



*Providing knowledge and support for  
brain injured veterans / survivors and  
their families*

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September / October 2013

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## ***News 4 You !***

***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)***

### **Minnesota BIF Fund Raisers**

***Monday, Sept. 9<sup>th</sup> (4 – 8 PM) Mankato - Five Guys Burger and Fries***

***Monday, Sept. 16<sup>th</sup> (5 – 7 PM) New Ulm - Happy Joe's Pizza - Buffet only***

***Monday, Sept. 30<sup>th</sup> (5 – 8 PM) Redwood Falls - Pizza Ranch - Buffet only***

***\*Saturday, October 5<sup>th</sup> (8 – 11:11 AM) New Ulm - George's Fine Steaks***

***Monday, October 21<sup>st</sup> (5 - 7 PM) New Ulm - Happy Joe's Pizza - Buffet only***

***Monday, October 28<sup>th</sup> (5 – 8 PM) New Ulm - Pizza Ranch - Buffet only***

***Monday, November 11<sup>th</sup> (4 – 8 PM) Mankato - Five Guys Burger and Fries***

***At fund raisers: Visit with area brain injured veterans / survivors as they share their stories of courage and hope!***

### **Support Group Meeting Sites**

#### **New Ulm**

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

#### **Mankato**

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

### **Meeting Topics and Dates:**

**Sept. 9<sup>th</sup> and 14<sup>th</sup>** What is an ABI? Do you think technology is making our brains lazier? \*newhope360.com - Top 10 Anti-Aging Herbs & Spices- Is Your Brain Aging Faster Than Your Body? Omega 3 \* Dr Oz

**October 12<sup>th</sup> and 14<sup>th</sup>** Concussion \* Center for Disease Control - 4 Week Plan to Happiness \*Dr Andrew Weil - Vitamin D - Deep, Dark Depression is very common. Our mood is affected by neurotransmitters in the brain and can also be affected by the foods we eat. “Boost Your Brain Health with Food!” \*Dr Oz “Do you suffer from depression?” Help a neighbor who needs help (volunteer) and your depression will disappear!!

**November 9<sup>th</sup> and 11<sup>th</sup>** Celebrate Christmas at our Christmas Parties! Food & Prizes! Members have earned points during the past year attending meetings / working at fund raisers. Points can be redeemed for prizes.  
**NOTE: Nov. 11<sup>th</sup> 5 PM** Mankato's group meeting is held at Jake's Stadium Pizza - 330 Stadium Rd Mankato

### **Special Event: \* Monday night September 9<sup>th</sup> at 6 PM \***

**September 9<sup>th</sup> - 6 PM** at the Mankato support group meeting: Tania Krueger CNHP, NHC Traditional Naturopath will be our guest speaker. Are you tired of always feeling sick & tired? Tania has helped a few local brain injured survivors using low level laser and vibrational therapy, nutrition consulting and Lymphatic Enhancement Therapy. We will be advertising this event as “open to the public”.

### Director's Notes:

- **What a wonderful surprise!! Thank you “MINNWEST BANK of REDWOOD FALLS” for your generous donation of \$25 on 6-5-2013.** Thanks for making a difference in the lives of our brain injured veterans / survivors! Minnesota BIF sent donation letters to area banks and lawyers a few months ago. Ask your bank or lawyer if they donated to Minnesota BIF! Share with Sharon their answer!
- **September 30<sup>th</sup> (5-8 PM)** Minnesota BIF has a fund raiser at **Redwood Falls Pizza Ranch**. The Redwood Falls community is welcome to ask Minnesota BIF volunteers questions and brain injury information will be available.
- BE on the LOOK OUT > Minnesota BIF donation envelopes will be distributed to area funeral homes and the public will be able to donate to MNBIF. Bible verse (Joshua 1:9), our logo & our mission statement is printed on the envelopes. Thanks Audrey, at Kemske's New Ulm for doing a wonderful job!
- **August 27<sup>th</sup> 2013** - MNBIF board of directors established Brain Injury Grants (BIG). We will be providing grants (funds) to area brain injured veterans / survivors ( Includes TBI and ABI's which includes stroke survivors too!) to help them with their burden of special needs / expenses. Examples: Medical & Transportation expenses, modifications to homes to make them handicapped accessible, memory aides, etc. MNBIF 's estimated start date for “BIG” applications is Feb. 16<sup>th</sup> 2014.

**Want to EAT FREE at MNBIF fund raisers?** You first #1 need to contact us [www.mnbif.org](http://www.mnbif.org) / 507-228-8161.

### SOS (Survivor of the Survivor) by Adolia Roth

I'm back! I am here to share a few more thoughts with you. I have had lots of interesting things happen since Richard's brain injury. We have had to get small part time jobs in order to have MA without a spend down. We had to have several people from the county come and have him evaluated for a waiver program through MA. We had to move out of our home, that was paid for, and start renting because the house started having major problems like the separating of the wall and floor, the stairs collapsing and a cabinet falling off the wall. We were not able to afford having the work done, which before his brain injury we would have done the repairs ourselves. So we moved the end of November last year and started having to pay rent, which we haven't done for years, because our house has been paid for. The cost of getting the MA insurance done was a lot and also insurance for the car. We had to have some repairs done to the car as well. Richard has to make trips to Mankato and to Minneapolis for doctor appointments. There is also a cost for his medications and supplies. I am telling you all of this to make you aware of the added costs we have had since his brain injury. With these added costs I thought that we would get a little more help from Social Services, but that has not been the case. There needs to be some kind of help for these types of needs. There needs to be a directory of the help available for the specific needs. MNBIF is attempting to help with some of those kinds of needs through their newly established grant, BIG. I have been helping Sharon with MNBIF. There is a lot of work to be done. There are books to put together, fund raisers to line up and work at, taxes to be filed, paper work to organize, support group meetings to plan and prepare for, coin jars, other solicitation of funds, and answering emails about information. One of the biggest things is making sure all the information is available on the website for everyone that is interested and Sharon spends hours on this task. I try to lighten her load by doing some of the other work. I have been asked to speak in Olivia for Renville County LAC. They would like to hear our story of the brain injury and about Minnesota Brain Injury Force. I am looking forward to being able to spread the word about MNBIF and the good things that Sharon hopes to accomplish. I am going to be working at several of the fund raisers that are set up at this time. During the times of working at these fund raisers I sometimes get someone to care for Rick because it gets to be long for him and he needs extra care for personal needs. It would be of great help to have people with brain injuries come forward and spread the word that MNBIF needs financial help. It takes courage to do these things and I encourage you to do it! Stand Up! Be Counted! *Adolia Roth*