



BIRCofWI BulletinTM

Vol 7 Issue 4—Quarterly Newsletter

OUR STORY

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

Brain Injury Resource Center of Wisconsin, Inc. is a 501(c)3 tax exempt non-profit organization that was co-founded by a mother-daughter team (Lois York-Lewis and Bari L. (York) Rieth). They saw first hand, in 2005 when Rieth sustained a severe traumatic brain injury, that they needed to help survivors of brain injury in Wisconsin lead a fulfilling life after brain injury. Kathy Richardson makes the team complete with bringing her specialties on board.

Our main goal is to help with the transition from hospital/rehabilitation clinic back to daily life once a brain injury is sustained.

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

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

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



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SPECIAL POINTS OF INTEREST

- Sign up for a workshop in the Mark Schmitt Creativ/Edge Studio!



EXECUTIVE DIRECTOR MESSAGE

As 2017 draws to a close, it is important to take a moment to reflect on the impact that our organization has had on the lives of those who sought out our council and guidance. Contacts made and relationships established have shaped the direction that we find our organization moving towards as 2018 approaches and we are more excited than ever!

The Mark Schmitt Creativ/Edge Studio began offering classes and workshops that emphasize our Life Enrichment Program goals. The Bethany Rieth Memorial Garden (dedicated in Sept) served its intended purpose to offer a place for reflection, relaxation, as well as, fellowship and we anticipate more of the same going forward. Our Resource Library continues to expand offering more topic specific items. Our corner-stone service, Resource Facilitation, has seen an increase in contacts both from individuals and professionals. We are also excited to announce that our Quarterly Bulletin will be new and improved (and now a semi-annual publication as of 2018) and will be offering even more in-depth articles and items of interest.

This message would not be complete without mentioning that our exceptional team of volunteers works hard to provide the most impacting, useful, and well-received material and information available to survivors of brain injury - a simple "thank you" cannot even express our gratitude!



Our motto says it all, "Brain Injury, I can explain it to you but I cannot not understand it for you." But at least, let us try.

Lois M. York-Lewis

Executive Director and Co-Founder

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

BIRCOFWI BULLETIN EDITORIAL STAFF

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

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

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

Elaine Lovett *Volunteer, TBI Survivor (Writer)*

Lucille Krebs *Volunteer, BI Survivor, Wife, Mother-in-law and Grandmother to TBI Survivors (Editor)*

Sandy Rieth *Volunteer, Mother to a TBI Survivor (Editor)*

Gloria Blaser *Volunteer, Grandmother to a TBI Survivor (Editor)*

Mark Schmitt's Creativ/Edge Studio—Event Schedule
Brain Injury Resource Center of Wisconsin
511 North Grand Ave, Waukesha, WI 53186-4916

Name (First and Last): _____

Email Address: _____

Phone Number: _____

(in case of cancellation)

Address: _____

City, State, and Zip Code: _____

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

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

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

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

_____ **March 17, 2018 - Mandalas**

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

_____ **May 19, 2018 - Scrapbooking**

Donation to defer cost of materials:

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

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

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

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

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

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

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

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

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

Questions? Call Kathy at 262-770-4882
EACH CLASS REQUIRES A \$10.00 REGISTRATION FEE
TO COVER MATERIAL COSTS



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

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

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

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

CAN SMARTPHONES BE USED TO HELP BRAIN INJURY SURVIVORS?

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

smärtfōn/ (noun)
a mobile phone that performs many of the functions of a computer, typically having a touchscreen interface, Internet access, and an operating system capable of running downloaded applications.

Smartphones are invaluable multi-functional tools that support cognition and independence for brain injury survivors. Receiving support in using a smartphone is vital to a survivor's success in adapting to using it. Smartphones help us with our memory issues, keep us organized and free up our brain to concentrate on other things. They are ideal for improving independence in TBI survivors in many ways:

- 1) Smartphones are socially acceptable.
- 2) Smartphones are portable.
- 3) Smartphones are one device that handles the activities of multiple devices.
- 4) Smartphones offer multiple options of recording information.
- 5) Smartphones are able to adapt to the changing goals of a survivor.
- 6) Smartphones share data easily.
- 7) Smartphones are visual.
- 8) Smartphones allow you to network with friends and family.
- 9) Smartphones are an incredible memory aid.

Note to TBI Survivors: When you purchase a smartphone it will come loaded with some apps that you neither have the need, or patience for. I would suggest that you move these apps to one folder and label it "Junk" or "Misc". Don't delete them because you may need or want to use them later. Make sure your homepage includes a calendar, phone, email, text messages, reminders, search engine, camera, voice recorder, note-taker and any other apps that help you maneuver through your days. Put *everything* into your phone that you need to remember. Take it with you everywhere you go!

Here are a few other extremely helpful smartphone apps that you can download:

Dragon Dictation: Easy to use voice recognition app that allows users to easily speak and see their words on the screen.

Find my iPhone: Will find misplaced iPhone, iPad, iPod touch, or Mac.

Breath2Relax: Stress management tool that guides you through relaxation.

Luminosity: Brain exercises targeting memory, attention, speed, flexibility and problem solving.

Find my smarter Car Pro: Uses bluetooth in your car to automatically pair with your phone when it is parked. It saves the location of the car.

Visual Schedule Planner: Gives you a visual representation of the events/activities in your day.

Speech Assistant AAC: This app gives a voice to those who are speech impaired.

Flashcards Deluxe: Help you study and memorize just about anything.

Spending Tracker: Tracks and categorizes your income and expenses.

Tip Calculator % Free: Quickly calculates tips and splits the bill.

Fitness Pal: Tracks your food/drink consumption and your exercise regime, helping you learn to eat more nutritionally.

Audible: Listen to books on your smartphone.



DO DOGS HAVE MIGRAINES?

Written By: Elaine Lovett, Writer and Traumatic Brain Injury Survivor

Based on the information discussed previously, we have established that our canine friends are without a doubt, man and woman's best friends. From providing companionship for people who are homebound, to being trained assistance dogs helping individuals navigate life or for children in need in school.

A very important function that these animals can help us with is alerting others about medical conditions. Through research I have learned that those of us who experience migraines often can be alerted of the onset of a migraine based on an individual's physical and psychological behavior changes.

As an individual who has a Traumatic Brain Injury, TBI, I can personally attest to the quality of life my dogs give to me daily.

The fact that canines are non-verbal, makes it very difficult to determine if they experience headaches. The veterinarian I take my dogs to, Dr. Mary Frautschy, DVM or as she's known Dr. Missey, confirmed this to be true.

Pushing their head against a wall or furniture, hiding, seeking a cool spot to rest in addition to increase of agitation, being less social than usual, excessive blinking and salivating can indicate a headache. A dog may howl and prefer to be alone, sensitive to touch.

Thank you very much to the helpful [veterinarians](#) and animal behaviorists in the Milwaukee area in addition to the veterinarians from the neurology department at the University of Wisconsin School of Veterinary Medicine. Research continues in this area however, we all hate to see our special friends in pain.

Dogs are often given aspirin with regard to pain. I myself, under the vet's direction, have given a children's aspirin to my dogs to relieve pain.

The key is to listen to the vet, as aspirin can cause stomach problems in dogs. Sinus problems, exhaustion, dehydration and changes in weather need to all be considerations when it is felt that our dogs have headaches.

Your veterinarian is your best source for assistance. It is reported that canine domestics may be more susceptible than our feline friends to possible headache pain. Bottom line, with regard to our Doggie friends and headaches would be that research continues and any profound observation of change in behavior should be referred to our veterinarian.

Just as pups can be of great help in our healing process we can be a great help in theirs as well. A good cuddle would always be appreciated by Fido!

As a wise person said" I aspire to be the person my dog thinks I am!"

Woof, woof!

Reference List:

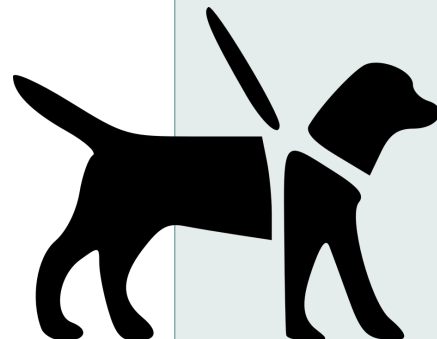
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Dr. J. Rounder. "Got a Migraine? Get a Dog!" *Psychology Today* (November, 2017). How Animals and Humans Heal Each other. *University of Wisconsin School of Veterinary Medicine*



Elaine Lovett pulls her knowledge about migraines from different material gathered from various people or physicians and/or professionals. She furthers this information with bringing real world experiences that she has had with the subject she is writing in.

Lovett enjoys sharing her personal experiences and sees this as a way to reach out to other brain injury survivors.

If you have any questions about the topics picked for stories or if you have any information you think should be shared please send this information to Bari Rieth at: Bari@bircofwi.org



"As an individual who has a traumatic brain injury, TBI, I can personally attest to the quality of life my dogs give to me daily.—Elaine Lovett"

WHY SHOULD YOU **DONATE** TODAY?

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

Need a Tax Deduction?

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

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

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

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

Brain Injury Resource Center of Wisconsin, Inc.

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

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



www.bircofwi.org

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

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

2017 COIN BOX DONATION STATIONS

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

MARK SCHMITTS CREATIV/EDGE SPONSORS

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

BETHANY RIETH MEMORIAL GARDEN SPONSORS

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

GREEN RIBBON DONORS (*100+ Club)

Baukin, Jay	Kawiecki, Cynthia and Gordon
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*Destefano, Donna	McDermott, Johnelle
Elwood, Kerry (Buzz)	Norppa, Beth
Erdmann, Trevin	Polzin, Leonard and Teal
Fetherston, James and Johanna	*Richardson, Kathryn M
*Franzen, Georgia and Thomas	Rieth, James and Sandra
Gebert, Donna	Rieth, Mary
*Goes, Jack and Kim	*Rinaldi, Sharon
Gusta, Dennis and Lynette	Siller, Brittany
Vanden Heuvel, Linda	Steinberg, Greg
*Hess, Joe and Tiffany	

WALK-ROLL-RUN for BRAIN INJURY 2017 EVENT SPONSORS

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

INDIVIDUALS AND BUSINESSES - WALK-ROLL-and RUN 2017

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

Gary & Mary Steinberg
Jerry & Betty Lief
Lewis Station Winery

BUSINESSES AND ORGANIZATIONS

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

FABULOUS FUNDRAISERS!

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

FOUNDATIONS AND FUNDS

Bethany Rieth Memorial Fund
WE Energies Foundation

INDIVIDUAL DONORS (*500+ CLUB)

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

AND LIFE GOES ON....

Written by: Bari Rieth P.R. and Marketing Specialist, TBI Survivor, Wife, Daughter and Grand-daughter to TBI Survivors

As this series comes to a close I would like to take some time to reflect on this past year. It has been a big year with a lot happening in a short amount of time.

Through it all our family bond has grown and has been strengthened. Gary, Garrett and I turn to each other in times of trouble and have a lot of family support from both sides.

The support that we are also thankful and grateful for is the support the brain injury community has shown us. We would like to take a moment and say thank you for your friendship and support.

In closing, as our shirt suggests below, we are Rieth's and we do what we want!



*“And now we thank you, our God, and praise your glorious name.”
- 1 Chronicles 29:13*

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



Cards for a Cause Fundraiser

Fundraiser kicks off Wednesday Nov 15, 2017 and all Cards for a Cause Order Sheets must be received at the BIRC Waukesha office no later than Thursday Dec 14, 2017

Our goal is to sell a minimum of 15 boxes per order form

The Kids Birthday Box

Kids Birthday Box includes: birthday cards designed especially for kids

Thanks & Blanks Box

Thanks & Blanks Box includes: approximately ½ thank you cards and ½ blank cards

All Occasion Box #1

All Occasion Box #1 includes: birthday, sympathy, thinking of you, anniversary, wedding, thank you, new baby, new home, congratulations, and blank cards.

All Occasion Box #2

All Occasion Box #2 includes: birthday, congratulations, thank you, retirement, new baby, wedding, new home, sympathy, and blank cards

These are beautifully embellished greeting cards. Each card has a matching envelope

Each box contains 30 cards and sells for \$30 each (so that's just \$1 per card!)

Please allow 10-12 business days after your order has been submitted for delivery (may take longer during this holiday season). ALL orders will be shipped to the Brain Injury Resource Center of Wisconsin and each volunteer will be contacted with pickup date and time unless other pickup arrangements are made with Fundraising Coordinator Lois York-Lewis at 262-232-8887 (Leave a message with name and contact number).

***FOR AN ORDER FORM PLEASE CALL LOIS YORK-LEWIS AT 262-232-8887**

Just know that your assistance and help with this Fundraising opportunity is greatly valued and whole-heartedly appreciated!

CASTING CALL!

SEARCHING FOR THE NEXT BRAIN INJURY SURVIVOR STORY

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

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

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

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

What were you doing moments before your injury?

How did you sustain your injury?

Were you conscious when and after you sustained your injury?

How long was your hospital stay?

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

How have you compensated for this?

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

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



New in



BIRCoFWI Bulletin...Will become...BIRC Bulletin



Don't Forget to Direct Choice Dollars

Grant funding from Thrivent Financial through its Thrivent Choice® program can help support the Brain Injury Resource Center of Wisconsin, Inc. Don't let Choice Dollars expire.

Eligible Thrivent Financial members who have Choice Dollars available have until **March 31, 2018**, to direct any remaining 2017 Choice Dollars. Help support the Brain Injury Resource Center of Wisconsin, Inc. Go to Thrivent.com/thriventchoice to learn more. Or call 800-847-4836 and say "Thrivent Choice" after the prompt.