

HELPING PEOPLE WHO HAVE BEEN TOUCHED BY BRAIN INJURY

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BIASD Upcoming Events

BIASD Board Meeting - February 20, 2021 9:00 CST.

Support Groups

Aberdeen - 3rd Tuesday of every month. 7:00 to 8:30 p.m. at Avera St. Lukes. Contact Ron Hoops 605-380-6655

Brookings - 1st Thursday of every month. 3:00 to 4:00 p.m. at Brookings Hospital. Contact Doris Schumacher 605-697-6678

Rapid City - 2nd Tuesday of every month. 6:00 p.m. at the Brain Injury Rehabilitation Center. Contact Dr. Justine Ashokar 605-343-7297

Sioux Falls - 2nd Saturday of every month. 1:00 to 2:30 p.m. at the Center for Active Generations. Contact Karen Brokenleg 605-339-0137; Marcy Maras, Kathleen Steen, April Camariegg 6 0 5 - 3 2 2 - 5 0 6 6 ; Mary Tommerraasen 605-367-5260

All meetings have been temporarily suspended due to Covid-19 with the exception of Sioux Falls which is being done virtually - contact Mary Tommerraasen.

BIASD Board Members

Contact your BIASD Board Member by emailing us at braininjurysd@gmail.com

Karen Brokenleg
Doris Schumacher
Dr. Justine Ashokar
Glenn Schumacher
Mary Tommerraasen
Jenny Hallan
Brian Poelstra
Jennifer Williams

Introducing Board Member Doris Schumacher . . .

HOW DID YOU BECOME INVOLVED WITH BRAIN INJURY ALLIANCE OF SD (BIASD)? My son, Glenn, sustained a brain injury in 2009. During my first time visiting the Sioux Falls Brain Injury Support group, I learned that the usual support group meeting had been cancelled. Instead, Brain Injury Alliance of South Dakota board members were having a virtual board meeting. My husband, son, and I were invited to stay for the board meeting. Before the board meeting was over, my son and I agreed to join the board.

ABOUT AN ACTIVITY BIASD HAS DONE DURING YOUR TERM OF SERVICE. BIASD has helped established the Brookings Area Brain Injury Support Group so that we have a total of 4 area support groups currently in SD.

WHAT SERVICES DO YOU WANT TO SEE IN THE FUTURE OF BIASD? I would like to see BIASD working with the state in services for individuals with brain injuries and their families. When my son was hospitalized in Sioux Falls in 2009 for his brain injury, all the material we received came from Iowa. We are operating with a board of volunteers. I would like to see a paid staff member who can assist with reach-out services for those who continue to need services and to have follow up contact. With a goal that hefty, I would like to see some type of long-term funding to create a support system within our state that collaborates with our state government, BIASD, SD Brain Injury facilities, and our neighboring state Brain Injury Alliance/Associations. I would also like to see a list of adults who have a passion to assist those with brain injuries and are willing to volunteer a little time via the BIASD board.

WHAT DO YOU WANT READERS TO KNOW ABOUT BRAIN INJURIES? Each brain injury is different. Most brain injuries happen suddenly; one day you are fine and the next day you are not. Many individuals have brain injuries and don't even realize it. Each individual and family walks alone trying to find services and to figure out what to do. Once you leave the hospital, you are alone. Many times a brain injury may be invisible and so the general public do not understand what an injured person is dealing with daily.

TELL US ABOUT YOUR LIFE BEYOND BEING A BOARD MEMBER FOR BIASD. Prior to my son's brain injury, I was a Special Education teacher at Brookings Mickelson Middle School. As a special education teacher in South Dakota, I could have had a student with a brain injury on my case load. However, I am unaware of any of my students having a brain injury in my 25 years of teaching. If I had, I would have had much to learn. Most of my learning would have had to come from the parents. That is scary since parents expect the teachers to know what to do.

My initial training as a teacher was teaching elementary students. Then I taught secondary school students in Sierra Leone, W. Africa for 3 years. Following that experience I was led into special education where my training was working with students who had developmental disabilities. Once we moved to SD, most of my students had learning disabilities so I earned my MA degree in Learning Disabilities. I am happily married and have two adult children both of whom struggle with a disability. My daughter has been diagnosed with a mental illness since she was 15 and my son had a canoeing accident when he was 24 that caused an anoxic brain injury. Both of my children have taught me much about their disabilities and are able to live together in their own apartment supporting each other and are involved with improving their circumstances.



BIASD NEEDS YOUR HELP

We are a statewide organization of individuals, families, and organizations who educate the public, advocate to improve the quality of life for brain injury survivors and their families, and support programs to help prevent brain injury. It only takes an e-mail message to become a member of the Brain Injury Alliance of South Dakota and to help make a difference for people in South Dakota who have been affected by brain injury. Joining does not require additional work from you, but it makes us a stronger and larger organization with a louder voice in South Dakota. Please e-mail your name and mailing address to us, and we will include you in our future mailings. **We are a federally recognized 501(c)(3) non profit organization.** If you choose to donate, donations are tax deductible and will help us carry out our mission. **Donations can be made at** <https://braininjurysd.org> or mailed to: Brain Injury Alliance of South Dakota, 4304 S. Glenview Road, Sioux Falls, SD 57103

She Seemed Destined for Olympic Glory. Brain Injuries Ended That.



Ellie Furneaux looked like she was going to become Britain's next star in the sledding sport skeleton. But a series of concussions took a heavy toll. Read the full story at the link below.

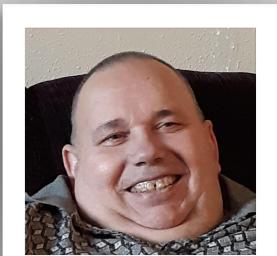
<https://www.nytimes.com/2020/11/20/sports/olympics/skeleton-concussion-bobsled-head-injuries.html>

Thoughts from the article:

1. There were repetitive concussions.
2. The coach and athlete misinterpreted and ignored symptoms.
3. No one told her to stop. Winning became the main focus.
4. There is increasing evidence that sledding sports can cause long-term dangers to brain health.
5. MRIs of her brain showed no damage which is common with brain injuries.



My name is **Jerry Abrahamson**. I was injured in a car accident when I was 5 years old. I have had many experimental operations on my legs and was never very good at sports. So, I took up poetry at about 7 years of age and have been writing poetry ever since. I have written over 600 poems and have about 300 more or less on 7 computer discs. DeSmet, SD.



A Hobby

Some people in the world
Don't seem to know the difference
Between work and a hobby
And that can be a problem

For, you see, there are some people
Who do things for a hobby
And then they don't accept the fact that
It might be somebody's bread and butter

Mark Your Calendars

BRAIN INJURY SURVIVOR SERIES, no cost to participate. Limited to 100 participants. Register at <https://www.braininjuryhopefoundation.org/events/>

2/12/2021 - Survivor Panel; Strategies to move from surviving to thriving.

3/12/2021 - Memory and Cognitive Skill Development.

04/23/2021 - Employment

05/14/2021 - Brain Injury Treatment Panel

06/11/2021 - The Mindset of Resilience for the Brain Injury Community

07/09/2021 - Navigating the Legal System for Brain Injury Survivors.

Free 6 week online program (February): yoga, mindfulness & education to build resilience for the brain injury community www.loveyourbrain.com/mindset

Disability Awareness Day at the Capitol in Pierre on 02/23/2021. BIASD will not be in Pierre, but we are providing our legislators with BIASD brochures, bookmarks, and brain stress balls.

#NOTINVISIBLE Virtual Event, March 16, 10-4 CST. Register www.facesofbri.com/event

SPED 2021, March 16+17, 8-5pm
Keynote: Mike Veny, Transforming Stigma in the Classroom (read his bio) Registration: <https://centerfordisabilitiessouthdakota.wdpress.com/registration/>

CRAN-APPLE MOLD

Ingredients:

2 3 oz. packages Cherry flavored gelatin
1 cup boiling water
1 16 oz. can whole cranberry sauce
1 16 oz. can Musselman's applesauce
(about 1 ¾ cup)



Dissolve gelatin in boiling water. Stir in cranberry sauce until melted. Mix in applesauce. Pour into oiled 5 cup mold. Chill until firm. Makes 10 servings, ½ c. each.

Submitted by Donna Hightree, Sioux Falls Brain Injury Support Group.



SOUTH DAKOTA DAY OF GIVING

The first Tuesday after Thanksgiving has been designated as South Dakota Day of Giving. Non-profit organizations such as Brain Injury Alliance of South Dakota register to participate in this fundraiser. A fun bonus is that there are prizes non-profits can win in addition to funds donors give for each organization. Much excitement is raised in this one-day event. 2019 was our first year participating in this fundraiser. We had nine donors and won a \$250 prize from SD Gives. We raised a total of \$550.

This past year (2020) BIASD provided a [PayPal](#) button on our website to encourage easier donor giving. Lindsay Frankenfeld of 77 Digital-Design, Rapid City, SD helped make this possible. In addition, George Gehant (donor and member of Brookings Area BI Support Group), Sarah Lippert (ILC Specialist and co-chair of Brookings Area BI Support Group), and Doris Schumacher (BIASD board member) made up BIASD Day of Giving Team. We had eighteen donors and raised \$865 even without winning a prize.

If you are interested in helping with this fundraiser in 2021, please contact: Doris Schumacher at 605-697-6678 or dahschumacher@hotmail.com

Mark Your Calendars continued . . .

2021 Nebraska BI Virtual Conference,
March 18-19 [https://biane.org/
events/conference/join-us.html](https://biane.org/events/conference/join-us.html)

\$60. Early bird for survivors

North Dakota BI Virtual Conference.
Mind Matters Conference, March
25-26 8:30-4:45 pm CT

Keynotes:

Jena Gorden-Yoga & Meditation for BI
Dr. Rod Swenson-The concept of TBI
as a chronic health condition
Sandi Gruhot-My Stroke Journey

\$25 for individuals with brain injuries
and/or their family member/caregivers

Submissions by Support Group Members . . .

Travis Peters from the
Brookings Area Support Group
submitted the following joke:

Did you hear that someone
stole the toilet from the police
station?

Cops have nothing to go on.

This and That . . .

Please let us know if you like
this newsletter or if you have
an idea for an article or news
that pertains to the brain
injury community. We would
like to hear from you. Feel
free to contact us at
braininjurysd@gmail.com

Looking for someone to write
book reviews for this
newsletter. If interested,
please email us at
braininjurysd@gmail.com

BRAIN INJURY FACTS & STATISTICS



**EVERY
9 SECONDS**
someone in the United States
sustains a brain injury.

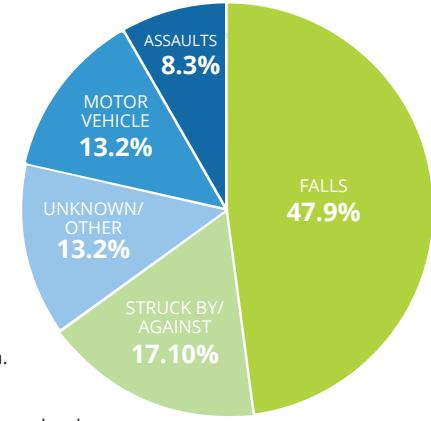
**MORE THAN
3.6 MILLION**
people sustain an
ABI each year.

**AT LEAST
2.8 MILLION**
people sustain a TBI
each year.

TYPICAL CAUSES OF ABI INCLUDE:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Oxygen Deprivation (*Hypoxia/Anoxia*)
- Toxic Exposure
- Vehicle Accidents
- Seizure Disorder
- Trauma
- Substance Abuse/Overdose
- Stroke

LEADING CAUSES OF TBI



AN ACQUIRED BRAIN INJURY (ABI)

is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.

TRAUMATIC BRAIN

INJURY (TBI) is a type of ABI.
A TBI is caused by trauma to the
brain from an external force.

The number of people who
sustain TBIs and do not seek
treatment is **UNKNOWN**.

**At least 5.3 million Americans live with a TBI-related disability.
That's one in every 60 people.**



BRAIN INJURY
ASSOCIATION
1-800-444-6443

www.biausa.org

MARCH is Brain Injury Awareness Month



The theme for the 2021 to
2023 campaign is
**More Than My
Brain Injury.**



Life During COVID:

What to do when you are stuck at home.

Notes from 11/13/2020 zoom webinar:

[http://
www.Braininjuryhopefoundation.org](http://www.Braininjuryhopefoundation.org)

Some ideas that were shared:

1. Dance
2. Remind self -everyone else is going crazy now
3. Attend church on-line
4. Free brain health assessment on-line with Dr. Amen [http://
www.amenclinics.com/](http://www.amenclinics.com/)
5. On phone when walking
6. Share a recipe with a friend and each person makes it. Zoom and have dinner "together".
7. Every 4 to 6 hours, fully rest for 20 minutes
8. Make an effort to be kind and patient with each other
9. Walk (1 to 3 miles daily)
10. Hike on week-ends
11. Audio books and regular books from the library
12. Take free classes such as <http://www.Seniorplanet.org>
13. List 5 things you are thankful for each day or begin a gratitude journal
14. Take drives into mountains/nature
15. Find new hobbies (coloring, puzzles, tennis game on phone (free on-line Tennis Clash)
16. Improve your diet: eating healthy, whole foods, add fish oil, magnesium
17. Practice yoga and meditation

Kory's Letter

Hello my name is Kory Alan Reinert, and I thought motocross was radically awesome! I fell in love with racing at an early age, with the encouragement of a family friend. I progressed quickly. I got my first bike at 5 yrs. old and that began my racing addiction. I began racing semi-professionally at 14 and competed till I was 18 yrs old, when I got injured. I had a horrific racing accident March 5th 2005. I spent the next 28 days and my 19th b-day in a coma in Craig hospital, Denver CO. Basically, I began my rehab venture as soon as I woke up from the coma.

I remember pegging the throttle (going full throttle) thru the straight-a-way at the Belle Motocross track, Belle Fourche SD. I headed towards the take off for the triple jump, I hit 35 - 40mph, as I went up the large three hill jump, then everything went black. A month later the doctors at Craig Rehabilitation hospital in Denver, Colorado slowly brought me out of Coma.



Waking up that day

was the beginning of my rehab story. I have a pretty significant head injury from that accident. The doctors told my folks I had a low chance of survival. But I started to get better. At first, I was in a wheelchair for a couple of years, and I thought I needed it, later I found out that I am a hemi-pelagic and that I could walk if I worked hard at it.

For the past 15 years I have been in and out of rehab, I have made a pretty substantial amount of progress. My rehab journey has been a struggle and a challenge, a daily challenge of being imprisoned in my own body. I am trying to remain humble but dealing with instant gratification and being impulsive can make life hard. Often the challenge feels like a perpetual "Ground-hog Day", a re-learning to tie my own shoes, or drinking out of cup without shaking it all over the floor, a re-learning of basic life skills. I have learned to keep trying though, because if you don't try, you will fail every time. Rehab has been a challenge but I keep moving forward. This life is a challenge, but I am a racer and I say bring it on!!

SOAR Program: Rebuilding Lives for Adults with Brain Injuries

Support, Opportunity And Results Day Services of Sioux Falls, SD

<https://www.lifescapesd.org/stories/soar-program-rebuilding-lives-for-adults-with-brain-injuries>

Jacque Adams - Coordinator of Support Services - Adult Brain Injury Program Service/Facility.

1. WHAT DOES YOUR SERVICE/FACILITY PROVIDE FOR INDIVIDUALS WITH BI?

- The SOAR Day Program is a 4 hour day service program-it is shorter to reduce cognitive fatigue in people with a TBI
- We upgrade our Brain Games Software each year to provide activities that work to engage focus and memory skills on the computer
- We provide sensory within the flow of the day to engage motor skills, social interaction, and problem solving. Examples are playing games with others in small groups, sand sensory bottle games, riding the stationary bike, music therapy, soduko, and trivia type games
- Relaxation techniques and deep breathing
- Participating in activities within the community that don't involve too large of crowds or extremely loud sounds when possible.



2. WHAT QUALIFICATIONS DOES SOMEONE NEED TO RECEIVE YOUR SERVICES/FACILITY?

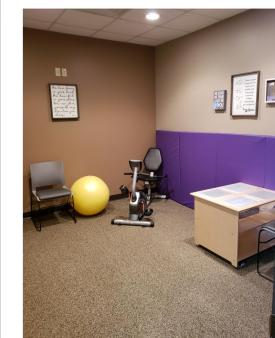
Someone needs to have received the brain injury prior to age 22. This would be a requirement to see if they are eligible for the CHOICES waiver that would pay for services. If the person received the brain injury after the age of 22 they could apply and go through the admissions process but it would be private pay.

3. WHO DO WE CONTACT TO RECEIVE SERVICES?

Stephanie Busjahn- Admissions Specialist at 605- 605-444-9853

4. ARE COSTS COVERED THROUGH MEDICARE OR MEDICAID?

Costs are paid for through the CHOICES waiver, if the person is found eligible, for people who received a brain injury prior to age 22. The CHOICES waiver is a Medicaid waiver program. It would be private pay if the brain injury occurred after the age of 22.



5. HOW MANY PEOPLE CURRENTLY UTILIZE YOUR SERVICES?

Ten at this time, but we can accommodate more.

6. TELL US ABOUT YOUR EDUCATIONAL BACKGROUND.

I have worked within the school district with Special Education students for over 5 years. I started my career with Lifescape in the TBI Program both in Residential Services and the SOAR Day Service Program over 6 years ago. I am a Certified Brain Injury Specialist with The Brain Injury Association of America.

