

BIRCoTMWI Bulletin

Vol 6 Issue 2 | Quarterly Newsletter

Message from the Executive Director

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Brain Injury Wallet Card Information and cut-out

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James Hermes: New Years Eve 2010

Written by Janice Artman Lycan, "I know there is a God and that he saved my son. That prayers DO work and that miracles DO happen."

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Photo taken by Brain Injury Survivor, Gary Rieth while at the Milwaukee County Zoo

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 co-founded by a mother-daughter team (Lois York-Lewis and Bari L. York). 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 Bari sustained a severe traumatic brain injury from a crash involving the car she was a passenger in and a semi-

truck. Once Bari was released from the hospital and tried to re-enter daily life she found it to be very difficult.

Their main goal is to help with this transition back to daily life once a brain injury is sustained. With the help of her family and their unconditional love, they pressed forward.

This gave Lois and Bari 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 the brain injury survivor has recovered to the point where they can re-enter daily life?

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

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

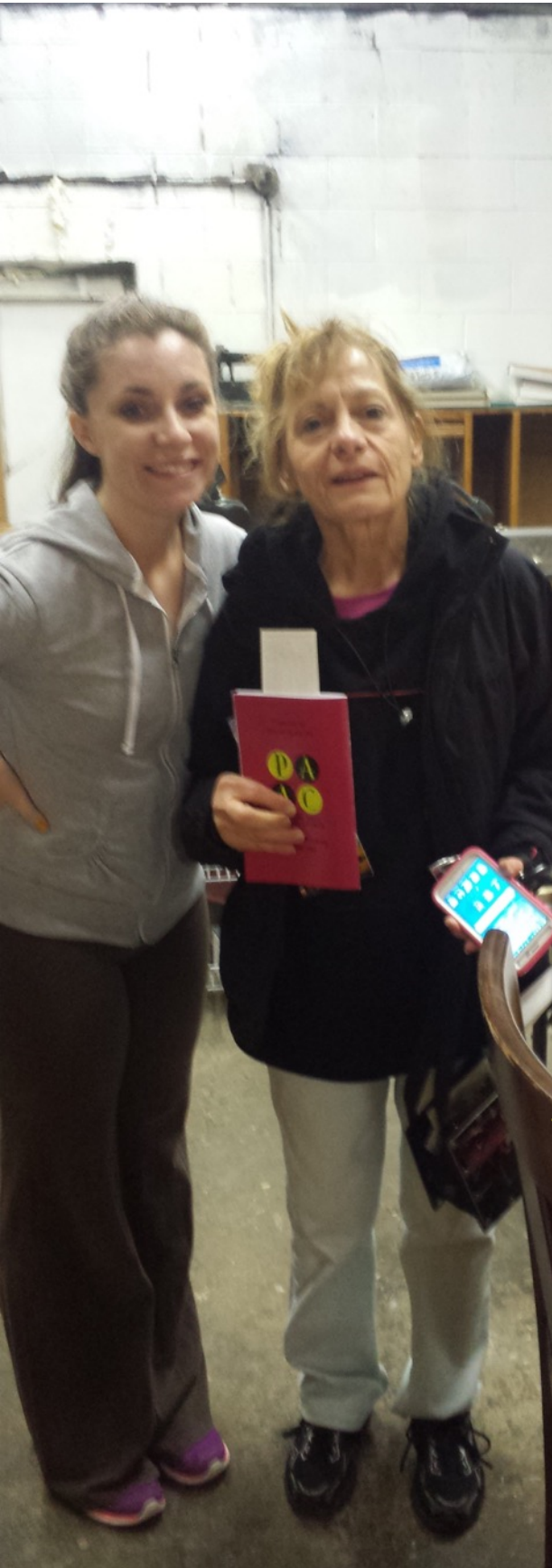
What Now?

Confusion can be included as part of brain injury recovery, and the *BIRCoWI* 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 and those who have the compassion to understand brain injury? 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.



Dear Friends:

As we move into June and move forward with our lives be sure to print and cut-out the Brain Injury Survivor Wallet Card on page 10. This card should always be carried on you at all times. This card may be laminated for extra protection.

Join us in helping brain injury survivors throughout Wisconsin live and lead great lives going forward!

Be sure to attend our support groups taking place in July, August and September. Not only can you find understanding in these support groups, bond with fellow brain injury survivors, which will allow you to further your recovery! Take a look at the next page to find out information about these support groups such as date, time and location.

Another fun event is coming up, which is our 5th Annual Picnic! Take a look at the next page for more information!

Hope to see you there!

Lois M. York-Lewis

Lois York-Lewis
Executive Director, & Mother of a TBI Survivor

Brain Injury:
I can *explain* it to you, but I can't *understand* it for youTM

BIRCOFWITM Bulletin Editorial Staff:

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

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

Lucille J. Krebs TBI Survivor (Editor)

Paulette Klaske (Editor)

Attorney Randy Rozek Attorney (Writer)

Elaine Lovett TBI Survivor (Writer)

Janice Artman Lycan Mother of a TBI Survivor (Writer)

Pictured to the left is Bari Rieth and Juli Garton. Juli is the Development Director at the Pewaukee Area Arts Council and stopped by to make a monetary donation as well as a bucket of items that our Men & Wood Support group can use! Thank you Juli and the Pewaukee Area Arts Council!

Brain Injury Resource Center of Wisconsin, Inc. in the CommunityTM

July 09, 2016

(Second Saturday Mar, Apr, May, Jul, Aug, Sep)

H.O.P.E Support Group

Open to all caregivers and survivors. Spiritual Outreach focused. This unique group will concentrate on issues that affect our spiritual and emotional well-being.

Time 12:30 pm until 2:30 pm

BIRCoFWI Community Store - Gathering Area

330 East North Street, Waukesha, WI 53188

July 16, 2016

(Third Saturday Mar, Apr, May, Jul, Aug, Sep)

Men and Wood Support Group

Open to adult men who are caregivers and/or brain injury survivors. Items created during this group will be sold as gift items in the community store. It will also be an opportunity for the guys to have time to socialize and share common experiences.

Time 12:30 pm until 2:30 pm

BIRCoFWI Community Store - Gathering Area

330 East North Street, Waukesha, WI 53188

July 23, 2016

(Fourth Saturday Mar, Apr, May, Jul, Aug, Sep)

Life's a Puzzle Support Group

Open to all caregivers and/or brain injury survivors.

July - Managing Attitudinal Barriers to Communication

August - Easy Living Solutions

September - Fatigue/Stamina

Time 12:30 pm until 2:30 pm

BIRCoFWI Community Store - Gathering Area

330 East North Street, Waukesha, WI 53188

For All Support Groups:

Beverages and Light Snacks will be served and be sure to contact us at admin@bircofwi.org or 262-770-4882 to let us know you are coming.

July 24th

Under the Canopy - St. Paul's Lutheran Church in Muskego:

566 W14325 Janesville Rd, Muskego, WI 53150

This event will start at about 9:30 a.m.

SAVE THE DATE!

Sunday August 14, 2016

5th Annual BIRCoFWI Picnic!

Fowler Park Oconomowoc, WI

RSVP by 08/01/16

kathy@bircofwi.org (262-770-4882)



The Definitive Guide to Hiring a Brain Injury Attorney

Written By Randy Rozek / Rozek Law

Brain Injury survivors now have a free resource available to them BEFORE they speak to an attorney. If you or a loved one have sustained a TBI and are in need of legal services, read this book first. This is a free book brought to you by **Rozek Law Offices**.

Inside *The Definitive Guide to Hiring a Brain Injury Attorney*, you'll discover:

- **The easiest ways to identify misleading attorney ads so you don't get scammed.** I also give you the 16 most common phrases that potentially suspicious attorneys use to lure innocent targets.
- **How to know if an attorney is putting you in the best position to settle for the highest amount possible** (i.e., recovery for all harms/losses *and* compensation for the most favorable future treatment).
- **The best defense against falling victim to an attorney who has little experience handling** traumatic brain injury **cases** and is likely to turn your case over to a paralegal or, worse yet, a secretary with little legal knowledge. (HINT: As mentioned earlier, some lawyers who advertise on TV and display multiple office locations hide secrets that can lead to unfair settlements. I explain how to avoid these tricks.)
- **4 ways to ensure your treating physician medically documents all symptoms following a brain injury.** This step – which far too many attorneys overlook – is especially critical when using a primary care physician who has minimal experience in addressing common symptoms connected to brain injuries.
- **Why you should be suspicious of any attorneys who want you to visit their office** (often for a free consultation), instead of sending you written material to help with your attorney search. You'll also see why a “quick” settlement promise should raise a red flag.
- **How a “no-fee-unless-you-win” promise can end up costing you thousands of dollars – even if you lose your case.** In fact, you'll see how this scenario can sometimes result in you getting sued after your case closes.
- **Why some brain injury survivors receive more favorable healthcare and rehabilitation treatment, even if they lack insurance coverage.** You might be surprised to know this favored status comes down to a simple request made by your attorney.

The Definitive Guide to Hiring a Brain Injury Attorney


Written By Randy Rozek / Rozek Law Offices, SC

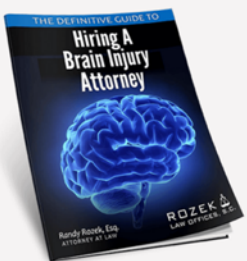
Rozek Law Offices are devoted to assisting those who have sustained Wisconsin personal injuries. When an individual or a family member sustains a serious personal injury it is important for their attorney to have a deep understanding of the specific injury and what can be expected with the injury victim's recovery and future medical treatment needs. This is one of the main reasons our office has made the decision to limit our practice to certain types of injuries. In order to best serve our clients, we feel it is critical for us to stay abreast of the latest medical, scientific and technological advances in the diagnosis and treatment of certain types of injuries.

Order Your FREE Copy of:

The Definitive Guide to Hiring a Brain Injury Attorney

Call Rozek Law at 414-374-4444 or visit our resource facilitator, Kathy Richardson, she has a few books on hand:

 ROZEK LAW OFFICES, SC
Toll Free: 888-ALawyer



The Definitive Guide to Hiring a Brain Injury Attorney

A Free Resource Written Specifically for Brain Injury Survivors and Their Family Members

“All too often I have seen brain injury survivors hire the wrong attorney and then come to me later because they realize their attorney does not have the knowledge and experience representing victims of brain injury.”

Randy Rozek, Esq.

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Attorney Randy Rozek

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Super Foods

Written by: Bari L. Rieth / BIRCOFWI BulletinTM Staff

Vegetables

In this article I will point out four vegetables that you may have not considered to include in your diet, but these vegetables are very beneficial in more than just one way. According to a chapter that can be found in the "National Geographic" magazine, titled *Super Foods, Chapter One: Vegetables: Just Eat More*, they point out that "most Americans don't consume enough vegetables for optimal health and disease prevention." In order to include more vegetables consider adding these to your diet:

- **Artichoke:** "A large artichoke contains only 75 calories and packs more antioxidants than any other cooking vegetable." 4, 2016, National Geographic.

Prep Tip: You may try grilling or roasting this vegetable after being steamed then dress them up with some olive oil and lemon juice.

- **Fennel:** "Raw fennel has only 27 calories per cup and is an excellent source of vitamin C." 4, 2016. National Geographic.

Prep Tip: You may try it in a salad with citrus or try it in coleslaw instead of cabbage for an interesting twist.

- **Radicchio:** "Radicchio can be used as a sedative and has a painkilling effect." 4, 2016. National Geographic.

Prep Tip: "Cut the radicchio head in half lengthwise, drizzle with olive oil, season with salt and pepper, and grill at high heat," 4, 2016. National Geographic. Radicchio can be used as a side dish.

- **Turnip:** "Turnips can lower your risk of developing some cancers and they are a high source of vitamin C, which boots cardiovascular health." 4, 2016. National Geographic.

Prep Tip: Sauté with a few drizzles of vegetable oil and add some garlic.



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Brain Injury:

I can *explain* it to you, but I can't *understand* it for you

TM

Do you have what it takes?

How Care-givers play a vital role in brain injury recovery: An Opinion Piece

Written By: Elaine Lovett / BIRCOFWI Bulletin Staff

other brain injury such as accident or brain tumor. Sally said she is grateful that the residents are so very polite and thankful for everything done for them.

Mrs. Lois York Lewis, mother of Mrs. Bari Rieth, has not only cared for Bari pre and post injury, but many others in her family. In her opinion, the observation of the results of the brain injury is extremely difficult.

She noted that every step toward independence her loved one took, was a happy and satisfying part of her work. Lois spoke about how each individual, have their own unique needs.

The next person I had the privilege of speaking with is Mr. Roger Kozak, beloved husband of his wife Peggie. In an instant her life and his changed, it was sudden and unpredictable, at least at first.

Peggie has suffered two strokes and a brain aneurism. His family had decided that half of Peggie's week would be spent at home, while the rest of the week she would be at an assisted care facility.

Roger is able to visit Peggie numerous times during the day at the facility, feeling as though they were dating again! Roger spoke to me while fishing up north with his grandson.

Time during which caregivers can change their surroundings, feeling that their loved one is safe and well cared for, prevents caregiver burnout.

It is important, in Rogers' opinion, for his wife getting out into the community. The most enjoyable event for him is when he "can make her laugh."

Caregivers, like those mentioned above can and may experience fatigue, stress and depression. It never hurts to be reminded to

have your own health checked on, getting a good nights sleep is vital, and participating in an activity that you might enjoy away from your post as a caregiver will help you to avoid caregiver burnout.

Bottomline, the better you care for yourself, the better caregiver you'll be!

I will share with you a favorite prayer of mine in closing.

God grant me the serenity to accept the things I can not change. Courage to change the things I can And the wisdom to know the difference.

I want to thank again, Mrs. Lois York-Lewis, Mrs. Bari Rieth, Mr. Roger Kozak, Mrs. Sally Behredt, Mr. Joseph Rizzo and Mr. Benjamin Rizzo, all of whom I have been honored to having met their acquaintance while writing this article. God bless all of you and all of the caregivers in the world.

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Front of Card

Back of Card



I AM A BRAIN INJURY SURVIVOR

Name: _____

Address: _____

Telephone: _____

Emergency Contact: _____

Emergency Phone: _____

PLEASE READ REVERSE SIDE



SYMPTOMS OF A BRAIN INJURY MAY INCLUDE:

- Poor coordination/balance
- Slurred Speech
- Impaired Hearing/Vision
- Difficulty Concentrating
- Memory Problems
- Aggressive Behavior
- _____
- Confusion
- Dizziness
- Delayed Thought Processing
- Irritability or impatience
- Impaired Judgment
- Inappropriate Behavior
- Impulsivity

Please communicate in a calm, non-confrontational manner. If you observe the above symptoms, please call the emergency number listed on the reverse side

Thank You for your courtesy and assistance! (www.bircofwi.org)

Brain Injury Survivor Wallet Card

A person with a brain injury can carry this wallet card to help avoid misunderstandings with law enforcement, first responders, and others. The card includes contact information, common signs and symptoms of brain injury, and a request to call a designated emergency contact if needed.

INSTRUCTIONS:

1. Download the wallet card (.pdf file)
2. Print the page out on regular paper or card stock
3. Type or write the information requested in a clear, clean, and legible manner on the front of the card
4. Highlight your typical symptoms from the list provided on the back of the card or write in if not indicated
5. Carefully trim along the outside edges only
6. Fold along the line in the middle (your name will be in front and the symptoms in the back)
7. Card may be laminated to make sturdier and longer lasting
8. Questions? Contact us at 262-770-4882 or admin@bircofwi.org
9. Visit us at www.bircofwi.org for more information and resources relating to brain injury



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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 • www.bircofwi.org • http://www.bircofwi.org/WEB_STORE.html

We want to thank the Waukesha Chamber of Commerce

for their continued support!

During the Waukesha Chamber of Commerce Christmas Party a raffle was conducted and the proceeds were shared with us.

Thank you again!



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Do you have what it takes?

How Care-givers play a vital role in brain injury recovery: An Opinion Piece

Written By: Elaine Lovett / BIRCOFWI Bulletin Staff

It's important that all beings feel cared for, as humans we yearn for the compassion and security, needed to take on our daily lives.

A little boy named Nick is currently struggling with the fact that his buddy Bob, his cat, has past away. Bob was his best friend and Nick was Bobs', a different caring relationship.

So that bring us to the question, what is it to care for a brain injury survivor friend or family member? Can it differ from caring for children, the elderly or patients with other medical and physical needs?

This month we will speak about the wonderful people who so generously give their time and energy, taking care of those that have sustained brain injuries and the difficulties they face.

Caregivers have limited access and often lack of support and tools to help them navigate this journey.

The Brain Injury Resource Center of Wisconsin is a very useful resource; tool and they offer a tremendous amount of support. I happened to come about this resource accidentally.

It is my hope that their existence be made known at all Wisconsin hospitals and brain rehabilitation centers, to the patients and families.

Family and friends can often be thrust into the "caregiving" world, having little or no training or support find themselves on a journey they did not choose. **The Brain Injury Resource Center of Wisconsin helps in this transition as people go from being family members and/or friends to being family members and/or friends with the added responsibility of being a caregiver.**

Caregivers can be paid at a rehab or nursing residence while others can be friends, husbands, mothers, fathers, wives, sons or daughters. All of the caregivers' goals should be to help the patient live and function as independently as possible in a safe enjoyable environment whether or not they are being paid.

Mary Schneider, in her article "Caregiver Recognition," speaks about caring for the mind, body and spirit. She describes caregiving as being instinctive, intuitive and personalized.

Mary states that she enjoys the "flexibility and variety" in care taking as well as learning about the lives and cultures of the patients.

For example, She enjoys learning about their different cultures by helping them to cook healthy

meals. My oldest son, Joseph Rizzo, living in San Francisco, enjoys cooking with his autistic clients.

My son Ben, who is my caregiver, will explain that any meal over seasoned or spicy, I cannot eat. I must also be extremely cautious about the actual temperature of food or drink.

From my point of view, the roll of cooking for a large family, prior to my brain tumor surgery, was a difficult roll for me to relinquish. The methods by which I would make various dishes, was being changed by a rookie and I, for the most part, needed to step back and offer input where it was asked for.

Ultimately, I am appreciative and impressed at Ben's cooking ability. He is sure to include my vegetables with dinner and my beloved chocolate at the end. (giggle)

My friend and caregiver of my Uncle, Ms. Sally Behredt, works at a residence for older patients who suffer from brain injury, whether it be from stroke, Alzheimer's or dementia, Post traumatic stress syndrome, or

Continued on Pg. 9

James Hermes, New Year's Eve 2010

Written by: Janice Artman Lycan / James' Mother

New Year's Eve 2010 was anything but the norm. It was the day I would become a grandma.

I waited the entire day to get the call from my daughter and her husband that my grandson was born. I finally got their call at 10:24pm that Arrington Michael was born and that we could come down to see him.

Paul and I jumped in the car and drove to Colombia/Saint Mary. We saw him outside the newborn nursery and proceeded to wait in their room for the baby to be wheeled in.

It was then 12:20am, that was when I got the call. I saw the number on my cell phone 000-000-0000 and knew immediately that this can't be good.

It was Froedert Hospital saying that James had fallen from a balcony and was in the trauma unit there. Thinking that since it was New Year's Eve he had probably had too many and had a concussion.

We drove to the emergency room and were greeted by the sheriff who took us into a back room where the social worker was waiting with the news. James had fallen approximately 20 feet from the balcony and to the floor below.

They did not know if he would make it and wanted permission to put in an ICP, inter cranial pressure, monitor. They said it was severe head trauma and did not give a good prognosis.

They escorted us into the back where he had already been placed on paralytic drugs to induce coma. I remember seeing him and saying to God, "how could you give me a beautiful grandson and take my

only son?" I was willing to care for him for the rest of his life in any condition he would be in.

But, please let him live.

The next 48 hours I stared at the numbers on the monitors, begging and praying that they would stay low. After two days I thought he would be out of the woods and they wouldn't have to operate.

The next call came at one a.m. the next morning saying they needed to do an immediate craniotomy. They would have to remove a large portion of his skull to relieve the pressure on his brain.

After six long hours of waiting Dr. Mueller came into the family waiting area and spoke to us. They had to take a "ping pong" size portion of his right frontal lobe out due to the amount of damage that had occurred.

He also removed a large hematoma from the right temporal lobe area. James would remain in an induced coma state for the next three days.

On the fifth day James slowly was removed from the paralytic drugs and moved extremities on his right side. The moment he squeezed my hand I felt like a huge weight had been lifted from my chest.

I hadn't been able to cry until that moment. I knew then that he was still here and that he would be okay.

James had developed pneumonia and had yet to move his left side, which he did accomplish two days later but has yet to wake up. By the eighth day James was breathing on his own and opened his eyes but only briefly.

That night when I left his room I told him I loved him and he said, "I love you too..." It was the happiest day of my entire life.

Over the next several days James woke up and talked constantly. James developed blood clots in his lungs and had to have a filter put in his leg, where it remains today.

The rehabilitation wing would be next where he began his intensive rehab, for the next three weeks. It was in that area that he would re-learn how to walk, swallow and feed himself again.

A helmet was placed on his head, which he called his hat, every time he got out of bed until the time came he would have his skull portion put back in place. (It was stored in the freezer in the hospital.) He slept in a "posi" bed, which he called his cage.

Finally on February 15th James came home, 24-hour supervision was required. Thanks to family members this was not difficult to arrange.

James would continue outpatient therapy for the next six months. His skull portion was replaced on March 7th and his left side suddenly worked normally again.

Today, James continues to challenge himself and has an optimistic attitude. James knows that he has been given a second chance on life and is grateful, grateful to all of the nurses, therapists and to Dr. Mueller, who saved his life.

As for myself, I know there is a God and that he saved my son. That prayers DO work and that miracles DO happen.

I found the "Brain Injury Resource Center of Wisconsin's" ad in the newspaper and knew that that was a sign that I needed to meet these people and get James involved with others that have survived a Traumatic Brain Injury.

Brain Injury Resource Center of Wisconsin, Inc.
P.O. Box 808
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There is no better way to advertise your product or service than through the BIRCOFWITM Bulletin. This Bulletin reaches over 700 families and businesses throughout the state of Wisconsin! For rates and information, please contact our Director of Public Relations and Marketing,

Mrs. Bari L. Rieth

by calling 262-770-4882 or by email at bari@bircofwi.org

Want More Information?

Be sure to visit our website today! Archived copies of the BIRCOFWITM Bulletin can be ordered via our web store at

www.shop.bircofwi.org

**Look for our next issue
coming out
September 2016!**

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