

BIRTMCofWI Bulletin

Vol 6 Issue 3 | Quarterly Newsletter

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Brain Injury Resource Center of Wisconsin, Inc. Home Office (as of 9/15/2016)

511 N. Grand Waukesha, WI 53186

The New and Permanent Home of the Brain Injury Resource Center of Wisconsin, Inc.

Written by: Bari L. Rieth / BIRCoWI Bulletin Staff

Brain Injury Resource Center of Wisconsin, Inc. will be moving to 511 N. Grand Ave. Waukesha, WI 53186 and we will be open as of September 15, 2016.

After years of searching for a “home” for the Brain Injury Resource Center of Wisconsin, Inc., this vision has finally been turned into a reality! “Our new location just feels like home,” believed Bari L. Rieth, Director of P.R. and Marketing for the Brain Injury Resource Center of Wisconsin, Inc.

“Now we have a permanent home and we don’t have to worry anymore about our

location, which allows us to focus exclusively on brain injury survivors”, commented Kathy Richardson, Resource Facilitator and Vice President of the board for the Brain Injury Resource Center of Wisconsin, Inc. She commented further by saying, “our new place is very assessable and in a safe location as far as transportation goes, it will allow us to utilize the community more when working with our survivors.”

The new location has two levels, which will be fully utilized. The top level will be used for independent living skills and part of this level will be converted into an accessible apartment to give their

clients an idea of the accommodations that are available for them to use.

The main level will feature a gift shop in the front portion, a volunteer workspace, a training room, in addition to key volunteer office in back. “This new environment will not only foster creativity and innovation but will support the intent of our mission,” said Lois York-Lewis, Executive Director of the Brain Injury Resource Center of Wisconsin, Inc.

Stay tuned for more information about our Grand Opening that will take place in March 2017 in recognition of brain injury awareness month.



Photo was taken by Beth J. Rieth of woods in Northern Wisconsin, 2016.

Dear Friends:

Have you noticed that our logo includes a purple dove? What does that mean exactly? When it comes to brain injury recovery, our hope is that it is reminding you that in order to soar, you must know when to move your wings and when to allow the "wind" to take you to new heights. The "wind" represents letting go. If you were to sit on a branch looking to the sky and hoping the "wind" will simply pick you up, you would never move. You must surrender and allow the "wind" to support your wings. Once you have come to a place (both family and survivor) where you have accepted that a great life change has happened and there is no going back, you will be ready to soar to the new heights that are waiting.

While it is not always easy, simple, or painless to first begin to soar, it is necessary. We are all afraid of what we don't know, cannot see, or predict, but it is necessary for us to let go once in a while and watch the progress. Holding on to tight will only keep your survivor and family from moving forward and can eventually trap you in a world of hurt, self-doubt, and possibly resentment.

Let your survivor stretch their wings and explore. If they know that you will be there they are sure to keep growing, learning, maturing, and searching for the person they are meant to be and so will you.

Lois M. York-Lewis

Lois York-Lewis
Executive Director, Mother, Wife and Daughter to TBI Survivor's

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, Wife and Daughter to TBI Survivor's
(Editor and Writer)

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

Lucille J. Krebs TBI Survivor (Editor)

Kathy Richardson Resource Facilitator and TBI Survivor (Writer)

Sasha St. John TBI Survivor (Writer)

Jonathan Dannecker CFP®, LUTCF, FSCF, FICF / Financial Representative (Writer)

Kristi Whitaker LMSW, CBIS, Brain Injury Case Manager / NRI at Brookhaven

Beth J. Rieth (Photographer)

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

September 10, 2016

H.O.P.E Support Group

Open to all caregivers and survivors.

During this time a discussion will take place on Getting Organized.

Time 12:30 pm until 2:30 pm

Brain Injury Resource Center of Wisconsin, Inc. Home Office

511 N. Grand Ave. Waukesha, WI 53186

September 24, 2016

Life's a Puzzle Support Group

Open to all caregivers and/or brain injury survivors.

September - Fatigue/Stamina

Time 12:30 pm until 2:30 pm

Brain Injury Resource Center of Wisconsin, Inc. Home Office

511 N. Grand Ave. Waukesha, WI 53186

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.

We encourage you to invite friends/family to participate with you in these events! We also hope you will make new friends! If you have any suggestions for future events please call Kathy at (262) 770-4882 and let her know.

The RSVP dates for each event are firm, especially those where group tickets are purchased. No extra tickets will be purchased for any event and no refunds will be given unless there are no tickets available at the time of our group purchase.

**Saturday October 22nd
4:00 - 7:00 p.m.**

Bonfire @ Micki Schwerinski's
Location will be given when
RSVP is confirmed.

Join us for a bonfire with
s'mores and hot beverages!

Bring a snack to share if you'd
like.

**Please RSVP by October 7th
to kathy@bircofwi.org or
call Kathy at (262) 770-4882**

**Saturday, November 19th
starting at 1:00 p.m.**

Holiday Folk Fair at the State
Fair Exposition Center
8200 W. Greenfield Avenue,
West Allis, WI

Meet at the Main Door @1pm

Advanced tickets can be
purchased online for a
discount or at the fair for
\$12.00.

**Please RSVP by November
10th to Kathy at bircofwi.org
or call Kathy (262)-770-4882**

**Saturday, December 17th
1:00 - 5:00 p.m.**

Christmas Around the World -
BIRCOFWI Holiday Party
The Lodge in the Community
Room,

1408 Rockridge Road,
Waukesha, WI

All participants will be
assigned a themed dish biased
on our international theme.

**Please RSVP by December
8th to kathy@bircofwi.org or
call Kathy at (262)-770-4882**

Resource Facilitation: What This Service Can Do For You

Written by: Kathy Richardson / Resource Facilitator, Writer



The Brain Injury Resource Center of Wisconsin, Inc., BIRCOFWI, is a 501(c) 3 non-profit organization, which was co-

founded by the mother-daughter team, Lois York-Lewis and Bari L. Rieth in the year 2011. They learned first-hand, after Bari suffered a severe traumatic brain injury in 2005, how few resources were available to help traumatic brain injury survivor's re-enter their lives after leaving the hospital or rehabilitation center.

The BIRCOFWI now serves brain injury survivors statewide and brain injuries sustained in various ways for example, traumatic brain injury from a collision or assault (to name a few), anoxic brain injury from a lack of oxygen to the brain as well as acquired brain injuries. Often survivors and professionals in other states call us for guidance.

I serve as the Resource Facilitator, using my 35 years of educating, advocating for and transitioning individuals with disabilities, and my own personal experiences as a traumatic brain injury survivor.

Over eighteen thousand people suffer a brain injury each year in Wisconsin. Over six thousand end up being admitted for long-term care.

When a traumatic brain injury occurs, everything changes. Although outwardly there are, usually, no signs of injury, brain functions have been drastically affected.

A survivor may have difficulty with alertness, concentration, perception, self-awareness, memory, learning, reasoning, planning, problem solving, speech, language, motor control and emotions. They may suffer seizures, spasticity, or difficulty swallowing. When they get home they need understanding and support from families, friends and medical personnel.

Individuals with brain injury usually receive treatment and rehabilitation through a variety of service delivery systems. Unfortunately, some employers, educators, medical professionals and families are not always informed about brain injury and its consequences.

The reality is that many of these individuals simply do not have the knowledge or understanding on how to support individuals who are experiencing daily challenges related to brain injury.

Resource Facilitation is a central component of the BIRCOFWI.

BIRCOFWI's Resource Facilitation program links individuals, and their families, who have sustained brain injuries to appropriate accessible resources to assist them in attaining the highest possible level of independence and community integration. Facilitation may begin at the onset of the brain injury, after being discharged from a medical facility, or years after the initial brain injury.

The goals of our Resource Facilitation Program includes locating brain injury related services and programs; educating survivors, families, and support personnel about brain injury and its consequences; providing survivors and their families with understanding and reassurance that they will have productive and fulfilling lives; and building community partnerships that enhance the lives of survivors.

Our Resource Facilitation services are:

- Individualized
- Cognitively and life-stage appropriate
- Accessible
- Clear and concise
- All-inclusive
- Life-long
- Effective
- Realistic
- Participant driven
- Creative and flexible
- Adaptable

We begin each individualized program by interviewing the brain injury survivor, gathering detailed information about their injury, the resulting challenges, medical follow-up needed and what kind of support system they have.

The survivor is asked to have a medical verification signed by their doctor so that we may begin the facilitation process.

We provide education on a brain injury survivor's specific injury to family, friends and support personnel. If they have no support system in place, we work with each survivor to set up any and all types of support needed.

We educate the support providers on how to best help a brain injury survivor relearn tasks and reintegrate into their community.

We also provide support for:

- Family Relationships
- Financial Services
- Guardianship
- Education
- Safety
- Time Management
- Behavioral Issues
- Adaptive Technology & Equipment
- Social Relationships
- Exercise & Recreation
- Mobility & Transportation
- Medical Providers
- Housing
- Return to Work
- Medical Care
- Legal Services
- Estate Planning

It doesn't matter when or how you sustained your brain injury. We are here to help you in whatever you need.

Please either give us a call at 262-770-4882 or email us at Kathy@bircofwi.org if you are affected by brain injury directly, indirectly or in some way.

SwitchID: Which Switch is Which?

Written By Bari L. Rieth / BIRCoFWI Bulletin Staff

Have you ever gotten frustrated thinking you were turning on the kitchen light, but in actuality you turned on the garbage disposal? Or perhaps there is a bank of lights at the business you work at and upon arrival you turn on what you think is the light closest to you, but really the switch turns on the lights furthest from you!

This can be very frustrating and at some point everyone has had some type of frustration over a similar situation. The great news is that thanks to the SwitchID; this product has taken the confusion out of these situations!

Matthias Bollmus and John Schlick created the SwitchID in 2013. After having this initial idea they started “developing prototypes over the next 18 months, and in 2015 we settled on the current design and manufacturing process,” Matthias explained.

John is an inventor by trade, “I was getting frustrated with always flipping on the wrong switch,” this is the basis behind the “SwitchID.”

Matthias commented further by stating that “it evolved from having an idea of trying to take care of a problem that frustrated us; it probably took about a year and a half for us to figure out the right symbols and the right way of making it.”

The two of them are constantly working on different projects and the SwitchID is the most recent project that they have worked on together. “There are a lot of potential applications out there and hopefully we are just scratching the surface,” John stated.

What is most interesting is that *they have not created this product to become rich overnight; rather they created this product to help consumers and help people just like them.* They get the biggest kick out of knowing that they are helping people and making a difference in the community and in our society.

The partnership between Brain Injury Resource Center of Wisconsin, Inc. and SwitchID could not be more perfect in the way that our two companies have the right idea in

mind, which is to help the consumer or, for us, our clients.

Matthias commented further on this thought by stating that he was very impressed by how when he initially spoke to me about the product that *I wasn't thinking how it could benefit our organization, but rather how it would benefit our clients.*

We are proud to announce that we have an exclusive agreement that states that SwitchID will not work with another organization like ours in the State of Wisconsin.

In this beginning phase they are offering their customers free shipping and by offering free shipping they are hoping that it will be given to those who really need this product. They also are very community orientated, for example the Brain Injury Resource Center of Wisconsin, Inc. sells the SwitchID on their home page and in turn for us getting the word out about their product we will receive 5% of every sale!

Visit www.bircofwi.org to take a look at the SwitchID and to place an order!



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switchid is a proud partner of the Brain Injury Resource Center of Wisconsin

5% of the proceeds will go directly to the Brain Injury Resource Center of Wisconsin

Click anywhere to start your shopping experience

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

www.bircofwi.org

<http://www.bircofwi.org/for-you.html>

Post-Injury Headaches

Written by: Sasha St. John / Brain Injury Survivor/ Writer

Even with a “mild” traumatic brain injury (TBI), people can suffer from chronic headaches following their brain injury trauma. Microscopic studies have shown the disruption of nerve fibers due to the stretching or shearing forces of the trauma (Solomon, 2008).

The first time that I remember waking up with a post-injury headache, I thought I was dreaming about my head being smashed in a car demolition machine. The pressure was so intense from all sides of my head that I literally could not move.

Other days, I would wake feeling as if someone had snuck into my room at night and poured flammable liquid in my ear, lit it, and run off. The intensity brought tears to my eyes and often overwhelmed all of my senses. Sometimes, the pain would be in only one area – the side, top or back of my head – and would vary from ice pick stabbing sensations to jolting electrical shocks that could last for hours or days.

I am not a headache specialist, nor had I experienced this type of pain before the accident that caused my brain injury. According to the National Institute of Neurological Disorders and Stroke, it's considered a “secondary” headache because the cause stems from a physical trauma (2016).

After months of unsuccessful treatments, I decided to look at non-prescription options. First, I started listing the situations that triggered my most painful episodes – lack of quality sleep, computer usage, sensory overload (“flooding”) when my environment was either too loud or visually stimulating, etc.

Then I asked my doctors and fellow brain injury survivors for suggestions that might help and tried

things, one at a time, to monitor effectiveness.

Neurofeedback – A treatment in which sensors are attached to the scalp using a conductive paste and/or a cap with multiple set electrode placement locations. The sensors are attached to a computer that detects and records brain activity (ISNR, 2010).

It is not uncomfortable, nor invasive. After an initial assessment, I set goals (i.e. improve sleep) and learned with various forms of feedback how to change the pattern of my brainwaves and better control my sleep-wake cycle.

Light Therapy – Light sensitivity (photophobia) is a common symptom...

Post-Injury Headaches *continued*

Written by: Sasha St. John / Brain Injury Survivor/ Writer

for those who develop Post-Concussion Syndrome. I quickly realized that natural light from outdoors was more tolerable than glaring, bright lights such as fluorescents.

We switched to full-spectrum bulbs in commonly used spaces in our home, and I cut back on computer usage in the evenings due to the blue light from electronic devices exacerbating headache pain (Preidt, 2016). To improve warmer light on electronics, I installed flux on our computers and made adjustments on my iPhone using the newer “Night Shift” setting. Finally, under the direction of my doctor, we purchased a 10,000 lumens light box that I use every morning for 15-30 minutes.

Although I was certain that using the light box would be torturous, I found that my brain enjoyed it and that it could lessen pre-migraine symptoms before they became a full-blown episode!

Acupuncture – As a self-proclaimed sufferer of needle phobia, my family realized that I was feeling pretty desperate when I scheduled my first acupuncture appointment. Thankfully, it was not painful and after almost every visit, I had immediate reduction in both my pain and fatigue.

It might be the release of brain neurotransmitters or some other

ancient pain-relieving mechanism (NHF, 2007).

I’m a believer!

Butterbur – I had never heard of this herb before I was instructed to add 150mg to my daily intake. It has been used in Europe for decades to treat migraines and is classified as a preventive by the American Academy of Neurology (UC Berkeley Wellness, 2011).

I found it to be effective and inexpensive with no negative side effects.

Managing Fatigue – Following a brain injury, fatigue is considered “pathological,” which means that it is constant, not alleviated by resting and can have a significant impact on activities (Wheatcroft & Malley, 2016). Things that were previously simple – grocery shopping and eating in restaurants – became a landmine of overwhelming visual and auditory assaults on my brain that would leave me slurring words and stumbling.

In my situation, this “flooding” would render me unable to hold a conversation, drive a vehicle or walk steadily and “pushing through it” would guarantee a migraine. Learning how to ask for help, take breaks between tasks and being honest when I needed sensory deprivation time in a quiet and dark place all helped.

If you are suffering from post-injury headaches, don’t be afraid to try non-traditional treatment options.

They could greatly improve your quality of life!

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Estate Planning Made Simple

Written by: Jonathan Dannecker CFP®, LUTCF, FSCP, FICF / Financial Representative

You have worked hard to make a living and accumulate assets over the years. Without proper planning, much of what you've spent a lifetime building can be lost to family disagreements, delays, probate and legal fees, taxes and other expenses.

When you think of estate planning, you may envision someone very wealthy and believe this doesn't apply to you; this is a common misconception. Estate planning does impact the very wealthy, however, this can also dramatically impact those who consider themselves moderate means.

Mistakes can impact your family's well-being – not just the taxes they will pay.

The uncertainty surrounding estate taxes is just one reason why it's important to plan for the future. But estate planning encompasses far more than just potential tax liability.

It also requires that you address how, when and to whom you want your assets to be distributed, after your death. If you own any property at your death or have someone who is dependent upon you, then you will need an estate plan.

You need an estate plan if you:

- Are providing for minor children, elderly parents, or someone with special needs.
- Have had more than once marriage.
- Need to manage the inheritance for a loved one to make sure their long-term needs are met.
- Own all or a portion of a business.
- Believe your assets could be subject to estate taxes.
- Want to leave a legacy to your favorite charity.

A number of tools can help you plan for both the preservation and



distribution of your assets at death.

A proper estate plan will distribute your assets quickly, efficiently and, most importantly, according to your wishes. It will also minimize transfer costs and delays, and provide liquid cash to pay unavoidable costs and expenses.

To accomplish your goals you may need to utilize a number of estate planning tools, including wills, trusts, powers of attorney, and life insurance.

What is a will?

Your will is a legal document, usually drafted by an attorney, which specifies, how, when and to whom your assets will be distributed following your death. Your will does not have to be complicated, but it should take into consideration several items.



- It should specify who will receive your assets, including specific bequests.
- Name a legal guardian for your children.
- Name your executor, who will manage and administer your estate.

- Determine which assets pass immediately to heirs and which pass into trusts or other accounts to be distributed later.
- Specify the charities or organizations you would like to benefit.

What is a trust? A trust is an arrangement to manage the distribution of an asset, whether it is property or cash. For estate planning purposes, the asset can be transferred to a trust, which then "owns" the property, for the benefit of or eventual distribution to a beneficiary.

What is a power of attorney? A power of attorney dictates who will handle your affairs in the event you become incapacitated. Two main types of powers of attorney exist.

- To make decisions for your health care and treatment.
- To make financial decisions and manage your assets.

Life insurance accomplishes what no other planning tool can- it provides an instant source of income tax-free cash. Your family can use this cash to maintain their lifestyle, pay taxes (without liquidating your assets) and carry out your estate distribution wishes.

It can also provide money to:

- Help children pay for college...
- Equalize the inheritance you leave to your heirs, especially if more than one family (or marriage) is involved.
- Provide a donation to your favorite charity.

Estate Planning Made Simple *continued*

Written by: Jonathan Dannecker CFP®, LUTCF, FSCP, FICF / Financial Representative

- Offset income taxes on tax-deferred assets (IRAs, deferred annuities and other qualified plans) allowing your family to receive the full value of your savings.

As you create your estate plan, you need to keep an eye on the cost of wealth transfer and how these costs will be paid. These costs can include: estate taxes, gift taxes, inheritance taxes, income taxes on retirement assets, generation-skipping transfer taxes, probate costs and professional fees.

Without proper planning a large portion of your estate could go to the government to pay estate taxes.

Following your death, your executor will calculate the value of everything that is owned in your name in order to determine your ultimate net worth. This includes:

- Jewelry
- Antiques
- Other Personal Property

Once your estate value has been calculated, it will be measured against the government's current exemption benchmark. Determine the value of your estate by adding up the total value of your existing assets and comparing it to the benchmark. If need be, steps can be taken to reduce the amount of your taxable estate through the use of trusts, gifting and other techniques.

To better understand your estate planning needs – and where you currently stand in terms of meeting those needs – it is important to answer some basic planning questions. Then if it makes sense to you move forward, I can discuss the solutions available to you.



Jonathan Dannecker CFP®, LUTCF, FSCP, FICF

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What Successful Brain Injury Rehabilitation Looks Like

Recovering from a Brain Injury is Possible!

Written By: Kristi Whitaker, LMSW, CBIS, Brain Injury Case Manager / NRI at Brookhaven

Initially, this individual's brain injury was not properly treated, and, as the years wore on, the symptoms worsened. Local doctors without specialized training in the treatment of brain injury failed over and over to offer a proper diagnosis and treatment.

We receive calls and emails from across the U.S. and even from other countries from individuals and their loved ones who describe a similar situation. It is tragically very common.

Many people don't realize, however, that there is hope for recovery for an individual with brain injury, despite the many passing years since their initial injury. There are many barriers along the path to getting the necessary individualized treatment, and it often takes a strong advocate working on behalf of the brain injury survivor.

In this case, it was the individual's mother who tirelessly reached out to several organizations before eventually going to the press about her adult child's desperate need for specialized brain injury rehabilitation. As I read the news article further, I was gratified to read

about the treatment that was received at NRI at Brookhaven Hospital.

While with us, this patient received individualized treatment providing the tools to be able to participate in life once again. Therapy and medication successfully addressed the depressive symptoms and substance abuse problem.

Of course, our patient's journey doesn't end with their discharge from NRI, but great strides can be made and a foundation set for continued treatment at the outpatient level in the person's home community. This patient continues to make improvements and reports getting stronger every day.

Neurologic Rehabilitation Institute (NRI) at Brookhaven Hospital is accredited by CARF and Joint Commission and staffed by an interdisciplinary team of mental health and neurorehabilitation professionals. Since 1987, NRI has treated individuals with traumatic or acquired brain injury and co-occurring psychological, behavioral and substance abuse problems who require specialized treatment.

NRI NEUROLOGIC
REHABILITATION
INSTITUTE AT
BROOKHAVEN HOSPITAL

Sharing Stories in the Cozy Corner: Wendy Crass

You have 5-10 years

Written by: Bari L. Rieth / BIRCOFWI Bulletin Staff

According to the Epilepsy Foundation, epilepsy can develop in anyone at any age during his or her life. They also state that while

they can develop epilepsy at anytime, "seizures and epilepsy are more common in young children and older people", (Epilepsy Foundation, 2016).

If this statement is true then how does it explain what happened to Wendy Crass, which is that she developed epilepsy later in life when she was in her 40's; which does not qualify as a young child or the older people category the Epilepsy Foundation talks about. "It's very common to develop epilepsy in the teenage years" she mentioned to me in an interview.

When Wendy was diagnosed with epilepsy the doctors were very upfront with her about the treatment, stating that if she did nothing in 5-10 years she would not be the same. Having learned this information she decided the only option to do was to have surgery to try and combat the epilepsy.

On May 2, 2016 she was scheduled for a major surgery, which was to take out a large piece of bone. This bone would be placed in a deep freezer for a week while a grid of wires was placed over her brain to track the seizure activity.

These wires are supposed to record seizure activity when they occurred.



On the seventh day a second surgery was scheduled for May 9th, Wendy describes to me as a right temporal lobectomy, which is the surgery that caused the brain injury that Wendy sustained. According to the Neurosciences Update on the Mayo Clinic website, a temporal lobectomy is standard treatment for medication-resistant epilepsy, (Shih, Wharen, Zimmerman, Marsh 2014).

The right temporal lobectomy included taking, as Wendy describes, "a chunk of her brain out." This surgery is considered a last resort and was only done, because none of the medicine she was prescribed was helping.

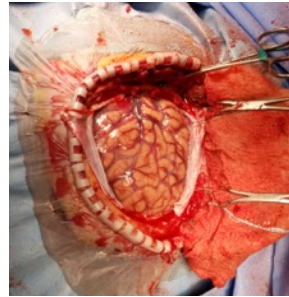
Wendy was in the hospital for a total of 12 days and she says that this surgery came with a very expensive price tag. This surgery on average costs between 38,000-250,000 dollars.

From these surgeries Wendy has sustained a brain injury, developed sensitivity to light and sound, she experiences double vision and now it is harder for her to regulate her bodies temperature. She contributes her inability to always find and use the right word to the epilepsy and subsequent seizures, but this can also occur as a result of a brain injury.

The symptoms mentioned above are not the most challenging aspect of her injury, but what she has said is the most challenging aspect of her injury is that she has not been able to return to work due to the double vision that is still present.

Wendy mentioned to me that to occupy her time these days she gets in touch with other epilepsy survivors who have had similar experiences. Reaching out to others is not only a great form of support, but can also be a resource for information.

Mark and his wife Aimee Schmitt got in touch with Wendy after his struggles with Moyamoya. Moyamoya according to the May Clinic is a rare blood vessel disorder that may cause ministrokes (2014).



Having gone through similar struggles gave the two families a commonality. Aimee and Mark mentioned to Wendy and John how much the Brain Injury Resource Center of Wisconsin, Inc. has helped them and this is what made them decide to contact us.

The great news from all the above information is that Wendy has now been seizure free for 15 weeks! Everyone at the Brain Injury Resource Center of Wisconsin, Inc. is very excited for you and wishes you all the best!

It is our hope that Wendy will become more involved with our organization and attend some of the social outings and gatherings. These events double as not only social experiences, but also it is our hope that all who are involved with our organization will help the various brain injury survivors continue to recover and discover that there is life after brain injury and that life can be great!

References:

Who Gets Epilepsy? (n.d.). Retrieved August 18, 2016, from <http://www.epilepsy.com/learn/epilepsy-101/who-gets-epilepsy>

Shih, J. J., Wharen, R. E., Jr., Zimmerman, R. S., & Marsh, W. R. (2014). New Approach to Autoimmune Epilepsy. *Neurosciences Update*. Retrieved August 18, 2016, from <http://www.mayo.edu/pmts/mc5500-mc5599/mc5520-0614.pdf>

Brain Injury Resource Center of Wisconsin, Inc.
P.O. Box 808
Muskego, WI 53150
www.bircofwi.org



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December 2016!

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