

HELPING PEOPLE WHO HAVE BEEN TOUCHED BY BRAIN INJURY

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BIASD Upcoming Events

BIASD Board Meeting - May 21, 2022 - 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 Active Generations. Contact Karen Brokenleg 605-940-1815; Marcy Maras, Kathleen Steen, April Camariegg 605-322-5066; Mary Tommerraasen 605-367-5260

All meetings have been temporarily suspended due to Covid-19, except for Sioux Falls who are meeting in person.

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 Brian Poelstra...

HOW DID YOU BECOME INVOLVED WITH BRAIN INJURY ALLIANCE OF SD (BIASD)? I became involved with the BIASD at the urging of my Executive Director at Disability Rights South Dakota. He was aware that I had suffered a traumatic brain injury earlier in my life and he felt that I would have a lot to offer to the organization.



TELL ABOUT AN ACTIVITY BIASD HAS DONE DURING YOUR TERM OF SERVICE. The activity that sticks out to me is SD Day of Giving. It allows us all the chance to give back to others. Even if we are only able to give a little it still makes a difference.

WHAT SERVICES DO YOU WANT TO SEE IN THE FUTURE OF BIASD? I would like to see an expansion of support services that are provided by BIASD. An increase in the number and location of support groups for individuals who have suffered a brain injury is something that is important to me.

WHAT DO YOU WANT READERS TO KNOW ABOUT BRAIN INJURIES? I would like readers to know that there is no such thing as a minor brain injury. That the effects of an injury to the brain may not be as noticeable as a scar but they are there. Also, that the effects of a brain injury are long lasting and may be mistaken for something that they are not.

TELL US ABOUT YOUR LIFE BEYOND BEING A BOARD MEMBER FOR BIASD. I am married and have two children ages 12 and 9. I love to hunt, fish, and ride motorcycle. I suffered a traumatic brain injury when I was twenty-four while I was playing softball. I am the Program Lead for the Traumatic Brain Injury program at Disability Rights South Dakota, and I am also a licensed physical therapist.

Please fill up for BIASD!

Through the month of February 2022, 1 cent of every gallon of gas sold at Newsman's Convenience Store, Brookings, SD, Will be donated to the Brain Injury Alliance of South Dakota (BIASD).

**A big Thank You to:
Newman's Convenience Store,**



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

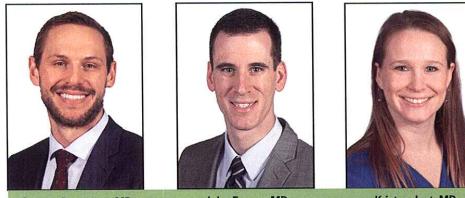
Avera Medical Group Physical Medicine & Rehabilitation - Sioux Falls



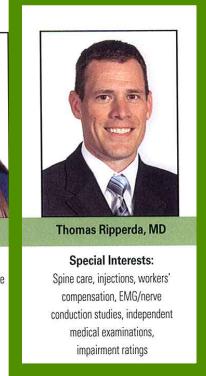
George Ceremuga, MD



John Franco, MD



Kristen Jost, MD



Thomas Ripperda, MD



Adil Shaikh, MD



Teresa Schelhaas, CNP



Kari Webber, CNP



Teresa Schelhaas, CNP



Kari Webber, CNP

For information and referral appointments, call 605-322-7300 or 888-691-3200.



After a stroke or spinal cord injury or other debilitating event, transitioning into everyday life can be a daunting prospect, as you relearn tasks such as walking, dressing and eating. Avera Medical Group Physical Medicine & Rehabilitation is a department of Avera McKennan Hospital and University Health Center.

To make the most complete recovery possible, it is important to have an expert you can trust guiding your course of rehabilitation and recovery. Avera's physical medicine & rehabilitation specialists usually serve patients in three primary ways.

- Diagnosis and treatment of musculoskeletal injuries and pain syndromes, from traumatic injuries to surgical recovery to sports and/or work injuries to arthritis or low back pain.
- Electrodagnostic medicine - Procedures used for evaluation of various neurological disorders.
- Rehabilitation of patients with severe impairments. Your Physical Medicine & Rehabilitation specialist will oversee a team of rehabilitation professionals including physical therapists, occupational therapists, recreational therapists, nurses, psychologists, social workers, speech-language pathologists and others.

Lexi's Story . . .

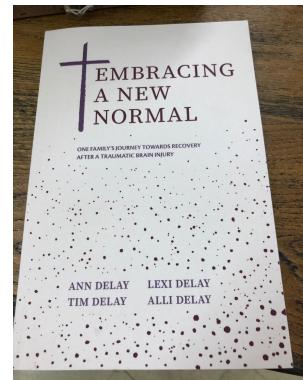
I was 12 years old, almost an official teenager when my sister and I were involved in a very serious car accident on our way to school. The van we were riding in caught the side of the road and rolled 6 times, knocking me unconscious and breaking my sister's shoulder. After help arrived and the EMTs saw how dire my condition was, I was air lifted to the children's hospital in a nearby town.

When I arrived at the hospital, the doctors determined that I had sustained a severe traumatic brain injury (TBI) and that the swelling in my brain was getting worse. In order to allow my brain to rest and heal, I was put into a medically induced coma. The coma did what it was supposed to do, and my brain began to heal. After about a month, the doctors deemed it safe to wake me up and I was weaned off the paralyzing drugs.

This waking up process took a very long time, but it quickly became clear that my brain still had a lot of re-learning to do. Although I was physically awake, I still wasn't my Lexi self. I didn't walk, talk, or eat and was transferred to a children's rehab hospital for further treatment/therapies. At the rehab hospital, I took part in daily Speech, Occupational, and Physical therapy sessions to work on the skills I needed in order to go home. I graduated from the rehab hospital after about 3 months and was finally able to move on to the next step in my recovery.

Once at home, I continued my Speech, Occupational, and Physical therapies. Luckily, the car accident occurred in April, and I didn't have to miss too much school. My cognitive skills were relatively unscathed, and I was able to join my class for the upcoming school year with a walker and AFO to help with mobility. 5 years later, in 2014, I graduated high school and started attending college. I received my B.S. in Health Sciences in 2017 and began my career in Clinical Research. While in my first job out of college, I had the opportunity to work with a few of the doctors at the children's hospital who helped save my life and now I get to work in neurology research at one of the best institutions in the country.

Sustaining my TBI at such a young age has not been easy. When you are young, being the least bit different can be one of the worst things. I was embarrassed by the way I walked, my tremor, and the fact that I had to miss class or hanging out with friends to go to my therapies. This has caused me a lot of anxiety, always worrying about what people thought of me. However, one thing I did learn that has helped me throughout my TBI journey and even in my career was to let go of and not worry about the things I cannot change or have no control over. This is much easier said than done, but I have found that letting go of this worry has freed up my mind to focus on the important things in life.



Submissions by Support Group Members . . .

Travis from the Brookings Area Support Group submitted the following:

If life hands you melons, you may have dyslexia. (It should be lemons...and yes, you can say I didn't get it the first time either). LOL

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

Mark your calendars . . .

BRAIN INJURY HOPE FOUNDATION (BIHF) BRAIN INJURY SURVIVOR SERIES. 2nd Friday each month. 2:00-2:30 CST. No cost. Check out their website braininjuryhopefoundation.org for complete schedule and registration. Topics include Hearing Sensitivities & Tinnitus, Mental Health Panel promoting Well-being for Individuals with Brain Injuries, Brain Injury Treatment Panel, Intimacy & Relationships, Risks & Rewards, COVID and the Impact on Our Brains.

Butternut Squash Macaroni And Cheese

Serves 6-8

- 1 lb pasta (shells or elbows)
- 2 tbsp. grated Parmesan cheese
- tsp $\frac{1}{4}$ cup panko breadcrumbs
- 1/8 tsp. ground chipotle pepper
- 2 1/2 cups whole milk
- 1/2 cup water
- 3 cups butternut squash, peeled, seeded, and diced
- 1 tsp. Dijon mustard
- 1/2 tsp. coarse salt
- 1/4 tsp. ground black pepper
- 1/4. smoked paprika
- 6 oz. extra sharp cheddar cheese, grated
- 2 oz smoked Gouda cheese, grated

Preheat oven to 350° F. Cook pasta according to package instructions; drain, rinse, and return to the pot. In small bowl, combine Parmesan, breadcrumbs, and chipotle powder; set aside.

In medium pot, combine milk, water, and squash. Bring mixture to a boil over medium-high heat. Reduce heat to medium and simmer, partially covered, until squash is soft, about 15 to 20 minutes.



Once squash is soft, carefully add mustard, salt, and pepper. Combine completely using an immersion blender. Add cheddar and Gouda cheeses and whisk until they are melted. Stir together cheese/squash sauce and pasta until well-combined.

Pour macaroni and cheese into a 9×13 pan. Top with breadcrumb mixture. Bake 30 minutes. Allow to cool slightly before serving.



Recipe prepared by Glenn Schumacher and Doris Schumacher, Brookings Area Supports Group. Recipe also found in the January 2022 edition of Brain&Life.

Mark your calendars - continued...

VIRTUAL 2022 NORTH DAKOTA BRAIN INJURY NETWORK MIND MATTERS CONFERENCE. March 24-25, 2022. Register at www.ndbin.org/events/mind-matters/attending.

ZOOM WORKSHOPS, NORTH DAKOTA BRAIN INJURY NETWORK. April 5 through May 10. 1:00 to 2:30 CST. If interested, check out www.ndbin.org upcoming events page.

VIRTUAL 2022 NEBRASKA BRAIN INJURY CONFERENCE CONNECT, LEARN AND BE INSPIRED. March 17-18, 2022. Register at www.biane.org/2022-conference/individuals

VIRTUAL BRAIN INJURY ALLIANCE OF IOWA PATHWAYS TO LIVING WELL WITH BRAIN INJURY. March 2-4, 2022. www.biai.memberclicks.net/30th-annual-best-practices-in-brain-injury-conference.

2022 SOUTH DAKOTA SPECIAL EDUCATION CONFERENCE DON'T JUDGE A BOOK BY ITS COVER. March 15-16, 2022. Sioux Falls SD Convention Center. Register at www.centerfordisabilitiessouthdakota.wordpress.com.



Open for registration: LYB Mindset Online!
<https://www.loveyourbrain.com/mindset>

WHAT FREE, 6-week online programs designed to build resilience and community through yoga, mindfulness, and education for people with TBI (including concussion) and their caregivers. You can choose between:

- Mindset Group Discussion: a 45 minute weekly Zoom meetup to cultivate mental flexibility, positive thinking, and more!
- Mindset Yoga: a 75 minute weekly Zoom meetup to cultivate balance, strength, and mind-body connection!
- Mindset On Your Own: a weekly email program that includes mindfulness tools. This program is open to everyone!

All enrolled will receive weekly emails with educational videos, recorded yoga classes, yoga nidra, and guided meditations.

WHEN Beginning various dates in April.

HOW Programs are limited to 13 people, so sign up on our website today! Once you register, you'll receive an email from mindset@loveyourbrain.com.

"I am more than my brain injury" sign from biausa.org. Survivors, caregivers, and advocates are encouraged to complete the "I am". Fill in the blank with whatever feels right!



I am



#morethanmybraininjury
biausa.org/raiseawareness

MARCH IS BRAIN INJURY AWARENESS MONTH

Check out the Brain Injury Awareness of America website to join the #MoreThanMyBrainInjury campaign to help educate others about what it's like to live with a brain injury. You can find information, activities and a store to purchase tee-shirts, sweatshirts or coffee mugs.

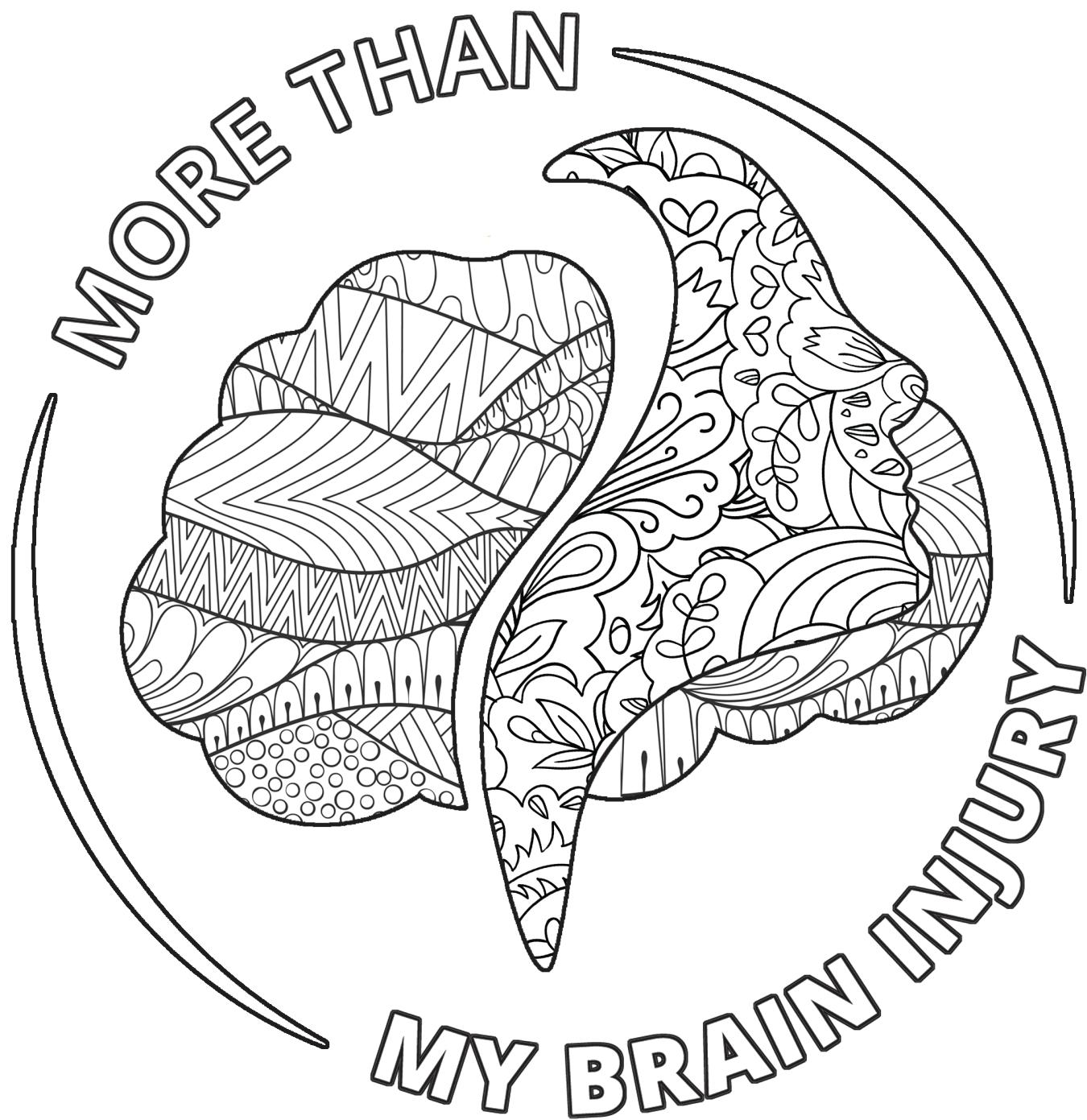
Be colorful. Explore your artistic side with #MoreThanMyBrainInjury coloring sheets. [Download the activity](#), print, and color. Keep your image for yourself or then upload it to social to participate in the campaign in an anonymous way.



<https://www.biausa.org/public-affairs/media/morethanmybraininjury-awareness-campaign-toolkit>



Located on E. 57th Street, west of S. Cliff Avenue, Sioux Falls, SD will be donating \$1 for every bag purchased during the month of March 2022.



My brain injury doesn't define me.

I am _____.



1-800-444-6443