th (4:30 – 8 PM)** - % of All Sales

Mankato – Pizza Ranch

will be donating a % of **all sales** during the
time listed. "Lonesome Ron" has volunteered
to play his special music at this fund raiser!
Ron helps hang up posters too! Thanks!

***June 24th (5 – 8 PM)** - % of - All Sales

Le Sueur - Pizza Ranch

***July 8th (4 - 8 PM)** - % of All Sales!

Mankato - Five Guys Burgers and Fries

***July 9th (5 – 8 PM)** - % of Eat in Only sales

New Ulm - Pizza Ranch

* **July 20th (8 – 11:11) "Break your Fast"**

New Ulm - Georges Fine Steak & Spirits

Food prepared and provided by George & Karen
Cottom! MNBIF will display area brain injured
survivors art / crafts! We need help at Georges!

*Help is needed to serve food / clean off tables.

*Help sell tickets at Georges on July 20th.

*We need area business promotional items.

*Hang / Distribute "Break your Fast" posters.

MN Brain Injury Force Director's Notes:

Donation request letters were recently sent to area banks. Next - area lawyers / businesses. We will apply for grants / raise money at "True Color" fund raisers. The money (God willing) will help support area brain injured survivors in ways that need to be determined by the MNBIF board of directors. Support group members have a **voice** and can put their ideas in writing to MNBIF.

Ways to Save Money \$\$ & Help support!

If you visit these fine establishments, you can save \$ and help! Group members make \$ selling these:

**** Papa Murphy's** "Peel a Deal" cards can be used at any Papa Murphy store! Buy a card 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.

**** Herberger** booklets – sell for \$5

Brainy Ed Bookmobile News

**Headaches after TBI* - MSKTC

**All-Natural Headache Cures* - Dr. Oz

**Brain Nutrients* - Kate Gilbert Udall

**Sleep and Fatigue* from our topics.

**Living with Brain Injury* - Brain Injury Association of America

**Understanding Brain Injury* – Mayo Clinic

**"Collapsed"* – A Survivor's climb from the wreckage of 35W bridge. - Garrett Ebling

**DMSO Nature's Healer* - Dr. Morton Walker

**"Shattered"* by Kevin Hogan & Cheryl Boldon

**"The Incredible Human Body"* DVD - see a brain tumor operation – National Geographic.

**"Keep Your Brain Alive"*- 83 Neurobic exercises to help prevent memory loss and increase mental fitness - Lawrence C. Katz, Ph. D.- M.Rubin

**Facts about Concussion and Brain Injury* – (CDC) - Centers for Disease Control.

Notice: MNBIF is looking for volunteers to make a list of the educational material we have for rent. The following people have long over due books:

Kristie M. + Dennis A. + Diana S.

Return the books or pay \$25 to replace them.

Sharon is in Mankato and New Ulm working a lot to help local brain injured veterans / survivors.

Call to arrange to return the books!

(SOS) Survivor Of a Survivor!

"Here's a story".. about a brain injured veteran and his loving spouse. Adolia Roth, author

We often hear stories about the survivors of brain injury and stroke. We usually do not hear stories about the caretaker of the survivor. I would like to share my story. My husband went into the hospital last January and came out in March with ADEM (acute disseminated encephalomyelitis), an acquired brain injury (ABI). He was sent home without much hope for survival. Taking care of him now is a challenge. I have had to put alarms on my doors to alert me because he will wander outside. I must make sure his food is cut into bite size pieces and cooled. He has to be watched so he doesn't put too much food in his mouth at once. He can choke. There are times of redirection of behavior. I also must help him take care of his daily needs. Things like toiletries, bathing, getting dressed and cleaning up. I am not complaining! But I think people need to know that there are many responsibilities that a spouse, caregiver, or family member goes through in taking care of the survivor. My husband obviously cannot drive or make most of his own decisions. All of these things are time consuming and leads to other obstacles.

I will take you through one of my recent days. We are on MA-EPD and I had sent in the paperwork late. This meant MA services were stopped until all the paperwork and premiums were sent in and verified. My husband is a brain injured veteran and has been going to an adult day center and has PCA services. All of this was put on hold while they worked on our case. I was informed that they have 45 days to get everything done and it took almost that long. I made trips to our social services office which is located in Olivia. I had to borrow money to pay several months worth of premiums in order to get everything reinstated. It is not always easy to get everything done that needs to be done plus take care of a loved one with a brain injury.

I felt that I was on an island all alone with no where to go and no knowledge on how to get there. Through the support group I have gained support, knowledge, and help in understanding what my husband is possibly going through. AR