

# BIRCoFWI Bulletin



A Quarterly Newsletter

Volume 4 Issue 1

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Photo was taken by:

Daniel Rathmann / Options for Community Growth



## Our Goal

*Our goal 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 non-profit organization which was founded by a mother-daughter team (Lois York-Lewis and Bari York). They saw first hand the need 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 realized in 2005 after Bari sustained a severe traumatic brain injury. Once Bari was released from the hospital and re entered daily life she found it to be very difficult.

With the help of her family and their unconditional love, they pressed forward. After realizing the challenges a person with a



brain injury, has sustained and what they face once they are released from the hospital, gave Lois York-Lewis and Bari L. York the drive to move forward and develop this organization.

Doctors and nurses are there to help a person when they are in the hospital and a lot of times shortly thereafter, but what do they do after they have recovered to the point where they can re enter daily life? This is where the

Brain Injury Resource Center of Wisconsin, Inc. steps in to help.

There can be a lot of confusion during the "what now" phase of brain injury.

### What Now?

Confusion can be included as part of the brain injury experience, and the Brain Injury Resource Center of Wisconsin, Inc. wants to help all survivors during this phase and after!

### Bringing Brain Injury Survivors Together

Are you a brain injury survivor looking to make a social connection with other Brain Injury Survivors? Gatherings are scheduled to assist the brain injury survivor in building strong, long lasting bridges of trust, respect, understanding, and acceptance.

Be part of our social and skills program today! Download your form from our web store at: [www.shop.bircofwi.org](http://www.shop.bircofwi.org)



Welcome

Dear Friends,

What is Brain Injury Awareness? We all know what brain injury means, but do we really understand what is meant by awareness? It is not good enough to simply know about brain injury, it is vital to be *aware* of *brain injury* and its *consequences*. The Staff at the Brain Injury Resource Center of Wisconsin is dedicated to spreading the word, being there to help find answers to this very unpredictable lifestyle, and to constantly being on the lookout for ways to improve and enhance the lives of the people that come to us for help.

Governor Walker signed a Proclamation that re-enforces the need to understand and embrace the importance of awareness and prevention. This Proclamation also states that March 2014 in the state of Wisconsin is recognized as "brain injury awareness month."

While not all brain injuries are preventable, for those that are, it is critical that March is recognized as brain injury awareness month and to practice good brain injury prevention behavior such as: Monitoring eating habits, instituting a plan to include physical activity daily, if you chose to drink, drink responsibly, don't push yourself to the limit then drive when you are over-tired, talk to your employer and alert them to unsafe work environments, finally, take time to evaluate your life and see where prevention is possible.

So, in the spirit of Brain Injury Awareness Month (March 2014), let us all make a concentrated effort to prevent brain injury in our lives wherever possible and to take the time to show compassion to those living with its consequences.

Kindest Regards,



Lois York-Lewis  
Executive Director

Also check out our Calendar of Events at  
[www.bircofwi.org](http://www.bircofwi.org)  
for more information!

**UPCOMING EVENTS:**

**Friendship Network Gathering:**

March 9, 2014 10:00 - 11:00 a.m.

Help Package 10,000 meals in one hour!

Where: Muskego High School

W183s8750 Racine Ave. Muskego, WI 53150

Find out how to become a member of our Social and  
Skills program by calling us (262) 770-4882 or by  
emailing [admin@bircofwi.org](mailto:admin@bircofwi.org)

**SUPPORT GROUPS:**

**What:** Support Group Meeting  
First Tuesday of the Month

(Watch channels 4,6, 12 and 58 for cancelations  
information or call 262-770-4883)

**Where:** MCFI -NexDay Campus

3333 South Howell Avenue, Milwaukee, WI 53207

**When:** Every first Tuesday of the month from 6:30 PM -  
8:30 PM

**Description:** Join us for a few hours of conversation  
with fellow brain injury survivors. Each session in  
2014 will feature a different Guest Speaker.

**BIRC of WI Bulletin Editorial Staff:**

**Lois M. York-Lewis** Executive Director & Mother of a TBI Survivor (Editor and Writer)

**Bari L. York** Director of PR and Mktg & TBI Survivor (Editor and Writer)

**M. Angela Dentice** Attorney at the law firm Pitman, Kyle, Sicula & Dentice s.c. (Writer)

**Carrie Belsky** Director of Employment Services at Milwaukee Center for Independence (Writer)

**Bob Erdmann** Retired Staff Minister and Volunteer (Editor)

**Katherine A. Marshall** Volunteer & TBI Survivor (Writer)

**Daniel Rathmann** Options for Community Growth (Photographer)

Photo was taken by:

Bari L. York / BIRCOFWI



# STATE of WISCONSIN



OFFICE of the GOVERNOR

## Proclamation

*WHEREAS*; traumatic brain injury (TBI) is a serious public health epidemic affecting an estimated 3.1 million Americans who have a long-term need for help to perform daily activities as a result of TBIs, and the estimated cost to society for medical care and lost wages exceeds \$60 billion a year; and

*WHEREAS*; of the 1.7 million Americans who sustain TBIs each year, 52,000 die, 275,000 are hospitalized, and 1.3 million are treated at an emergency room, and, on average, someone will sustain a TBI every 21 seconds; and

*WHEREAS*; in Wisconsin, an estimated 5,800 residents sustain TBIs each year, and the leading causes are falls, motor vehicle accidents, and assaults; and

*WHEREAS*; the Brain Injury Resource Center of Wisconsin (BIRCoWI) is part of an elite nationwide network that provides ongoing programs, services, education, advocacy, and support to individuals with brain injuries, their family members, and the professionals who serve them; and

*WHEREAS*; the mission of the BIRCoWI is to prevent brain injuries and to help those with brain injuries lead full lives with complete access to the latest treatment, rehabilitation, and disease management;

NOW, THEREFORE, I, Scott Walker, Governor of the State of Wisconsin,  
do hereby proclaim March 2014, as

### BRAIN INJURY AWARENESS MONTH

throughout the State of Wisconsin and I commend this observance to all of our citizens.



IN TESTIMONY WHEREOF, I have  
hereunto set my hand and caused the Great  
Seal of the State of Wisconsin to be affixed.  
Done at the Capitol in the City of Madison  
this 17<sup>th</sup> day of January 2014.

A handwritten signature in black ink, appearing to read "Scott Walker".  
SCOTT WALKER  
GOVERNOR

By the Governor:

A handwritten signature in blue ink, appearing to read "Douglas La Follette".  
DOUGLAS LA FOLLETTE  
Secretary of State

## Settlement Options

*By M. Angela Dentice / Pitman, Kyle, Sicula, and Dentice S.C.*

*An overview*

When you or a loved one are injured by another's negligence it is easy to become overwhelmed by the prospect of dealing with medical bills, daily expenses, and even continuing to function in your daily life. In addition, such individuals are often involved in the litigation process since claims involving catastrophic injuries (such as a brain injury) are rarely settled before litigation is commenced (i.e. a lawsuit is started).

Fortunately, if you take an active interest in the litigation process and are informed by your lawyer as to how the process is proceeding it is likely that you will have one or more opportunities to resolve your claim via the settlement process.

If your claim is ultimately settled, you will be entering a settlement agreement and, thus, you typically agree to forego future litigation against the other party, and the other party agrees to pay you a determined monetary amount. Parties may settle a dispute at any time; however, generally parties settle shortly before proceeding to trial.

The majority of personal injury cases never go to trial and are settled outside of a courtroom. Yet, this does not mean that every case should or will be settled. If your case is one that should and does settle there are many issues to consider.

There are many advantages to settling your case out of court. First and foremost, by settling you effectively avoid the high costs associated with litigation.

Additionally, by entering into a settlement agreement and foregoing trial you will avoid the emotional upheaval some individuals' experience. Unlike trial, settlement affords a certain level of predictability to the parties and a more rapid conclusion to the case.

In a trial there is no way to predict the outcome or whether an appeal will be filed after the verdict is rendered. However, when parties settle there is a much greater level predictability and security as parties fashion the terms of the agreement.

In the event that you are unable to reach a settlement and a decision is made with the advice

of your lawyer, an assessment is made as to the amount of compensation a jury will likely award you. In addition, the costs of proceeding to trial, the strength of your case, the chances of success at trial and whether there are similar cases achieving positive or negative results are all considerations.

If, however, you are able to move forward in settlement proceedings, you will have to determine the specific terms of the settlement. Traditionally, there are two main types of settlement.

A lump-sum settlement is just what it sounds like, the payment of an entire settlement amount all at once rather than in installments. Alternatively, you may agree to resolve your claim by receiving periodic payments on an agreed schedule. This type of settlement is known as a structured settlement.

There are several advantages to lump sum settlements. If the accident or incident has caused an overwhelming amount of immediate debts it may be beneficial to receive the settlement in one payment to pay off all creditors.

Additionally, if you have the skills and knowledge to invest the money (or consult with someone who has such skills) it may be beneficial to get the entire settlement at one time to invest and benefit from the accrual of interest on investments. However, for some, there is a danger to receiving the settlement all at one time.

The receipt of a large sum of money may be too large a temptation to some and be spent too quickly.

Structured settlements can present an attractive settlement option (especially for young children) for several reasons. By virtue of receiving periodic payments the injured party will have a stream of income to cover medical costs, lost income etc. that are a result of the injury incurred from the accident or incident.

Additionally, depending upon the available rate of interest in place at the time, the total amount of money received in a structured settlement may prove to be higher than the amount received in a lump sum settlement. This is because most structured settlements are paid out of an interest-bearing annuity and the gains

## Settlement Options

By M. Angela Dentice / Pitman, Kyle, Sicula, and Dentice S.C.

*An overview: Continued*

from the investment are dispersed over a period of time.

Once a settlement is reached it is important to explore how to protect the amounts received. Placing money in a trust is one way to protect the funds and secure your future for you and for your loved ones.

There are several different types of trusts that are available to injured and/or disabled individuals.

Because of the limitations on assets to qualify for means-tested public benefits, a person with a disability with assets of more than \$2,000 has two choices: (1) spend all the money from his or her settlement or (2) place the money from the personal injury settlement in a special needs trust. For individuals who are disabled or who receive public benefits, placing the proceeds in a special needs trust can allow the individual to continue to receive public benefits *and* preserve his or her settlement.

Wisconsin Pooled & Community Trusts, Inc. (WisPACT) is a private nonprofit organization that administers pooled and community special needs trusts for people with disabilities to preserve the assets of people with disabilities without endangering their eligibility for public benefits or placement on waiting lists. WisPACT facilitates the establishment of two types of special needs trusts: third party trusts and self-funded trusts.

A third-party trust or "disabled individual's trust" is a special needs trust that can be created by anyone *except* the beneficiary. Additionally, the trust can be funded from assets that are not the assets of the disabled beneficiary. Typically, a third-party trust is set up by family members or friends of the disabled individual.

Alternatively, and perhaps more helpful in protecting the assets of an injured gained through settlement, a self-funded trust or "beneficiary trust" can be created by a parent, grandparent, guardian, the court, *or by the disabled individual*. A self-funded trust is funded with assets that belonged to the disabled person when the trust was created.

By placing the monies the injured gained in a personal injury settlement, he or she can continue to receive public benefits while conserving his or her assets. Assets that can later be used to pay for expenses to improve the quality of the injured person's life.

Ultimately, if you (with consultation with your lawyer) decide to settle, it is important to discuss your options with another attorney (such as an estate lawyer) who has knowledge of the various instruments available and methods to preserve the amount received so that the money can be utilized to meet your needs. Following a catastrophic injury, you may be overwhelmed, and it may seem like an insurmountable task to pursue recovery; however, you do have options.

Armed with knowledge of your options and an attorney working with you to develop a personal plan of action, you will be able to move forward and receive and preserve the just compensation to which you are entitled.

West's Encyclopedia of American Law, edition 2.  
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For more information about the WisPack Trust  
email [info@wispack.org](mailto:info@wispack.org) call (608) 268-6006

\*The author thanks Marquette University Law student Katherine Metzger for her assistance in writing this article.



Ms. Dentice represents adults and children who have sustained brain injuries as a result of the negligence of others. In 2010, she received the Trial Lawyer of the Year Award from the Wisconsin Associate of Justice. Before attending law school, she taught handicapped children.



**March: Support Group**

**Date:** Tuesday March 4, 2014: TBI Adults Problem Solve

**Time:** 6:30 p.m. - 8:30 p.m.

**Location:** Milwaukee Center for Independence  
Nexday Campus 3333 South Howell Avenue,  
Milwaukee, WI 53207

**(between Ohio St. and Holt Ave)**

**If you are coming be sure to call us at  
(262) 770-4882**

**Phone: (414) 431-5409 for directions**

**March: Talking Points**

**Date:** Tuesday March 11, 2014: Health, Wellness and  
Fitness after brain injury

**Time:** 6:30 - 8:30 p.m.

**Location:** Waukesha Public Library  
321 Wisconsin Ave, Waukesha, WI 53186

**(between Maple Ave. and Clinton St.)**

**If you are coming be sure to call us at  
(262) 770-4882**

**Phone: (262) 524-3680 for directions**

**Support Group**

**Spouse and Partner Support after TBI:**

**February 4, 2013**

The February Support Group Meeting was attended by quite a diverse group of individuals.

The Guest Speakers joined us via phone from their home in Texas. Casey (and Jeff) Bachus are the authors of the a book entitled, "How I survived my husbands brain injury."

The group was engaged throughout the evening in lively conversation that focused on emotions, change in relationships, change in spousal responsibility, and intimacy.

Each participant received information to help them navigate the waters of marriage after brain injury. These handouts are available for download from our website via the Alphabetical Link M (See Marriage).

**Talking Points**

**How do I date after a brain injury:**

**February 11, 2014**

Current members of the Social and Skills Program were joined by newcomers to the group.

The evening focused on techniques and common sense reminders that could lead to better, stronger relationships.

Topics ranged from Dating Do's and Don'ts to Online Dating to Intimacy.

The presentation is available for download from our website via the Alphabetical Link D (see Dating)

**Brain Injury Resource Center of Wisconsin, Inc.**

([www.bircofwi.org](http://www.bircofwi.org)) 262-770-4882

**Talking Points**

**Second Tuesday of the Month**

**6:30 p.m. until 8:30 p.m.**

Jan (cancelled)	Apr 8 – Importance of Volunteering after brain injury	July 8 – Safety (more than just talk) after brain injury	Oct 14 – Do It Yourself after brain injury
Feb 11 – How do I date after brain injury?	May 13 – Mother and Daughters / Fathers and Sons	Aug 12 – Recreational activities after brain injury	Nov 11 – Cooking after brain injury
Mar 11 – Health, Wellness, and Fitness after brain injury.	Jun 10 – What to do, what not to do after brain injury	Sep 9 – Alternative Medicines and Therapies after brain injury	Dec 9 – Holiday stress and family expectations after brain injury

**Location:**

**February and March Talking Points will be located at the Waukesha Public Library 321 Wisconsin Ave, Waukesha, WI**  
**Other months are to be determined**

March 10	Location: Big Bend Office W236 S7050 Big Bend Drive, Big Bend WI 53103 Time: 5:00p – 7:00p Attendance by phone or skype is permissible with 72 hour notice	
June 09		
September 08		
December 08		
Name	Position	Term Expiration
Lois M. York-Lewis	President and Treasurer	March 2014
Kathy Richardson	Vice President	January 2017
Bari L. York	Recording Secretary	March 2014
Suzette Gundersen	Member	March 2014
Robert Erdmann	Member	March 2015
Nathan Glassman	Member	April 2015
Vacancy		
Vacancy		

## The Pros and Cons of Disclosing your Disability

By Carrie Belsky / Milwaukee Center for Independence

### *How to decide when, if, and employer needs to know*

Many job-seekers are afraid they may be discriminated against if they disclose their disability to an employer. That fear is not altogether unfounded, despite laws protecting their employment rights.

For that reason, deciding to disclose a disability to an employer can be difficult; it is a highly personal choice that only the job-seeker can make, and it requires careful consideration of the pros and cons of divulging private and protected information.

Further, determining when, how and what information to share can be equally as challenging. The answer to these questions will likely be different for everyone as each person, disability, position and employment situation is unique.

Job-seekers should never feel obligated to disclose their disability especially if they are aware of the compensatory strategies and accommodations that allow them to complete work activity in an independent fashion. In fact, the Americans with Disabilities Act speaks to the point that the presence of a disability is irrelevant unless it clearly affects the person's ability to do the essential parts of the job.

### **Creating awareness**

However, job-seekers often choose to disclose disability specific information to create awareness, foster a partnership with the employer and gain the supports needed to maximize their successful and independent performance.

Before doing so, though, job-seekers must be aware of the specific needs they may have in order to decide whether they require reasonable accommodations to perform the essential duties and functions of the position. If they know or suspect they might, they may want to consider the advantages of disclosure, which:

- Allow for a candid conversation with the employer about the essential job functions and a sharing of ideas of how they can be met through reasonable accommodations.
- Allow the job-seeker to control information that is shared, in a

manner that is factual, positive and solution-focused.

- Allow the supervisor to learn how to best support the job-seeker in the workplace and lessens the chance of disability related problems being misconstrued as performance or behavioral issues.
- Help reduce anxiety or unhealthy feelings around protecting or hiding the disability.
- Provide legal protection against discrimination, as specified in the Americans with Disabilities Act

That said, keep in mind some possible disadvantages of disclosure, including:

- Concern that the disability will be seen first and foremost to the job-seeker and his or her abilities.
- Concern that this information will be shared beyond need-to-know personnel.
- Concern that the job-seeker may be treated differently or denied opportunity for employment or advancement.
- Concern that the employer will respond in a negative, dismissive or unreceptive manner.

Should job-seekers choose to disclose their disability, presentation is key. To do this successfully, they must be able to confidently share the information in a way the employer can understand and that reduces the chance of it being perceived as a barrier to personal performance or workplace operations.

### **Crafting a message**

This often requires practice. Assistance from a vocational counselor or trusted person is recommended to help craft the message to be delivered. The dialogue should be:

- Free from medical terms and unnecessary history that can come across as complicated or overwhelming.
- About only pertinent disability related issues that would impact specific areas of performance. Avoid oversharing.
- Direct and offer a specific strategy or recommended accommodation for each barrier presented.
- Designed to facilitate open communication with the employer to reduce concern and increase collaboration in implementing creative and functional accommodations.

### **No perfect time**

Although there is no established timeframe to disclose a disability, in general, disclosure prior to the interview is recommended only if an accommodation is needed, such as arranging for an interpreter if the job-seeker is deaf or hard of hearing.

During the interview, remember that while employers can't legally ask about a person's disability, that does not always preclude it from happening. Redirecting the conversation by sharing qualifications and abilities pertinent to that job is suggested. Do not feel pressure to reveal your disability at this point if you are not comfortable in doing so.

Once an offer is made, it is again the individual's prerogative to disclose prior to starting, during the probationary period or any time thereafter as needed.

Some people prefer to have time to formulate relationships and reputation without the disability factoring in or influencing opinion. Others may wait to see if a problem arises that they are unable to handle without intervention or support.

\*Continued on next page\*



## The Pros and Cons of Disclosing your Disability

By Carrie Belsky / Milwaukee Center for Independence

How to decide when, if, and employer needs to know: Continued

And yet some people may make the choice to immediately disclose so they can freely address situations that might arise. There is no right or wrong answer as every person and situation is different.

The decision to disclose a disability is personal, and the best way job-seekers can make that determination is to know their abilities -- and what accommodations and strategies they may need in the workplace ahead of time. For those unsure what accommodations could help them in the workplace, the website for the Job Accommodation Network, [www.jan.wvu.edu](http://www.jan.wvu.edu), is an excellent resource.



*Carrie Belsky, director of Employment Services at MCFL, is a certified vocational evaluator, certified private vocational rehabilitation specialist and specialist in traumatic brain injury and return-to-work practices. She has a master's degree in vocational rehabilitation from the University of Wisconsin-Stout.*



## Brain Injury Resource Center of Wisconsin, Inc.

([www.bircowwi.org](http://www.bircowwi.org)) 262-770-4882

**Brain Injury Survivors Support Group**

**First Tuesday of the Month**

**6:30 p.m. until 8:30 p.m.**

Jan (cancelled)	Apr 1 – Meditation for Stroke and TBI Survivors	July 1 – Confessions of a Caregiver	Oct 7 – Keeping Commitments after Brain Injury
Feb 4 – Spouse and Partner Support after TBI	May 6 – Managing your Money after Brain injury	Aug 5 – Late at night, I cried when I thought about who I used to be	Nov 4 – How to deal with a newer, angrier version of me
Mar 4 – TBI Adults Problem Solve to Succeed	Jun 3 – Children of Parents with brain injury	Sep 2 – Parenting after TBI	Dec 2 – Holiday Stress and Brain Injury

### Location:

**Milwaukee Center for Independence (MCFL) NexDay Campus**  
**3333 South Howell Avenue, Milwaukee 53207**  
**(between Ohio St. and Holt Ave) Phone: 414-431-5409 for directions**

### Unexpected Outcome

*Bari L. York / BIRCoFWI Bulletin*

The sun was shining brightly on Katie Marshall's face as she was taking a relaxing drive with a friend. It was the 4<sup>th</sup> of July weekend of 2002 and Marshall was looking forward to all of the fun activities the summer would have in store for her.

Marshall then relayed the details of that day in her mind before she told them to me. A sense of hesitancy crossed her face, but she proceeded with this information.

Out of the corner of her eye she saw a deer checking the road to see if it could cross. Marshall also explained that she knew not to drive out immediately after a deer crossed the road, because where there is one it is likely that more are to follow.

She thought all of the deer had crossed the road and proceeded forward.

Just as she had, a deer came from the side of the road came charging into the road she was driving on. Marshall noticed this at the last second and tried to swerve to avoid the deer, which sent her car tumbling over at least once.

Following this crash Marshall was rushed to a

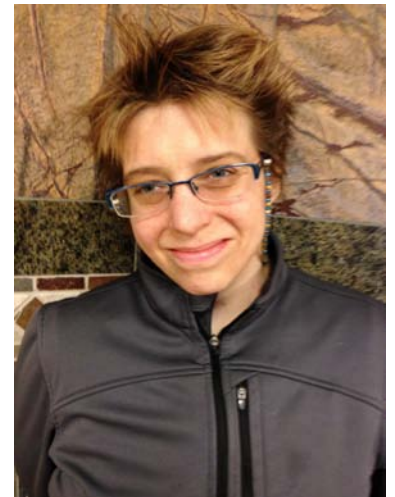
hospital in Marquette where she stayed for two weeks and then she was transferred to a hospital in Burlington for another two weeks. This never ending series of hospitals would continue with Marshall being transferred to Columbia St. Mary's where she would spend six weeks until she was finally transferred to Clearview Brain Injury Center for a more permanent stay of one year.

"Getting into a car accident can affect how people interpret things and tell stories, but thanks to the fact that writing and journalism are in my background those are second nature to me," Marshall said. She continued this thought by stating that her ability to write in journals has helped her be able to channel her thoughts through her writing.

Marshall has found writing to be extremely therapeutic and with creating articles for this bulletin, page 11, she has found a renewed sense of purpose. She conveyed these thoughts by stating that, "I love being at the BIRCoFWI, I don't feel like my brain injury is a disability here, I feel as

through I am accepted and I feel at home here."

In addition to being welcomed at the Brain Injury Resource Center of Wisconsin, Inc., she and all brain injury survivors and their support persons are accepted into our Social and Skills Program called the "Friendship Network."



Katie Marshall is a volunteer at the BIRCoFWI and is an editor for the BIRCoFWI Bulletin.

Telling your story is more than just putting your thoughts on paper. "Sharing Stories in the Cozy Corner" is a place for survivors and families to reach out to others to offer hope, inspiration, conquer challenges, and know that they are not alone.

Share your story by contacting our Bulletin Coordinator Bari L. York  
([bari@bircofwi.org](mailto:bari@bircofwi.org))

## Graphic Organizers: Today's Schedule

Katherine A. Marshall / BIRCoWI Bulletin

Planning any day can be made easier with little preparation that comes from filling out a graphic organizer. No task seems too overwhelming if you're prepared.

In the beginning, all you have to do is determine what day of the week it is. Then, you just need to record simple tasks, for example, like waking up and having breakfast at 8:00 AM!

### Today's Schedule

Circle day Sun Mon Tues Wed **Thur** Fri Sat

Date 2/13/14

#### Morning Appointments and Activities

7:00 \_\_\_\_\_  
7:30 \_\_\_\_\_  
8:00 wake up and eat breakfast  
8:30 \_\_\_\_\_  
9:00 take medicine and do checklist  
9:30 workout at YMCA (9:30 - Noon)  
10:00 \_\_\_\_\_  
10:30 \_\_\_\_\_  
11:00 \_\_\_\_\_  
11:30 \_\_\_\_\_

Notes or reminders about this morning

Allocate at least an hour for wieght lifting and cardio

#### Afternoon Appointments and Activities

12:00 \_\_\_\_\_  
12:30 \_\_\_\_\_  
1:00 Volunteer at BIRCoWI (1:00 - 5:00p)  
1:30 \_\_\_\_\_  
2:00 \_\_\_\_\_  
2:30 \_\_\_\_\_  
3:00 \_\_\_\_\_  
3:30 \_\_\_\_\_  
4:00 \_\_\_\_\_  
4:30 \_\_\_\_\_

Notes or reminders about this afternoon

Studied and used Graphic Organizers with Bari. After we studies the different options, we wrote an article about the a graphic organizer you could use throughout the day.

You can also record reminders and give yourself a personal description of certain activities in a given time frame.

Below you will find an example of this graphic organizer filled out with my daily activities the day of February 13th.

For more detailed information about this graphic organizer, see pages 23 through 40 of "Survival Kit," by Debbie A. Leonhardt, MA, NCC, LPC.

#### Evening Appointments and Activities

5:00 Leave BIRCoWI  
5:30 \_\_\_\_\_  
6:00 Prepare dinner  
6:30 Eat dinner  
7:00 Workout and shower at home  
7:30 \_\_\_\_\_  
8:00 Mom gets home from work  
8:30 \_\_\_\_\_  
9:00 \_\_\_\_\_  
9:30 Put on pajamas and brush teeth  
10:00 Go to sleep  
10:30 \_\_\_\_\_  
11:00 \_\_\_\_\_  
11:30 \_\_\_\_\_

Notes or reminders about this evening

I think I have chicken to make  
for dinner with broccoli

## Suffering from a TBI? We can help. . .

through Brainwave Optimization (BWO) with Real Time Balancing™, a leading edge technology that is effective, holistic and non-invasive. Studies show BWO to improve brain function.



10532 n. port washington rd., suite 1C, mequon  
262.518.0149 • idealbrainllc.com

Brainwave Optimization with RTB™ is not intended to treat, cure, heal, or diagnose any disease, mental illness or symptom. Brainwave Optimization with RTB™ is intended to facilitate relaxation and auto-calibration of neural oscillations. Individual results may vary.





**Donate  
Today!**

## **Contact us TODAY!**

Find out about our great advertising deals  
by contacting Bari L. York  
(Director of Public Relations and Marketing)  
and request a media kit!

bari@bircofwi.org  
(262) 770-4882

### **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) 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: P.O. Box 808 Muskego, WI 53150**

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

**[admin@bircofwi.org](mailto:admin@bircofwi.org)**

**[www.bircofwi.org](http://www.bircofwi.org)**

**[www.shop.bircofwi.org](http://www.shop.bircofwi.org)**

### **Where DOES the Money Go?**

We use our dollars wisely to promote prevention, create an environment where awareness and education is available at every event, function, fundraiser, or meeting that our staff and/or volunteers participate in. Of course there are also operational costs associated with running every organization (everything from paper for the printer, to postage for the mailings.) We try to keep our expenses as low as possible to ensure all monies received are used for their intended purpose.

We focus on our goals and objectives knowing that brain injury survivors are the inspiration for our continued efforts:

1. The primary objective of our organization is to support brain injury survivors and families during the recovery process and beyond:
  - Resource Facilitation Service
  - Peer-Mentor Program
  - Spiritual Outreach Program
  - Pen-Pal Program
  - Support Group Program
2. The second objective is to educate, inform, and enhance awareness of the challenges faced by brain injury survivors, such as:
  - Return to Work - Employer Awareness and Employee Guidance
  - Assistance to Professionals
  - Education and "Awareness" Training
  - Prevention
3. The third objective is to allow the community to participate in taking care of its own and dismiss the assumptions and misguided thinking about brain injury and recovery by means of:
  - Friendship Network Gatherings (monthly or quarterly)
  - Brain Injury Picnics (annual)
  - Salute to Brain Injury Survivors Fashion Show (Annual)
  - Volunteer Program
  - Speaker and Presenter Bureau
  - Meet and Greet Sessions
  - Tote Bag Program



Recently, I was in a position to witness an individual with a brain injury have a reaction to a situation that seemed out of proportion. Was this a temper tantrum, or a behavioral outburst, or was it a form of a *catastrophic reaction*?

What is a *catastrophic reaction*? This condition is recognized as a reaction that may be related to past events, unhappy memories, or tasks, communications, and/or instructions that are too complicated. The result is an inappropriate emotional outburst due to a person's inability to cope with the real or imagined event.

People who sustain brain injuries/damage (including stroke, dementia, and TBI) are easily overwhelmed and may respond with excessive emotions and behaviors (e.g.: panic or aggression) as a result of frustration, cognitive overload or the inability to communicate needs or perform tasks.

Prevention is always better than the cure! Avoid:

1. Presenting a task that is too difficult
2. Overwhelming them with decisions (e.g. "would you like to wear this dress, or would you rather have a tracksuit or stay in your pajamas" = Brain overload)
3. Recalling distressing memories
4. Making sudden or unnecessary changes
5. Applying physical restraint
6. Arguing or trying to make them see it from your view
7. Communicating in a way that asserts authority or lack of respect
8. Creating unnecessary changes to the environment

Catastrophic reactions. (n.d) retrieved February 11 2014, from Bendigo Health, Loddon Mallee Regional Management Strategy Web Site: [http://www.dementiamanagementstrategy.com/Pages/ABC\\_of\\_behaviour\\_management/Management\\_strategies/Catastrophic\\_reactions.aspx](http://www.dementiamanagementstrategy.com/Pages/ABC_of_behaviour_management/Management_strategies/Catastrophic_reactions.aspx)



## Help the Brain Injury Resource Center of Wisconsin, Inc. earn funding by donating your used inkjet and laser printer cartridges!

That's right - we're collecting products you probably throw away. Please save your cartridges from the landfill and help us supplement our budget and buy new equipment and supplies. Last year alone, more than 500 million cartridges were thrown away, while 30 million cell phones were tossed to be replaced. We're alleviating the volume of waste that goes into landfills, while earning the funding we need to keep us running smoothly. Your help is vital to our fundraising success

## How YOU can help!

Here is how it works:

1. Register the business online at [www.fundingfactory.com](http://www.fundingfactory.com) (Click on the "Get Started Button") or call 1-888-883-8237. Be sure to choose Brain Injury Resource Center of Wisconsin, Inc.
2. Receive a welcome packet and the shipping materials you requested. (Every box is labeled with a prepaid UPS shipping label that contains your company's information. The best part is there is no cost to you and no paperwork to fill out!)
3. Package the used printer cartridges in the provided boxes and ship them to the Funding Factory.

**WISCONSIN'S LEADING  
TBI ATTORNEY**



**M. ANGELA DENTICE**

M. Angela Dentice represents individuals throughout Wisconsin who have sustained a brain injury, including a traumatic brain injury, post-traumatic concussion or birth injury.

Ms. Dentice and her staff have worked with some of the leading experts in the area of TBI. These include neurologists, neuropsychologists, life care planners and vocational counselors from around the U.S.

Before attending law school, Ms. Dentice was a teacher of handicapped students.

Because each person's injuries are unique, Ms. Dentice handles each client in a personal manner. She can give you the personal attention you deserve.

**CONTACT MS. DENTICE TODAY 414-259-1000**

PITMAN, KYLE, SICULA & DENTICE, S.C.  
1110 N. OLD WORLD 3RD STREET - SUITE 510  
MILWAUKEE, WI 53203

## Brain Injury Journey Magazine

The Brain Injury Journey Magazine is published 6 times/year. The magazine is 32 pages, 8 1/2 x 11, in full color and addresses a wide range of topics for families, survivors, caregivers and veterans living with brain injury as well as providers, clinicians and educators.

As the leading publisher of brain injury information, Lash Publishing and Associates have made a commitment to produce a world class, very informative magazine and offer it free by Email subscription or paid print subscription.

The **Brain Injury Resource Center of Wisconsin** is proud to be a distributor of this excellent magazine.

### Message from publisher:

Hope, help and healing – that's the mission and message of Brain Injury Journey magazine. Filled with empowering personal stories, interviews with experts, clinical updates and research findings, engaging articles help persons with brain injury, families, caregivers and providers navigate the journey of brain injury.

The Fall issue has a special feature on caregiving by family members. Whether the survivor of a brain injury is your spouse, partner, child, parent or sibling, caregiving is more than physical. The emotional impact on caregiving for everyone involved is too often minimized and can be far more complex than the activities of daily life. This issue takes an in-depth look into the emotional stresses and challenges of caregivers from several perspectives and shares important survival and coping strategies.







There is no better way to advertise your brain injury service or product than through the BIRCoFWI Bulletin. For rates and information, please contact our Director of Public Relations and Marketing, [Ms. Bari L. York](#) by calling 262-770-4882 or by email at [bari@bircofwi.org](mailto:bari@bircofwi.org).

### Want More Information?

Be sure to visit our website today! Archived copies of the BIRCoFWI Bulletin can be ordered via our web store at [www.shop.bircofwi.org](http://www.shop.bircofwi.org)

Thank you for reading and make sure to look for the next bulletin!

Look for our next issue coming out  
June 2014

*"Don't be concerned with the bridge you can't cross,  
instead build upon the one which you are destined to!"*

*Quote provided by Jay Baukin (Brain Injury Survivor)*