

HELPING PEOPLE WHO HAVE BEEN TOUCHED BY BRAIN INJURY

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BIASD Upcoming Events

BIASD Board Meeting -
September 18, 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
Brenna Christiansen

Introducing Board Member Jenny Hallan . . .

HOW DID YOU BECOME INVOLVED WITH BRAIN INJURY ALLIANCE OF SD (BIASD)?

I became involved with BIASD through my work with Independent Living Choices. I had the wonderful opportunity to meet Doris and Glenn Schumacher and the Schumacher family; together the two of them have taught me many things, brain injuries being one. One opportunity led to another and here I am! My work with BIASD continues to ignite my passion for serving individuals with brain injuries and other disabilities.



TELL ABOUT AN ACTIVITY BIASD HAS DONE DURING YOUR TERM OF SERVICE. BIASD has established a small scholarship fund that covers the fee or partial fee associated with conferences or trainings to support and provide education on brain injuries.

WHAT SERVICES DO YOU WANT TO SEE IN THE FUTURE OF BIASD? A service that I want to see in the future of BIASD is the potential for a paid

director, who can effectively carry out our mission for brain injury specific services, such as a brain injury waiver and additional/expansion of brain injury treatment facilities, in the State of South Dakota.

WHAT DO YOU WANT READERS TO KNOW ABOUT BRAIN INJURIES? Just as each person with blonde hair is different, so is each person with a brain injury. We simply cannot group people together and assume one service or one treatment will aid or positively impact one individual's life like the other. We must partner to leverage what we do independently into greater support for individuals with brain injuries in our communities.

TELL US ABOUT YOUR LIFE BEYOND BEING A BOARD MEMBER FOR BIASD. I am a co-worker, friend, sister, daughter, wife, mother. Time with family is a priority in my life. I love seeing the world through the eyes of my four year old. Each day I have the pleasure of coming to a place I work and it does not feel like "a job". I get to learn and grow with others and be an active participant in my local community and communities across South Dakota. I am an ally and lover of positive change, ready to take the next right step.

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

Julie's Story

My brain injury story starts seven years ago, at the age of 57, after my husband died unexpectedly. The day after I noticed vision difficulty, but thought I was just stressed and grieving. My changes in vision continued and I also began to experience balance issues for a month. I saw several doctors during that month, but my symptoms were not severe, and we continued to explore other causes. During that time, I attempted to return to work full-time, until I completely lost my right-sided vision in both eyes.

An MRI of the brain confirmed that three areas of stroke had occurred. Those strokes affected my vision, balance, and memory. I was admitted to the hospital for five days, received blood thinning medicine and occupational therapy as treatment. By the time I returned home, my right-sided vision had partially returned, my balance was still unsteady, but not severe enough to need a supportive device, and my short-term memory was a work in progress.

Six months later, I was able to return to work full-time. One year later, my vision loss had localized in my right upper quadrant of both eyes, and I still struggled with my balance. Because my symptoms were not visual, it was difficult when people would say, "You look great, you must feel great", or not believing me when I expressed challenges in my recovery. I continued working full-time for three years after my series of strokes, then made the decision to move closer to my daughter and work part-time.

This decision proved to be bigger than I anticipated, and I found myself once again struggling with vision issues of blurriness and focusing when I was stressed and anxious. These symptoms lasted approximately three months, until I found my new normal. Now I have been working part-time for four years and looking forward to retirement in December. I am happy to report that my memory is that of a normal 64-year-old.



Brain Injury Survivors
 Are The Most
 Extraordinary People
 Surviving Under The Most
 Terrible Circumstances
 And They Become More
 Extraordinary Because Of
 It.

- Wendy Renzulla

make your own quotes at Quotito.com

BRAIN INJURY SERENITY PRAYER

God, grant me The Serenity to
 stop fighting the changes that
 came from my brain injury.

The Courage to accept my new
 normal life that is improving with
 self-determination & strength.

And The Wisdom to know that I'm
 Amazing just the way I am Right
 Now!

Mark Your Calendars

BLAZING TRAILS FOR BRAIN INJURY. CHALCO HILL RECREATION AREA IN OMAHA, NE. SUNDAY 8/22/2021 at 8:30 am. 5K & 1 mile walk/roll. Register at BIANE.ORG. Cost \$40.

IOWA CONCUSSION CONSORTIUM VIRTUAL CONFERENCE.

\$30 for Professional or \$15 for family/survivor.

8/18/2021 8:00 am -1:00 pm
9/8/2021 11:00 am -4:00 pm

CONCUSSION SYMPOSIUM.
9/17/21, 8:00 am to 4:00 pm. NORTH DAKOTA BRAIN INJURY NETWORK (NDVIN.ORG)

WALK FOR THOUGHT, HELP, HOPE & A VOICE. Insure those with brain injury can connect to critical support services. Long Lake Regional Park, New Brighton, MN. 9/25/21. 10:00 am.

SMOKE & SOUL FEST, BBQ COMPETITION & MUSIC FESTIVAL.
10/2/21 & 10/3/21.
Casper WY

STROKE CONFERENCE.
11/21/21. Earle Brown Heritage Center, Brooklyn Center, MN.

Stephen Heidenreich was Hit and Left to Die While Training for the Olympic Games

prunderground.com/stephen-heidenreich-was-hit-and-left-to-die-while-training-for-the-olympic-games/00222938/

In 1976, Stephen Heidenreich was the top candidate to make the U.S. Olympic team that year. Stephen anchored the Indiana University 4-mile relay team to a world record in 1974. In 1975, he ran eight sub-four-minute miles. In 1976, he became the first Big Ten runner to run a 4-minute flat mile indoors. The Olympic Games was his next challenge. While training for the USA Olympic team, a near-fatal hit, and run accident changed his life forever. His neurosurgeon gave him a five percent chance to live. Most likely, he would not complete college or compete again as a runner. Most likely, he would recover in a vegetative state.

Despite a traumatic brain injury and these unfavorable odds, Heidenreich completed a Master of Business Administration at the prestigious Indiana University Kelley School of Business and a Master's in Education specializing in Special Education. In the face of tremendous physical and mental challenges, Stephen trained for the 1980 Olympics in Moscow.

How was he able to achieve all of this? By applying the world-class training and skills that he learned while training under three Olympic Track and Field Coaches. Using the book's steps, Stephen beat the odds and has had great success in academics, business, and life.

If Heidenreich could accomplish so much, imagine what you could achieve if you put his strategies to work in your life.

In Stephen's new book *Running to Win*, you'll learn how to be excellent in athletics, academics, or both. This book will help you be successful in business, athletics, or whatever your desire for greatness may be. In reading this book, you will learn step-by-step strategies and tools to succeed in business, athletics, and school. Here you will learn the habits of long-term success and optimum performance. When these habits for success are applied, your long-term success will be phenomenal.

Running to Win is available on Amazon.com. <https://amzn.to/2Orew7r>

About 3:55 Press

Stephen Heidenreich is one of 1,400 sub-4:00 milers in the world at 3:55, a hall of fame athlete and a traumatic brain injury survivor. In 1976 while training for the Olympic Team he was struck by a hit-and-run driver. Doctors gave him a 5% chance to live, let alone run again. As an experienced international athlete, Stephen used his proven strategies for athletics and got his life back, completed his undergraduate degree and an MBA. With his new book *Running to Win*, it seemed fitting to honor his best time and name his publishing company 3:55 Press.



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Mark Your Calendars continued . . .

FACING THE FUTURE TOGETHER BRAIN INJURY SYMPOSIUM. 11/5/2021, 7:30 am to 3:30 pm. Great Wolf Lodge, Colorado Springs, CO. Register BIACOLORADO.ORG. \$25 for survivors. \$100 for other attendees.

MIND MATTERS CONFERENCE. 3/24 & 3/25/22. Ramada 3333 13th Ave., Fargo, ND. In person & virtual options. Register at NDBIN.ORG.

Submissions by Support Group Members . . .

Jerry Abrahamsen from the Brookings Area Support Group submitted the following:

A Glass of Milk
Sometime, I think it's funny
When I stop and think
That the way to settle a stomach
Is with a glass of milk

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 IDENTIFICATION CARD

If You've Suffered a Brain Injury, Get your FREE Custom Card Designed and Shipped Today

A brain injury can happen to anyone, anyplace, any time. According to the Centers for Disease Control and Prevention (CDC) each year, at least 2.5 million children and adults in the United States will sustain a traumatic brain injury (TBI).

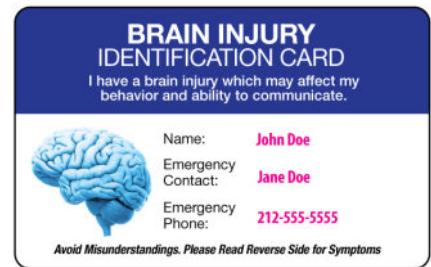
Brain injury survivors may encounter difficulties with emotions, behavior, and cognitive functioning. Although victims may appear normal, they may be suffering from invisible injuries resulting from their brain injury and causing them to exhibit emotional, behavioral, and cognitive problems. They may not be able to control their thoughts, emotions, or reactions. They may be quick-tempered, impulsive, and aggressive. With this in mind, and to help avoid misunderstandings with police, EMT and ambulance personnel, and others, this complimentary, customized, brain injury wallet identification card has been created.

A person with a brain injury can carry and display this personalized, laminated wallet card to help avoid misunderstandings with police, EMT and ambulance personnel, and others. This card includes the individual's name, a designated emergency contact, and common symptoms of a TBI

This card is provided free by the brain injury law firm®, De Caro & Kaplen, LLP to any brain injury survivor. It is designed to help police, emergency personnel, and others more easily identify brain injury survivors, and insure that they are treated appropriately, and provided support as needed.

* We do not collect, distribute, disseminate, or sell information, which is solely used for the production of the card.

[Brain Injury Identification Card - De Caro & Kaplen, LLP
\(brainlaw.com\)](http://brainlaw.com)



SYMPTOMS OF A BRAIN INJURY INCLUDE:

- Poor coordination, balance, or muscle control
- Blurred speech, vision, or impaired hearing
- Difficulty with attention, concentration, memory, or understanding
- Difficulty controlling anger and/or aggressive behavior
- Confusion, disorientation, dizziness
- Difficulty processing and slow response time
- Impatience, anxiety, or agitation
- Seizures, headaches, or fatigue

I can best communicate in a calm, non-confrontational manner. If I am experiencing a crisis and you need further information or assistance, please call the emergency contact number on the other side of this card. Thank you for your courtesy and assistance!

Sponsored by De Caro & Kaplen, LLP www.brainlaw.com
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Disability Rights South Dakota (DRSD) is seeking your input to help us choose the issues we will address and the types of cases we will accept in the next fiscal year. Please complete [this survey](#) on behalf of yourself, your child, or family member with a disability.

The survey can be filled by visiting the link: [DRSD Survey](#). To request this survey in an alternative format, please contact DRSD at drsd@drsdlaw.org or call **1-800-658-4782**. A [PDF version](#) is available as well.

Life During COVID:

What to do when you are stuck at home.

Notes from 11/13/2020 zoom webinar:

<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/>
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

Chicken Soup for the Soul. Recovering from Traumatic Brain Injuries.

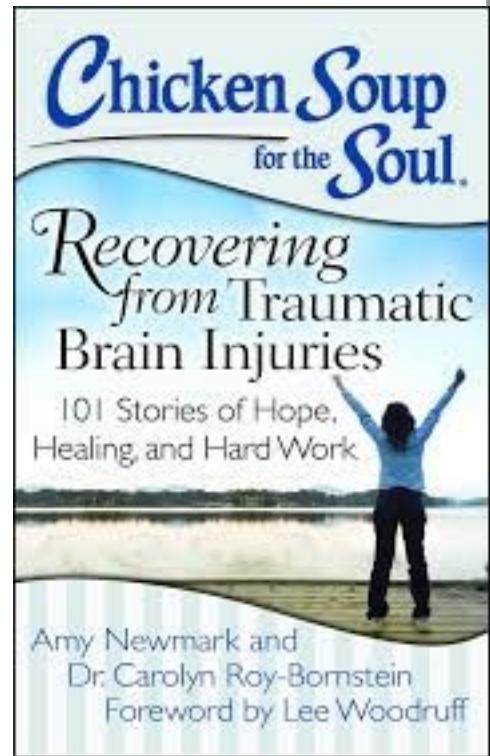
101 stories of Hope, Healing and Hard Work.

By Amy Newmark and Dr Carolyn Roy-Bornstein

I highly suggest this book for anyone who has a TBI, or knows of someone with a TBI. Written so that those of us with a TBI, can read it! Each story is usually only a page or two long.

I found words of wisdom, hope and inspiration in this book. This is the third time I have read this book! Each time I read it, I get something different out of it because I am in a different stage of my journey.

I particularly like chapter 29, and I think many brain injury survivors can relate. It is titled: "A Tough Course". I quote: "Who you were before is not who you are now. I have learned to be patient, to accept my limitations, and to enjoy life, because you never know when it might be taken from you."



Some of the stories you will identify with. It may help you validate and work through the feelings you are experiencing.

There will be stories that will leave you feeling blessed, and saying, I'm glad I don't have to deal with that! Other stories will confirm your feelings that you are on the right path. Yet, others will inspire you to tell yourself, I can still improve! I know after some stories I said to myself, if they can do it, so can I!!

You may find yourself getting an "ah ha" moment. You had never thought of something in this way, but the story you just read made you stop and think, and understand.

Not only are we survivors, we are thrivers! The best thing we can do is to support, learn and encourage each other.

-Laurie L., Sioux Falls Brain Injury Support Group

LIFESCAPE

Empowering people to live their best life.

<https://www.lifescapesd.org/services/services-for-adults/adult-residential-services>

Sioux Falls Residential Services with Brain Injury

Jacque Adams - SOAR Adult Traumatic Brain Injury Program

SERVICE/FACILITY - Residential Traumatic Brain Injury Program

LOCATION - Several Sioux Falls locations depending on individual's independence level.

SOAR RESIDENTIAL - Currently supports three people in a community setting. These individuals live in their own apartment in various locations throughout Sioux Falls. We provide financial budgeting, meal preparation, medication administration, social skills, transportation, and all Activities of Daily Living (ADL's).

ROOSEVELT - We have two apartments with three people supported who live there in a community setting. We provide 24-hour staffing and assist with the following area: financial budgeting, meal preparation, medication administration, social skills, transportation, and all ADL's.



TERRY - This is a group home setting for individuals that have high medical needs and need more staff support. We provide 24-hours staffing and assist with the following areas: financial budgeting, meal preparation, medication administration, social skills, transportation, and all ADL's.



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

The applicant 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.

2. WHO DO WE CONTACT TO RECEIVE SERVICES?

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

3. 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.

4. HOW MANY PEOPLE CURRENTLY UTILIZE YOUR SERVICES?

Currently eight individuals receive Residential Services.

5. TELL US ABOUT YOUR EDUCATIONAL BACKGROUND.

My career in Human Services began with working in Special Education for five years. I started my career with LifeScape in the TBI Program both in Residential Services and the SOAR Day Service Program over seven years ago. I currently sit on the Human Rights Committee as a community member for Volunteers of America. I am a Certified Brain Injury Specialist with The Brain Injury Association of America.



Niagara University Safety Awareness Training for Individuals with Disabilities

Date: September 28, 2021

Time: 6:30 pm – 9:00 pm CST

Place: Best Western Plus Ramkota Hotel
3200 W. Maple Street, Sioux Falls, SD 57107

[Click Here to Register or visit <https://frdat.niagara.edu/>](https://frdat.niagara.edu/)

Safety Awareness presentation description:

Be it the parent of a toddler or an adult transitioning to adult life, there are many angles and factors that go into ensuring the safety and well-being of a person with a disability. Establishing a fire safety or disaster preparedness plan, interacting with a police officer, calling and communicating with a 9-1-1 operator, having medical information ready for the EMT, and many other aspects are important to the well-being of any individual, but how does it differ and what do we need to know to be sure it turns out best for the individual. Disability Awareness Training has developed curriculum, spun off its grants in First Responder and Emergency Management Training, for parents of and individuals with disabilities to address comprehensive understanding of this topic.

Niagara University First Responder and Emergency Management Disability Awareness Training is the nation's only comprehensive training for firefighters, law enforcement, 9-1-1 telecommunicators, emergency medical services and emergency managers. The South Dakota Council on Developmental Disabilities has grant funded this program in the state.

Target Audience:

INDIVIDUALS WITH DISABILITIES, PARENTS OF INDIVIDUALS WITH DISABILITIES, SERVICE PROVIDERS. If you need accommodations (large print, Braille, ASL interpreter, other), please email Cary Newman at carynewman@niagara.edu.

Presenters:

David Whalen is the founder of disability awareness training and the principal trainer for first responders. He has been in the field of disabilities since 1986 and is the father of a 24 year-old son with disabilities. He has presented to over 600 audiences.

- Sioux Falls Police Officer Jacob Hanson
- Sioux Falls Fire Battalion Chief Mark Buckovich
- Sioux Falls EMS Educator Amy Marsh
- Sioux Falls Emergency Manager Regan Smith
- Sioux Falls 9-1-1 Communications Operator Teresa Pearson

Funding for this training is made possible by the South Dakota Council on Developmental Disabilities

