

HELPING PEOPLE WHO HAVE BEEN TOUCHED BY BRAIN INJURY

Like us on Facebook | braininjurysd@gmail.com | www.braininjurysd.org

BIASD Upcoming Events

BIASD Board Meeting -
February 25, 2023 - 9:00 CST.

Support Groups

Aberdeen - Changes coming soon. Contact Allison Schmitt 605-626-2976.

Brookings - 1st Thursday of every month. 3:00 to 4:00 p.m. at Children's Museum of SD. 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; Kathleen Steen, April Camariegg 605-322-5066; Mary Tommeraaen 605-367-5260

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 Tommeraaen
Jenny Hallan
Brian Poelstra
Jennifer Williams
Brenna Christiansen



Introducing BIASD Board Member Brenna Christiansen



HOW DID YOU BECOME INVOLVED WITH BRAIN INJURY ALLIANCE OF SD (BIASD)? In working as an occupational therapist and Director of Therapy at LifeScape, I wanted to look for more ways to network and connect to the community. I joined a group at the Center for Disabilities that was working to write a Brain Injury handbook to be used as a resource tool in South Dakota. From there I connected with other BIASD members and was invited to join as a team member.

TELL ABOUT AN ACTIVITY BIASD HAS DONE DURING YOUR TERM OF SERVICE. The BIASD members were active participants in distributing a survey to providers and community professionals to help identify strengths and needs in services for individuals who have sustained a brain injury in our state.

WHAT SERVICES DO YOU WANT TO SEE IN THE FUTURE OF BIASD? I would love for the BIASD to become a Nationally recognized organization that is able to highlight all the expertise and services that we have in South Dakota. Although we do this now, the ability to reach more people and be considered a state of excellence in providing brain injury services is the goal. One step would be to host a Midwest or Regional annual conference that focuses on brain injuries.

WHAT DO YOU WANT READERS TO KNOW ABOUT BRAIN INJURIES? An important message to continue to emphasize, equally applicable to anyone as it is to individuals living with a brain injury, people shouldn't be defined by their injury or the difficulties they may have.

We need to remember to acknowledge the person first. Lead with who they are as a person, not their disability. In keeping the person at the forefront, we not only preserve dignity and respect, but we are able to individualize care and identify services that are most meaningful to the individual.

Additionally, we all need to show patience and compassion for "hidden disabilities". Challenges following a brain injury may not always be outwardly obvious. No one really knows for sure what a person might be dealing with.

TELL US ABOUT YOUR LIFE BEYOND BEING A BOARD MEMBER FOR BIASD. I am a mom of 2 active teenagers. I spend a lot of time in the summer at the ball fields as both my kids play travel baseball and softball. I enjoy spending time with family

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) nonprofit 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

and friends exploring the lakes of Minnesota and outdoor activities in South Dakota. I enjoy crafting, photography and cooking.

I have a professional background in occupational therapy with over 20 years of experience working with all ages in both a hospital and education setting. I am a caretaker by nature but my passion is helping people reach their fullest potential by emphasizing what they can do verses only focusing on what they can't.

Aberdeen Brain Injury Support Group - aschmitt@ilcchoices.org

Hello, my name is Allison Schmitt, I am the Independent Living Specialist for Independent Living Choices in Aberdeen. I have been with ILC for five years. I promote independence in the home and community setting, when working with people with disabilities.



A little more about me, I have an associate degree in Occupational Therapy Assistance. I started working with people with disabilities when I was 16. I knew from my first job at Aspire that I had found the work that challenges and inspires me. I am married and have two beautiful children. My husband and I are advocates with an individual with disabilities, who will forever be family to us. All who know me, know my passion for the individuals and communities I work in.



ILC Aberdeen has a Brain Injury Support Group that has been on hold since COVID. There will be some changes to the group, such as date and location. I am excited to get the group started in the coming months to promote brain injury education, provide opportunity for natural supports, networking, and more.

Sioux Falls Area Brain Injury Support Group – January 14, 2023

Around 18 individuals attended our Saturday meeting at the Sioux Falls Active Generations building. We surrounded 2 ping pong tables in the room we were assigned. Drinks and refreshments were served. Three new people attended so we went around the table sharing our name and what brought us to this meeting. Mary Tommeraasen, led our discussion.

**Brookings Area Brain Injury Support Group - January 13, 2023**

A group of 12 individuals gathered for a holiday party at Brookings' Cubby's Bar and Grill. Food and conversation were enjoyed by all. After our meal we participated in an exchange Christmas present game.



Mark your calendars . . .**COLORADO**

Brain Injury Hope Foundation
(BIHF) BRAIN INJURY SURVIVOR
SERIES

2nd Friday each month
2:00-3:30pm CST. No Cost.
Check out their website:
info@braininjuryhopefoundation.org
for complete schedule
and registration. Topics include:
How to Thrive Living in a BI
World, Cognitive Fatigue
Following Brain Injury, Nutrition
Panel: Feeding Your Brain in a
Healthy Way!, Care Partner
Panel. Register by February 7
for Feb. 10th webinar.

NORTH DAKOTA

ND BI Network: Webinar
Wednesday 1-3pm (Feb. 8, Feb.
22); March 2-April 6) email
Chelsea.hammond.ndsu.edu
or call (701)780-8229 Register
well in advance

Mind Matters Conference,
March 23+24, 8am-5pm.
Baymont by Wyndham, 2611
Old Red Trail, Mandan, ND.
Virtual or in-person. Special rate
for survival or family member
\$50. Register at
www.ndbin.org/events/mind-matters/attending

NEBRASKA

Learn. Connect. Explore. March
23+24, Younes Conference
Center, Keaney, NE
Register before Feb. 25,
Individual/caregiver \$75;
Register after Feb. 25,
Individual/caregiver \$100.
Register www.biane.org/20023-conference/info.html



www.bestconnections.org

BEST is a 501(c)3 nonprofit helping those with brain injury—and other medical conditions impacting cognition—who have never received or have exhausted their rehabilitation and continue to struggle with day-to-day cognitive challenges.

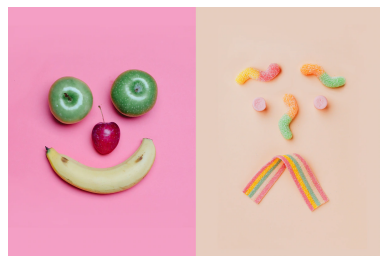
We understand you're overwhelmed because we've been there. The BEST Suite of apps helps you establish a structure to rebuild your life.

Many people living with cognitive challenges struggle to rebuild their lives. The BEST Suite app provides practical tools to help them increase productivity, build independence, and get their lives back.

Brain Education Strategies & Technology (BEST) is a non-profit comprised of brain injury survivors who volunteer their professional skills and experiences which, in turn, drives our product development. BEST provides an opportunity for survivors to practice and apply their skills in a non-stressful, supportive working environment. Our combined efforts allow us to provide you with practical and proven solutions to common everyday struggles.

For the price of three lattes you can invest in yourself and your future. Let the BEST Suite help you take back control and rebuild your life.

A new study takes an important step forward in understanding the relationship of gut bacteria to what we eat and how we feel.



The link
between our
food, gut
microbiome
and depression.

Scientists continue to study Traumatic Brain Injury. The link below connects to a Washington Post article that relates our connection to food, gut microbiome, and depression. As stated in the article, "A new study takes an important step forward in understanding the relationship of gut bacteria to what we eat and how we feel" The article states that the depletion of a specific bacteria was observed in studies of people with Traumatic Brain Injuries and also people who were depressed. Other bacteria in the microbiome may improve our mood. These are early days and research continues. Read the article for further explanation.

<https://www.washingtonpost.com/wellness/2023/01/31/gut-microbiome-anxiety-depression/>



2221 W Russell Street, Sioux Falls SD 57104

**Dr. Cooper Dykstra**

WHAT DOES YOUR SERVICE/FACILITY PROVIDE FOR INDIVIDUALS WITH BI? We utilize chiropractic care, vestibular therapy, eye exercises, ARPwave therapy, low level laser therapy, balance therapy, compression boot therapy, peripheral nerve stimulation, Senaptec visual sensory training, Hyperbaric Oxygen Therapy, and a variety of other body based exercises to create and sustain a positive clinical change. We also provide functional medicine and order any lab work needed to find the root cause of the issue. For more information, please visit our website at www.brainhealthandchiro.com.

WHAT QUALIFICATIONS DOES SOMEONE NEED TO RECEIVE YOUR SERVICES/FACILITY? None! We see many patients dealing with a wide range of symptoms. We recommend scheduling a free 10-minute phone consultation to see if our care is a good fit.

WHO DO WE CONTACT TO RECEIVE SERVICES? You can call the clinic at 605-799-7579 or email drcooper@brainhealthandchiro.com. You can also visit our website at www.brainhealthandchiro.com to schedule a free 10-minute phone consultation.

ARE COSTS COVERED THROUGH MEDICARE OR MEDICAID? No, we are not in network.

HOW MANY PEOPLE CURRENTLY UTILIZE YOUR SERVICES? Since opening in October 2020, we have seen about 500 patients.

TELL US ABOUT YOUR EDUCATIONAL BACKGROUND. Dr. Cooper is the founder and owner of Brain Health and Chiropractic. He is a passionate chiropractor that loves to work with complex cases and figure out the root cause of what is going on. He received his Doctorate of Chiropractic at Northwestern Health Sciences University in Bloomington, MN. While he was in school he grew to love functional neurology and functional medicine because of the story it told about one's health. He is originally from Platte, SD, but has lived in many places, including Iowa, California, Minnesota, and even The Netherlands! In his free time, he enjoys spending time and traveling with his wife, Holly, and bernedoodle, Charlie.

In 2008, Dr. Cooper experienced a serious motor vehicle accident where he was ejected out of the passenger window of a vehicle. After the incident, he was unable to move his left lower extremity for roughly six weeks and battled post-concussion symptoms. After struggling with chronic low back pain and post-concussion symptoms for almost 10 years, he was able to find relief through chiropractic care, functional neurology, and functional medicine.

Through this experience he has developed Brain Health and Chiropractic so he can help as many people as possible find relief and get back on track with their life! Dr. Cooper's main mission is to help the sick feel better and to help the healthy feel healthier. You can always work towards a better you, so let's take care of our brains!

Other certifications and qualifications:

- Certified Functional Medicine Practitioner (CFMP) - Functional Medicine University (208 hours)
- Functional Neurology Seminars (150 hours) - IAFNR
- Childhood Neurobehavioral Disorders Program (158 hours) - IAFNR
- Concussion/mTBI Program (150 hours) - Carrick Institute
- Mastering Blood Chemistry - Apex Energetics
- Mastering Brain Chemistry - Apex Energetics
- BA in Exercise Science - Dordt University
- Doctorate of Chiropractic - Northwestern Health Sciences University
- Board Certified Chiropractor for South Dakota
- 48-Hour Nutrition Program - NutriDyn
- 48-Hour Applied Kinesiology Program - NutriDyn



March is Brain Injury Awareness Month

Center for Neurological Studies.

www.neurologicstudies.com/march-is-national-brain-injury-awareness-month/

Causes of Brain Injury

Brain injuries have a variety of causes, here are a few we'd like to make you aware of:

- 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
- Electric shock is a typical cause of ABI
- Near Drowning, Oxygen Deprivation (Hypoxia/Anoxia)
- Stroke
- Seizure Disorder
- Toxic Exposure
- Tumor
- Lightning strikes are typical causes of ABI
- Infectious disease is a typical cause of ABI
- Substance abuse/overdose is a typical cause of ABI



<https://www.gearbubble.com/im-brain-injury/>



<https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness/>

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)

**BRAIN INJURY
IDENTIFICATION CARD**

I have a brain injury which may affect my
behavior and ability to communicate.



Name: **John Doe**

Emergency Contact: **Jane Doe**

Emergency Phone: **212-555-5555**

Avoid Misunderstandings. Please Read Reverse Side for Symptoms

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

De Caro & Kaplen 2018 ©