



BIRCoTMWI Bulletin

Vol 7 Issue 3—Quarterly Newsletter

OUR STORY

Our story briefly explains why our non-profit was founded and what we intend to do with this organization.

Brain Injury Resource Center of Wisconsin, Inc. is a 501(c)3 tax exempt non-profit organization that was co-founded by a mother-daughter team (Lois York-Lewis and Bari L. (York) Rieth). They saw first hand that they needed to help survivors of brain injury in Wisconsin lead a fulfilling life after brain injury.

Tragedy Brings to Light a Need in Wisconsin

This need was first realized in 2005 after (York) Rieth sustained a severe traumatic brain injury resulting from a crash involving the car she was a passenger in and a semi-truck. When (York) Rieth was released from the hospital and tried to re-enter daily life it was near impossible, as this is not an easy task.

Our main goal is to help with the transition from hospital/rehabilitation clinic back to daily life once a brain injury is sustained. With the help of Rieth's family and their unconditional love, they pressed forward.

This gave York-Lewis and (York) Rieth the drive to move forward and develop this non-profit.

Doctors and nurses are there to help a person when they are in the hospital and shortly thereafter, but what can they do after the brain injury survivor has recovered to the point where they can re-enter daily life?

Brain Injury Resource Center of Wisconsin, Inc. Takes the Reins

This is where the Brain Injury Resource Center of Wisconsin, Inc., BIRCoTMWI, steps in to help.

There can be a lot of confusion during the "what now" phase of brain injury recovery. Let us help, we are a resource center and we care. Help us to help others live and lead meaningful lives after brain injury!

All it takes is a donation, see page 8 for more information.

Remember a little can go a long way! Ensure that the Brain Injury Resource Center of Wisconsin, Inc is here today and in the future to provide resources to brain injury survivors.

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SPECIAL POINTS OF INTEREST

- What is the BIRCoTMWI up to?
- What are Arachnoid Cysts?
- Locals are inspired to raise funds for the Brain Injury Resource Center of Wisconsin, Inc.

EXECUTIVE DIRECTOR MESSAGE

When you hear the words "brain injury", do you think of cause or consequence? Do you think, "I don't know anyone with a brain injury." Or, do you?

An acquired brain injury is damage to the brain, which occurs after birth and is not related to a congenital or a degenerative disease (for example stroke, brain aneurysm, brain tumors, infections, etc.). Traumatic brain injury is sudden physical damage to the brain (for example car accidents, falls, concussions, etc.).

On September 16 we will Walk, Roll, or Run for Brain Injury (ABI and TBI) at Cutler Park in Waukesha. This event is intended to shed some light on the many facets survivors of brain injury are confronted with and bring the realities to life through interactive activities, games, and informative displays. .

Our organization is deeply committed to educating the public and raising as much awareness as conceivable in terms of prevention (when prevention is possible). Be sure to join us for this opportunity to understand why we say, "Don't learn the meaning of prevention by accident."



See you there!

Lois M. York-Lewis

Executive Director and Co-Founder

Lois York-Lewis is a co-Founder and the Executive Director of the Brain Injury Resource Center of Wisconsin. She currently serves as the President of the Board of Directors. Lois brings a wealth of knowledge which has propelled the organization to new heights. The organization has had many donated and leased locations over the years, but through hard work and determination it has now found a permanent home in Waukesha. She brings a plethora of business experience to her position which has enabled it to move in new directions while maintaining the goals, mission, and purpose that drives the organization forward. Her real-life experience caring for and mentoring survivors of brain injury ensures that the true focus of the organization remains intact.

BIRCOFWI BULLETIN EDITORIAL STAFF

Lois York-Lewis *Executive Director, Mother, Wife, & Daughter to TBI Survivor's (Editor & Writer)*

Bari L Rieth *Director of PR and Marketing, TBI Survivor & Wife of a Survivor, Daughter and Grand-daughter to TBI Survivors (Editor & Writer)*

Lucille J. Krebs *TBI Survivor (Editor)*

Kathy Richardson *Resource Facilitator, TBI Survivor (Writer)*



BRAIN INJURY RESOURCE CENTER of Wisconsin

Walk-Roll-Run for Brain Injury

Saturday, Sept 16, 2017

Cutler Park, Waukesha, WI

Begins at 8:00 am and concludes at 12:00 noon

*Then join us for the Bethany Rieth Memorial Garden
Dedication at the BIRCoFWI Offices
(511 N. Grand Ave, Waukesha – just southeast of
Cutler Park) 2:00 pm – 3:00 pm*



Walk-Roll-Run for Brain Injury

Presented by Brain Injury Resource Center of Wisconsin will include:

- ✓ Local Businesses/Vendors
- ✓ Wisconsin Brain Injury Artists and their creations
- ✓ Food and Beverage Sales
- ✓ 50/50 Raffle, Silent Auction and General Raffle Items
- ✓ Education and Awareness Interactive Stations
 - (Feel what is like to sustain a concussion)
 - (Feel what it is like to live with double vision)
- ✓ FUN for the whole family

Event organizer is Lois M. York-Lewis, Executive Director, and Co-Founder

Contact Information: lois@bircofwi.org or 262-232-8887

Mailing address 511 North Grand Ave, Waukesha, WI 53186-4916



Kathy Richardson is the final piece of the Brain Injury Resource Center of Wisconsin, Inc. puzzle. She came to BIRCoFWI in 2012 and has played a vital role ever since!

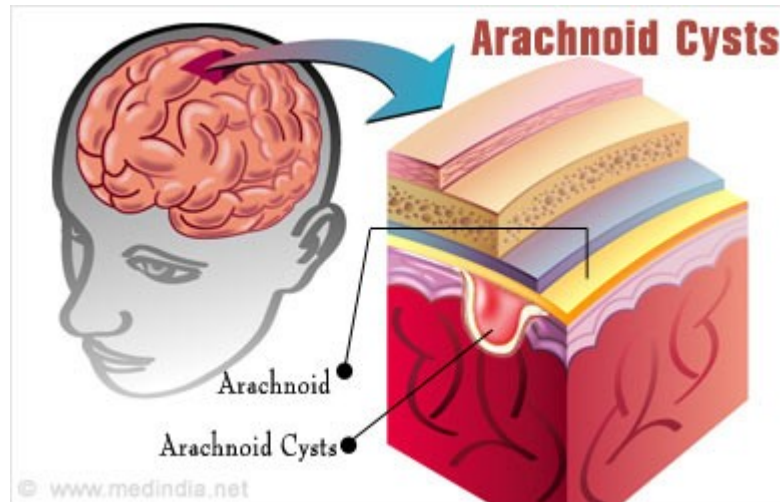
Richardson has dual roles as the Vice-President and Resource Facilitator, which works out very well since her background lends itself to helping survivors move forward. She is self-employed as a Brain Injury Specialist and Disability Transition and Resource Specialist.

Being available to our clients is something that is important to Richardson and this is why she has made herself available to clients in the office Tuesdays, Wednesdays, and Thursdays from 1:00 p.m. –5:00 p.m. and holds office hours by appointment only on Mondays.

Please give the Brain Injury Resource Center of Wisconsin, Inc. a call at (262) 770-4882 and ask for Kathy Richardson or send her an email Kathy@bircofwi.org

WHAT ARE ARACHNOID CYSTS?

Written By: Kathy Richardson
Disability Transition and Resource Specialist
Resource Facilitator, Brain Injury Resource
Center of Wisconsin
TBI Survivor



Arachnoid cysts are cerebrospinal fluid-filled sacs that are located between the brain and the arachnoid membrane, one of the three membranes that cover the brain. Arachnoid cysts develop as a result of head injury, meningitis, tumors or as a complication of brain surgery.

The majority of these cysts form in the temporal fossa, the posterior fossa or the suprasellar regions of the brain. The location and size of the cyst determine the symptoms and when those symptoms begin.

Most people begin to develop arachnoid cysts before the age of 20, often during infancy. Some people with arachnoid cysts never have symptoms.

Males are four times more likely to develop arachnoid cysts than females.

Symptoms include: headaches, hydrocephalus, hemiparesis, ataxia, behavioral changes, nausea, vomiting, seizures, decreased cognitive performance, spontaneous hemorrhage, hearing disturbances, changes in vision, vertigo, and difficulties with balance and walking.

Diagnosis usually involves: a brain scan using diffusion-weighted MRI (magnetic resonance imaging) which distinguishes fluid-filled arachnoid cysts from other types of cysts.

Treatment:
If the cyst is small and not causing any symptoms, doctors may refrain from treatment. Microneurosurgical techniques and endoscopic tools now allow for minimally invasive surgery.

Endoscopic cyst fenestration is a technique that couples the minimally invasive

benefits of shunting with the advantage of open fenestration by avoiding shunt implantation. Doctors surgically remove the membranes of the cyst or open the cyst so its fluid can drain into the cerebrospinal fluid and absorbed by the brain.

Left untreated, arachnoid cysts may cause permanent severe neurological damage when the cyst expands or bleeds.

Reference List:

- Cedars-Sinai Hospital. *Arachnoid Cysts*. 2016. Retrieved June 6, 2016 from <http://www.cedars-sinai.edu/Patients/Health-Conditions/Arachnoid-Cysts.aspx>.
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- National Institute of Neurological Disorders and Stroke. *What Are Arachnoid Cysts?* 2012. Retrieved June 6, 2016 from http://www.ninds.nih.gov/disorders/arachnoid_cysts.
- Grant, R. 2011. Arachnoid Cyst. Retrieved from http://www.medmerits.com/index.php/article/arachnoid_cyst/P11.
- Greenfield, J. 2015. Arachnoid Cysts/ Intracranial Cysts. Retrieved from <http://weillcornellbrainandspine.org/arachnoid-cysts-intracranial-cysts>.

"Remember how you couldn't put down *Still Alice*? Well, clear your schedule—because you're going to feel the same way." —JODI PICOULT

LEFT NEGLECTED: A REVIEW

Reviewer: Bari Louise Rieth

*This is a fictional book based on an actual condition.

Left Neglected is a novel written by Lisa Genova (who is a neuroscientist) which details a portion of the life of Sarah Nickerson who tries to multi-task whenever possible. The result of this multi-tasking is she takes her eye off the road for just a second too long and is involved in a car accident, which leaves her with "left neglect."

"Left neglect" is a term describing a deficit in awareness that occurs following an injury to the right side of the brain." (The Transitional Learning Center's Blog. 01/2015)

Genova goes into detail about her recovery from this accident and how it impacts not only her but the others around her. While some relationships are strengthened as a result other relationships are repaired.

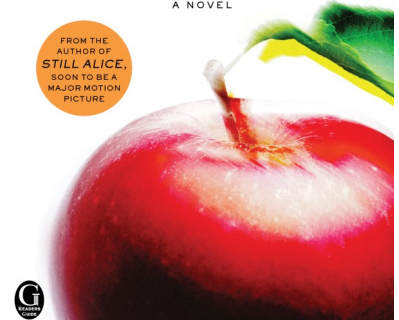
Overall this book was very well written and as I said above very well researched. This book receives 5 out of 5 stars from me.

LISA
GENOVA

NEW YORK TIMES BESTSELLER

LEFT NEGLECTED
A NOVEL

FROM THE
AUTHOR OF
STILL ALICE,
SOON TO BE A
MAJOR MOTION
PICTURE



"While some relationships are strengthened as a result other relationships are repaired."

THE EXTERIOR OF BIRCOFWI GETS A MAKEOVER



York-Lewis, L. (Photograph). (2017, 09). BIRCOFWI Front Sign. Waukesha, WI. Brain Injury Resource Center of Wisconsin, Inc.

WHY SHOULD YOU **DONATE** TODAY?

It's Simple - We are not a membership based organization, government grants and foundation funds are in short supply, and brain injury survivors in Wisconsin are counting on you!

Need a Tax Deduction?

Out of respect for privacy, donor names will not be published on our website or listed in our annual report unless otherwise authorized.

We are a 501(c) 3 Tax Exempt Organization - Donating as little as \$1.00 per family member goes a long way!

If your personal budget is feeling the pinch, why not ask your employer to host a green and purple day, chili cook-off, bake sale, or any easy to run event that does not interfere with the work day.

Contact us Today and we will send information about our organization to share at any work-place fundraiser event.

Brain Injury Resource Center of Wisconsin, Inc.

Mailing Address: **511 N. Grand Ave. Waukesha, WI 53186**

Phone: **(262) 770-4882** / Fax: **(262) 436-1747**



www.bircofwi.org

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. ~Dr. Seuss (2017. <http://brightdrops.com/dr-seuss-quotes>)

THANK YOU TO THE FOLLOWING CORPORATIONS, BUSINESSES, FOUNDATIONS, FUNDS, INDIVIDUALS, AND ALL THOSE GENEROUS DONORS WHO HAVE EMBRACED HOW DIFFICULT LIFE AFTER BRAIN INJURY CAN BE AND HAVE HELPED TO MAKE A DIFFERENCE!

2017 COIN BOX DONATION STATIONS

Can we place a box at your business? Let us know [CONTACT US](#)
Andy's on Ryan Road - Franklin
La Java Roasting House - 2300 Lineville Rd, Suamico, WI 54313
George Webb Restaurant on 76th Street- Franklin
Petlicious Pet Spa and Bakery on Silvernail Road - Pewaukee
Jetz Convenience Centers on Janesville Road, Muskego

MARK SCHMITTS CREATIV/EDGE SPONSORS

Lois York-Lewis (2017)
Kathy Richardson (2017)
Mark and Aimee Schmitt (2017)

BETHANY RIETH MEMORIAL GARDEN SPONSORS

Sister Agnes Steiner (2017)
Andrew and Katherine Christenson (2017)
Lois York-Lewis (2017)
Bari and Gary Rieth (2017)
Blaser Farms (2017)
Roger Kozak "The Glass Flower Guy" (2017)

GREEN RIBBON DONORS (*100+ Club)

| | |
|-------------------------------|------------------------------|
| Baukin, Jay | Kawiecki, Cynthia and Gordon |
| *Blaser, Gloria | Koenig, Judith and Robert |
| Blaser, Roger and Karen | Krebs, Richard and Lucille |
| Blaser, Wayne and Josie | Lee, Grace |
| Bocian, Greg | Lewis, Derek and Torrie |
| Brown, Don and Judy | Lewis, Mary Ann |
| Damp, Jim and Virgie | *Long, Lois |
| Davitz, Mary | Markiewicz, James and Jeanne |
| *Destefano, Donna | McDermott, Johnelle |
| Elwood, Kerry (Buzz) | Norppa, Beth |
| Erdmann, Trevin | Polzin, Leonard and Teal |
| Fetherston, James and Johanna | *Richardson, Kathryn M |
| *Franzen, Georgia and Thomas | Rieth, James and Sandra |
| Gebert, Donna | Rieth, Mary Steinberg, Linda |
| *Goes, Jack and Kim | *Rinaldi, Sharon |
| Gusta, Dennis and Lynette | Siller, Brittany |
| Vanden Heuvel, Linda | Steinberg, Greg |
| *Hess, Joe and Tiffany | |

WALK-ROLL-RUN for BRAIN INJURY 2017 EVENT SPONSORS

Complete Chiropractic & Rehab Center LLC <http://www.completechiroandrehab.com/>
Rozek Law Offices - <http://rozeklaw.com/>
Glassman Neuropsychology Associates LLC -<http://www.glassmanneuropsychology.com/>

INDIVIDUALS AND BUSINESSES - WALK-ROLL-and RUN 2017

(Cash and In-kind)
Churchill III Luxurious Limousines Inc.
Roundy's
Wisconsin Athletic Club
Hartland Center fo Alternative Medicine
Lake Country Fine Arts School and Gallery
BIRC Gifts
Lois York-Lewis

Gary & Mary Steinberg
Jerry & Betty Lief
Lewis Station Winery

BUSINESSES AND ORGANIZATIONS

(Donations and Funding Programs)
Glassman Neuropsychology Associates
Groth Law Firm, LLC
Hillside Gardens AFH

FABULOUS FUNDRAISERS!

Boston Store Community Days
Worlds Greatest Cookie Sale
St. Vincent De Paul - Textile Program
Half Priced Books - Selling Program
Funding Factory
GoodSearch

FOUNDATIONS AND FUNDS

Bethany Rieth Memorial Fund
WE Energies Foundation

INDIVIDUAL DONORS (*500+ CLUB)

| | |
|-----------------------|--------------------------|
| Blaser, Gloria | *Schmitt, Mark and Aimee |
| *Dentice, Angela | *York-Lewis, Lois |
| Marshall, Angela | |
| *Rieth, Gary and Bari | |

AND LIFE GOES ON....

We have lived in Abrams, northern Wisconsin, for about six months. Gary has adjusted well, it's coming home for him and Garrett appears to be loving it. As for me, this transition has been difficult as I briefly alluded to in Vol 7 Issue 2.

Making the transition easier came in the form my sister-in-law letting me know about a parent and children's group for children Garrett's age! This group meets on Wednesday's and I can not wait to join!

I just know that Garrett is going to love it, he is a very active little guy. He likes to explore, loves to examine and enjoys meeting new people.

Continuing on that thought, my Mom shared with me a bible verse that I feel truly fits this situation: *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."* - Jeremiah 29:11

After reading this bible verse I have a new sense of peace, because I know that God is there and always will be.

*"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."
- Jeremiah 29:11*

Bari sustained her severe TBI in 2005 from a crash where the car she was a passenger in was rolled over by a semi-truck. Gary sustained a traumatic brain injury from a crash where the car he was a passenger in was driven into a tree. As a married couple sharing the world of TBI, everyday is a reminder of the value of hope, strength and perseverance after Brain Injury.



Mark Schmitt's Creativ/Edge Studio Event Schedule
Brain Injury Resource Center of Wisconsin
511 North Grand Ave, Waukesha, WI 53186-4916
Questions? Call Kathy at 262-770-4882
EACH CLASS REQUIRES A \$10.00 REGISTRATION FEE
TO COVER MATERIAL COSTS

Name (First and Last): _____

Email Address: _____

Phone Number: _____

(in case of cancellation)

Address: _____

City, State, and Zip Code: _____

Event Attending: (All classes are from 10:00 a.m.—12:00 p.m.)

_____ **October 21, 2017 - Cork Pumpkin Art**

_____ **November 18 2017 - Journaling 101**

_____ **December 16, 2017 - Gifts from the Heart, Holiday Ornaments**

_____ **January 20, 2018 - Essential Oils**

_____ **February 17, 2018 - Crochet and Knitting**

_____ **March 17, 2018 - Mandalas**

_____ **April 21, 2018 - Home Décor Plate**

_____ **May 19, 2018 - Scrapbooking**

Donation to defer cost of materials:

_____ **\$10.00** (covers materials for one class)

_____ **\$20.00** (covers materials for two classes)

_____ **\$30.00** (covers materials for three classes)

_____ **\$40.00** (covers materials for four classes)

_____ **\$50.00** (covers materials for five classes)

_____ **\$60.00** (covers materials for six classes)

_____ **\$70.00** (covers materials for seven classes)

_____ **\$80.00** (covers materials for eight classes)

_____ **\$100.00** (extra to cover other expenses)

CASTING CALL! SEARCHING FOR THE NEXT BRAIN INJURY SURVIVOR STORY



We are searching for the next brain injury survivor to appear in the BIRCoFWI Bulletin. If you are a brain injury survivor and would like your story heard let us know!

Please call (262) 770-4882 and indicate your interest.

Let us know your name, email address, phone number, dates and times that are best to reach you.

A sample of the questions that will be asked are below:

What were you doing moments before your injury?

How did you sustain your injury?

Were you conscious when and after you sustained your injury?

How long was your hospital stay?

What was/is the most challenging aspect of your injury?

How have you compensated for this?

Where are you today? Attending school, job, what are you up to?

Do you have any achievements or successes to share? Anything you want to make sure is included with your story.

THANK YOU!



Taylor Wellna, TBI survivor, and her boyfriend Dylan Martindale hosted an event where they raised \$600.00 for the Brain Injury Resource Center of Wisconsin, Inc.! Many thanks go out to them for their generosity and for thinking of us!