



# **BI-INSIDE** *Magazine*

**EIGHTH ISSUE**

**BRAIN INJURY AWARENESS**

**Come Take a Stroll With Us**

## **FEATURES:**

***Resource Facilitation: The Day in the Life of a Caregiver***

***Picnic Recap: Making Lemonade out of Lemons***

***Discovering a New Path: Sara Hillmert-Gallitz***

***Telling of the Tail: Anthony (AJ) Jackson***



Happy Fall Everyone!

This summer has been full of fun between all of our different craft days, game days and our newly established book club. The craft and game days really focused on strengthening executive functioning skills, such as planning how to create the crafts (with help from our instructors), organizing the materials and producing the final product.

The book club, not only worked on the ability of grabbing your attention while keeping your place in the book, this book club also encouraged memory recall in the form of remembering the story as the book club went along.

This summer in our first ever book club we dove into *Meditations on Brain Injury* written by a fellow brain injury survivor, Mike Strand. In an effort to make book reading a more enjoyable experience and not so taxing on the survivors, a fellow survivor - Bari L. Rieth, read most of this book to them. Our intern who you will learn more about in pages to come, Erin Tormey, helped, and for the final chapters they were read by Mike Strand himself. All in all it was a success I would say! Be sure to look for announcements about next summers book club coming in the March Issue of the BI-INSIDE Magazine.

*Lois York-Lewis*

Lois York-Lewis

**Our Mission:**

To offer assistance, provide resources, and create a better future through brain injury prevention, education, and advocacy.

**Our Vision:**

A world where all preventable brain injuries are prevented, all unpreventable brain injuries are minimized and all individuals who have experienced brain injury maximize their quality of life

**Who we are:**

We are a 501C3, Registered Charity 27-4483622, Tax Exempt Organization.

We are 100% funded through the generosity of people like you.

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**BI-INSIDE Magazine Team:**

**Bari L. Rieth** (Co-Founder, TBI Survivor who inspired our organization, Daughter, Grand-daughter and Wife to Brain Injury Survivors, Board Secretary, Layout-Editor and Writer)

**Lois M. York-Lewis** (Co-Founder, Mother of the TBI Survivor who inspired this organization, Mother in-law, Wife and Daughter to Brain Injury Survivors, Pres. of Board of Directors for the BIRCoWI, and Writer)

**Dr. Nathan Glassman** (Neuropsychologist, Board Member for the BIRCoWI and Writer)

**Teri Quam** (Retired School Psychologists, Board Member for the BIRCoWI and Writer)

**Linda Scherwinski** (Mother to a Brain Injury Survivor, Writer and Board Member for the BIRCoWI)

**Shari K.** (Editor)

**Scott Daul** (Editor)

**Katherine Ayla Marshall** (Editor)

**Michelle Morris** (Photographer)

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## Your Donation will go a Long Way!

### THANK YOU!!

#### *In Honor of...*

**Castellion, Kyle**

**Dudzik, Mark**

**Erickson, Renee**

**Franke, Rick**

**Fromader, Tony**

**Koenig, Robert**

**Kraemer, Noelle**

**Lee, Grace**

**Marshall, Katie**

**Rieth, Bari\*\***

**Rieth, Gary\*\***

**Scherwinski, Micki**

**Schmitt, Mark\***

*\* Indicates additional recognition*

#### *In Memory of...*

**Eckholdt, Vickie**

**Foster, Donna**

**Franke, Rick \*\*\***

**Gebert, Elliot**

**Kasprzak, Loraine**

**Koehler, Loie (Lois Ann)**

**Lozak, Margaret (Peggy)**

**Malueg, Mark**

**Rieth, Bethany\***

**Robinson, Derek\***

**In memory of Mom, Vicki Eckoldt,  
who died of a TBI**

**In memory of Rick Franke Forever in  
our hearts, The Franke Family**

In Memory of  
Mom, Vickie Eckoldt,  
who died of a TBI

In Honor of everyone who  
has worked hard to keep  
the BIRCoFWI strong!  
Sincerely,  
Kathleen McGillis Dryna

In Memory of  
Rick Franke  
Forever in our  
hearts,  
The Franke Family

#### Participation in Thrivent Choice® Makes a Difference

As eligible Thrivent Financial members direct Choice Dollars® to Brain Injury Resource Center of Wisconsin, Inc. the momentum continues to build. The funds we receive from Thrivent are used to help support our efforts to assist brain injury survivors and families locate needed resources, obtain information, and to further our education awareness and prevention efforts. Thank you to Thrivent and its members who helped make this possible! Together, we can strengthen communities and change lives.

[Contact Us](#) to get your Green Ribbon today!





Lois M. York-Lewis:  
Co-Founder, Executive  
Director and President of the  
Board of Directors

We have **triumphs**, we have **obstacles**, we **experience** failures of a variety that most never know about. We experience joys that no one ever sees and we sacrifice our own lives to care for someone that we love but almost don't know anymore.

*In our heart of hearts our love, devotion, and determination overrules our selfish nature to turn our back and walk away. We work as hard as we can to take care of our loved one after a brain injury.*

Our lives are a revolving door of **schedule** this, **manage** that, be **mindful** of situations that **trigger** behavior issues, **deal with the stares**, **explain** again and again to family and friends why your loved one is not who they used to be, and try to find a **balance**. The hectic life and pace of a caregiver leaves you little time for anything else and we often forget to **breathe**.

The song **Breathe**, by singer/songwriter Jonny Diaz, relates very closely. Read further to find out...

Google it or find it on YouTube and really listen to what it

## Resource Facilitation: What's the Buzz

*The Day in the Life of a Family Caregiver: pt. 2 - The stress of it all!*

has to say. Caregiver this is for you!

### Just Breathe By: Johnny Diaz

Alarm clock screaming bare feet hit the floor. It's off to the races everybody out the door.

I'm feeling like I'm falling behind, it's a crazy life.

Ninety miles an hour going fast as I can. Trying to push a little harder trying to get the upper hand.

So much to do in so little time, it's a crazy life.

It's ready, set, go it's another wild day when the stress is on the rise in my heart I feel you say **just Breathe**

**Just Breathe** Come and rest at my feet  
And be, just be  
Chaos calls but all you really need Is to **just breathe**

Third cup of joe just to get me through the day  
Want to make the most of time but I feel it slip away  
I wonder if there's something more to this crazy life

I'm busy, busy, busy, and it's no surprise to see  
That I only have time for me, me, me  
There's gotta be something more to this crazy life

I'm hanging on tight to another wild day  
When it starts to fall apart in my heart I hear you say just **Breathe, just breathe**

Come and rest at my feet  
And be, just be  
Chaos calls but all you really need

Is to take it in, fill your lungs  
The peace of God that overcomes

### Just breathe (just breathe)

Let your weary spirit rest, lay down what's good and find what's best

**Just breathe** Chaos calls, but all you really need is to **just breathe**

The moral of the song is that we need to be sure to take the time to care for ourselves.

**Caregiver Stress Syndrome (CSS)** is defined as a condition characterized by physical, mental and emotional exhaustion. It typically results from a person neglecting their own physical and emotional health because they are more focused on caring for an ill, injured or disabled loved one.

We have so much more to discuss and there is lots more to talk about when you are a caregiver. We invite you to look for the continuation of this series in the ninth issue of the BI-INSIDE Magazine coming out in March 2023.



## 2022 Brain Injury Resource Center of Wisconsin Picnic Recap:

August 20, 2022 was a day that brought sunshine, but mostly rain. One may think if it is raining this will ruin any outdoor activities that are planned.



### WRONG!

The Brain Injury Resource Center of Wisconsin, Inc. (BIRC) participants sure know how to turn a bad situation into a good one. Making lemonade out of lemons, if you will.



At first it was lightly sprinkling or as my Canadian Grandmother in her cute English sounding accent would say, "it is spitting" or lightly raining. We made our way into the pavilion and once we were in there, oh my did it pour!

While it poured we ate a delicious lunch, catered by Texas Roadhouse of West Bend. This lunch included rolls, cinnamon butter, corn, salad, pork and at least a dozen different desserts that

### *Making Lemonade out of Lemons*

the attendees brought.

Once we were done with lunch, it was game time for sure! At first we played this game where you tossed a ping pong ball on the table and bounced it into a cup.

Sound easy? Maybe if you have regular experience playing beer pong, but if you didn't, it was not!

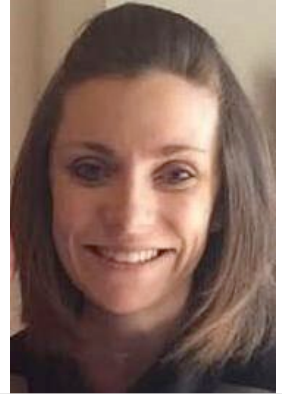
The player of this game had to think of how hard to hit the ball off the table to have it land into one of the cups in front of them. **Scott Daul** was declared the champion of this game!

The games that were played were not the only fun



that was had, as the rain lightened up long enough for a few of the attendees to go out and kayak!

A terrific time was had by all. Lots of great memories were made and this picnic that started out with not much hope, turned out to be



Bari L. Rieth:

Co-Founder, Public Relations, Marketing Specialist and Board Secretary

wonderful.

Again we want to thank the attendees who braved the rain as the picnic turned out to be fantastic! Finally, a big thank you needs to be given to Linda Scherwinski for securing Texas Road House and Craft Masonry for reserving and placing the deposit for us to secure this beautiful location with Blue Lotus Farm & Retreat! and Lastly, Angela Marshall for helping to run the games and coming up with them!



Jamie waves high and greets you with a smile!



The "Ping Pong Game" was lots of fun!



## Blue Lotus Farm & Retreat Center



Scott Daul won the Ping Pong game!



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Garrett caught a fish! He then released it for another try!



Socializing and eating a fantastic meal from Texas Road House, West Bend!



Roseali feeds the fish too!



**You are invited to join us for a season of fun, friendship, and excitement during our 2022**

**Social and Skills Event Sessions REMEMBER REGISTRATION IS REQUIRED**

Social skills is a broad term that includes understanding what is expected of you in different social interactions — how you conduct yourself and what you say in social settings. If you've experienced a brain injury, you may find that it has affected your ability to interact with other people. In some cases, you may not realize there is any change until a family member, friend, teacher, or caregiver notices changes in your behavior and shares that with you.

Re-building Social Skills can be very challenging. Not being able to connect with other people because of your brain injury or response to trauma can be painful. Isolation is one of the most devastating impacts of ABI/TBI and PTSD for many people, so improving social skills is incredibly important. Social skill problems can also put a strain on personal relationships, can make it difficult to get or keep a job and can lead to increased emotional symptoms like depression/anxiety which can lead to overall reduced quality of life. This hard work creates better opportunities for communication and deeper bonds with friends and family.

Join us and start your journey on making new friendships and new beginnings!

**Craft Days and Game Days: (always on Wednesday's, not every Wednesday)**

September 21st: Craft Day - Origami Treasure Box

October 5th: Game Day - Bingo

October 19th: Craft Day - Twig and Cone Pot

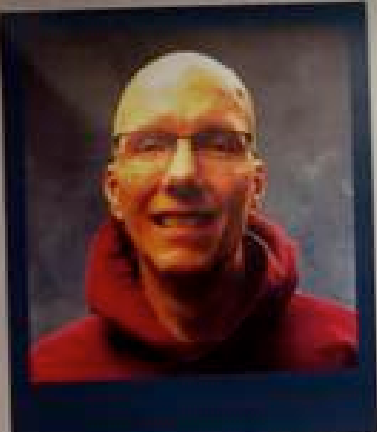
November 9th: Game Day - Pictionary

November 16th: Tree Ornament




\* These activities are not only good to use as a means of social interaction, they also help with the following:

<b><i>Frontal Lobe Functions</i></b>	<b><i>Temporal Lobe Functions</i></b>	<b><i>Occipital Lobe Functions</i></b>	<b><i>Parietal Lobe Functions</i></b>
Attention and concentration / Self-monitoring / Organization / Speaking (expressive language) / Motor planning and initiation / Awareness of abilities and limitations / Personality / Mental flexibility / Inhibition of behavior / Emotions / Problem solving / Planning and anticipation / Judgment	Memory Understanding language (receptive language) Sequencing Hearing Organization	Vision Vision Processing	Sense of touch Spatial perception Differentiation (identification) of size, shapes, and colors Visual perception



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**BRAIN INJURY  
RESOURCE  
CENTER** of Wisconsin

## Occupational Therapy meets Brain Injury

*Experiencing Another World Close to Home*



Erin Tormey, OTD '22

My name is Erin Tormey, and I am a recent graduate of the Washington University in St. Louis' program in occupational therapy. I am originally from Des Moines, Iowa, and I attended the University of Iowa for undergrad.

My fiancé, James, and I just moved to Sun Prairie after building our home here. We are so excited to be Wisconsin residents!

The final requirement of my doctoral degree was completing a 14-week capstone project. The capstone is a student-guided project intended to allow students to explore subjects outside of the curriculum that will assist them with achieving their career goals as occupational therapy practitioners.

For my capstone project, I was interested in learning more about the many gaps that exist in caregiver education following a loved one's brain injury. It was all by fate that I came across the Brain Injury Resource Center of

Wisconsin, (BIRC).

*After a short phone call with Lois, I quickly realized that I had found an organization whose mission and values matched so well with the objectives of my capstone project.*

Throughout my 14 weeks with the BIRC, I had countless conversations with caregivers and survivors of brain injury. I also reviewed hundreds of survivor files, read books to gain firsthand perspectives as well as research articles, participated in the weekly social and skills events with survivors, learned about the services provided by the BIRC and other resources around the state for the brain injury population, and pursued many other opportunities for education and advocacy.

All of these interactions, activities, and experiences were what inspired the content for my primary project: the Caregiver and Support Person Workshop. I was tasked with the creation of the content and agenda as well as the workbook that all workshop participants will be receiving at the December 12th winter

conference.

I chose several topics for discussion during the workshop as well as collaborated with the keynote speaker of the session, Aimee Schmitt. I am extremely excited and pleased with how everything turned out, and I cannot wait to hear about how everything turns out at the conference.

I am so grateful for the BIRC and for everything I learned during my 14 weeks there. This was an incredibly fulfilling experience, and I will take everything I learned with me into my career as an occupational therapist.

I now have a wonderful resource to refer my future clients to if they are needing further support. HUGE thank you to Lois, Bari, Scott, and Katie for being there with me every day and helping me grow!





## Fixation, It Is a Real Problem.....

### *OCD After Pediatric Brain Injury*

Have you ever thought a specific thought so much that it lingers with you even when you try not to think about it? Most people can push these thoughts aside, but if you are like me sometimes you can't.

The more troubling or ridiculous the thought is, the more it tends to stick with me.

Some may call it a form of Obsessive Compulsive disorder. According to the Merriam Webster dictionary, a *Obsessive Compulsive Disorder is an anxiety disorder characterized by recurrent obsessions or compulsions or both that cause significant distress, are time-consuming or*

*interfere with normal daily functioning, and are recognized by the individual affected as excessive or unreasonable.* (2022)

According to the National Library of Medicine, among the *recognized sequelae post brain injury are anxiety, obsessions, compulsions and obsessive-compulsive disorder (OCD)* (2003). Needless to say it is more common than a person may think.

I do not have traditional "OCD," but according to research after someone sustains a pediatric severe traumatic brain injury it is more common for them to develop some OCD



Bari L. Rieth:

Co-Founder, Public Relations, Marketing Specialist and Board Secretary

tendencies. I was fifteen when the car/semi crash happened and that would fall under "pediatric" brain injury. Pediatric meaning under eighteen, I was fifteen at the time of the accident.

#### Reference List:

"Obsessive Compulsive Disorder."

Merriam-Webster.com Dictionary, <https://www.merriam-webster.com/dictionary/obsessive-compulsive%20disorder>. Accessed 13 Sep. 2022.

Grados MA. Obsessive-compulsive disorder after traumatic brain injury. *Int Rev Psychiatry*. 2003 Nov;15(4):350-8. doi: 10.1080/09540260310001606737. PMID: 15276956.

**Thank you to the Soto Family who held a fundraiser last year in memory of Myeisha and donated the proceeds to the Brain Injury Resource Center of Wisconsin, which enables us to offer the Art and Craft day events to Brain Injury Survivors at**



Written by:  
Bari L. Rieth

## Discovering a New Path:

*River of Change Services*



^ Sarah Hillmert- Gallitz is the owner of and a life coach for *River of Change Counseling and Life Coaching Services* in West Allis, WI that was established in May 2018. "I thought I could help other people with depression, because I made my way through. I wanted to become a counselor to help others with similar struggles," Sarah relayed to me during our interview.

The following statement was taken directly from her website, ([riverofchangeservices.com/aboutus/](http://riverofchangeservices.com/aboutus/)) "At River of Change Counseling and Life Coaching Services we emphasize treating illnesses like addiction and trauma not only with the individual but, as has been shown by research to be more effective, with the family. We treat all dysfunctional families to become more functional, loving and productive.

We especially treat children of dysfunctional families and adult children of

dysfunctional families. Our family focus sets us apart from other clinics who tend to focus only on the individual, never getting to the true origin of the issues.

Families are the fabric of our society. If they are not doing well, we as individuals are not doing well.

### **River of Change is here to make a difference.**

"We also offer life coaching services to get you even further in your recovery, bringing you from illness, to recovery, to personal success," Sarah shared with me.

Some of her clients have said that: (all clients will remain anonymous to conceal their identity)

*"I find my sessions with her very constructive and they enable me to move forward with my goals in life."*

*"I have found participation in River of Change Counseling to be extremely beneficial to my recovery lifestyle. It has become a very important part of my weekly routine. I feel a bit lost if it happens that I am*

*River of Change Services*  
Believe in the process

6767 W. Greenfield Ave  
Lower Level 1  
West Allis, WI 53214  
(414) 475-7830  
Counselor: Sarah Hillmert-Gallitz

*unable to attend my usual Sunday group. It does leave me kinda feeling like I am missing something of vital importance to my weekly life."*

*"Sarah has a very calming demeanor. The River of Change clinic is a calming and nurturing environment to learn how to change in safe surroundings."*

She covers a variety of topics during the therapy sessions, from brain injury to children who live in or with dysfunctional or addicted family systems. She also offers a wide variety of therapies including but not limited to cognitive behavior therapy, trauma focused therapy and motivational interviewing.

**Be sure to read the ninth issue of the BI-INSIDE Magazine to learn more about Sarah as we learn more about her experience with brain injury.**



## Don't Walk Away

*Making Friends for brain injury survivors can be done, but is not always easy.*

Written by: Elaine Lovett and edited by Shari K.

As the Brain Injury Research Center of Wisconsin states, "I can explain it to you, but I cannot understand it for you," an accurate statement about those with brain injury and friends alike. Sometimes old friends may drift apart due to misunderstanding, or change in personality and abilities.

In the wake of a traumatic event or health problem, the brain injury survivor often finds that life has changed. People who belong to the brain injury club, as I do, may not look or react to things we were once interested in.

It becomes important to accept new companions into our lives, and to not isolate ourselves socially. Brain injury survivors have many talents and interests to share with the world.

I have often said you can take a teacher out of the classroom, but you can't take the classroom out

of the teacher. I enjoy sharing information and this is exactly what I did as a teacher for the Milwaukee Public School system. I can teach one thing a day and learn one, this is a sign of a good day.

I'm a firm believer that God brings others into our lives for a reason, so we shouldn't walk away or ignore others. New adventures may be just around the corner with a new friend.

*It is my prayer that sustaining a brain injury does not define who you are and does not dictate your life going forward.*

Friends and family (given my past experiences with others) may expect that survivors will just get back to their normal social life that they had before. Personally, I have seen in my own family, there is a reluctance or refusal to read or watch educational programming about

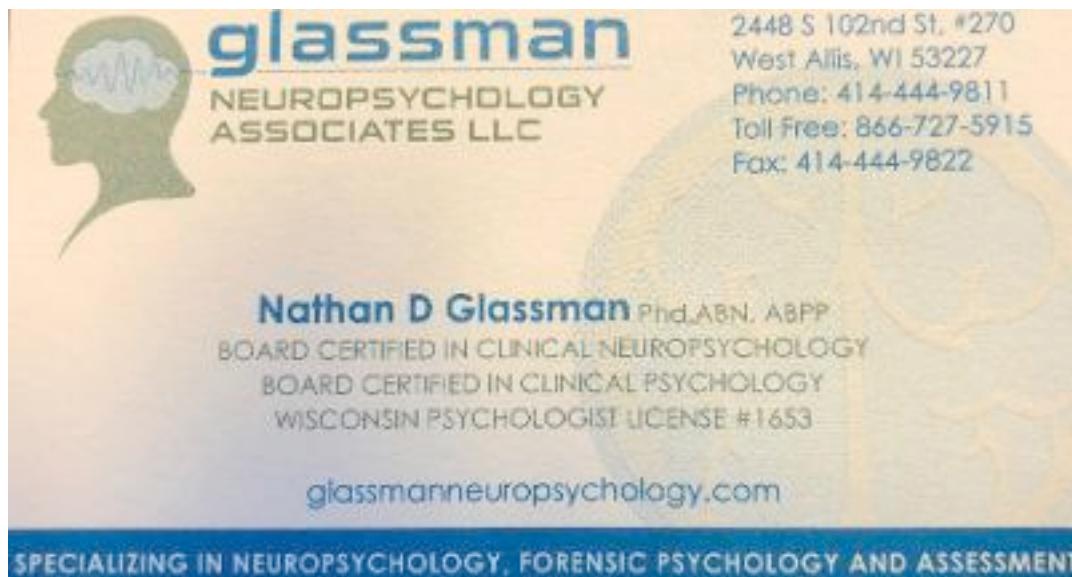
what a brain injury actually can result in.

Support and engagement of friends can simply be a visit with a cup of coffee, or a big bear hug. A little goes a long way!

Although losing some of the people you knew as friends before your brain injury can be painful, I hope others can look at this as a new chapter in life's book. To continue this hope, I hope you are able to create new memories of events, holidays, birthdays and all.

God bless all of you and your care givers! May I close by quoting a Carol King song, expressing well the friendship and relationships we all deserve:

*"When you're down and troubled  
And you need a helping hand  
And nothing, no nothin' is goin'  
right*



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## Don't Walk Away

*Making Friends for brain injury survivors can be done, but is not always easy.*

Written by: Elaine Lovett and edited by Shari K.

*Close your eyes and think of me I'll come running, to see you again  
And soon I will be there Winter, spring, summer or fall  
To brighten up, even your darkest night  
All you got to do is call  
You just call out my name, and And I'll be there, because you've  
you know where ever I am got a friend"*

Wishing you all the blessing  
of a dear friend... always!

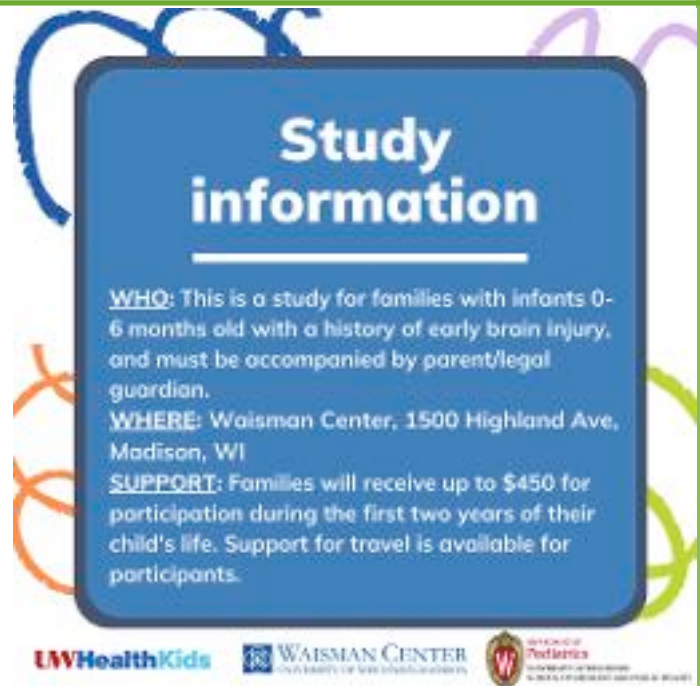


**Baby Brain Recovery Study**

Help us learn more about how an infant's brain develops after early brain injury



**LWHealthKids** **Waisman Center** **University of Wisconsin-Madison** **Department of Pediatrics**



**Study information**

**WHO:** This is a study for families with infants 0-6 months old with a history of early brain injury, and must be accompanied by parent/legal guardian.

**WHERE:** Waisman Center, 1500 Highland Ave, Madison, WI

**SUPPORT:** Families will receive up to \$450 for participation during the first two years of their child's life. Support for travel is available for participants.

**LWHealthKids** **Waisman Center** **University of Wisconsin-Madison** **Department of Pediatrics**



**Contact us for more information**

This study, led by Dr. Bernadette Gillick, can inform future treatments for infants with brain injuries.



608-381-2699

[pnf.waisman.wisc.edu](mailto:pnf.waisman.wisc.edu)  
[brainrecovery@pediatrics.wisc.edu](mailto:brainrecovery@pediatrics.wisc.edu)

**LWHealthKids** **Waisman Center** **University of Wisconsin-Madison** **Department of Pediatrics**

***The Brain Injury Resource Center of Wisconsin, inc. is actively involved in recruiting for this study.***



# The Wonderful World of Therapy

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 HORTICULTURE  
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 VOCATIONAL  
 OUTPATIENT  
 INPATIENT  
 MUSIC  
 LIGHT  
 LEISURE  
 RECREATIONAL  
 MASSAGE

## Word Bank Definitions:

**Occupational:** is a client-centered health profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life.

**Speech:** the communication or expression of thoughts in spoken words.

**Language:** the words, their pronunciation, and the methods of combining them used and understood by a community.

**Vestibular:** relating to a vestibule, particularly that of the inner ear, or more generally to the sense of balance.

**Cognitive:** being, or involving conscious intellectual activity (such as thinking, reasoning, or remembering).

**Horticulture:** the science and art of growing fruits, vegetables, flowers, or ornamental plants.

**Assisted:** to give usually supplementary support or aid to.

**Vocational:** undergoing training in a skill or trade to be pursued as a career

**Outpatient:** a patient who is not hospitalized overnight but who visits a hospital, clinic, or associated facility for diagnosis or treatment.

**Inpatient:** a hospital patient who receives lodging and food as well as treatment.

**Music:** vocal, instrumental, or mechanical sounds having rhythm, melody, or harmony.

**Light:** something that makes vision possible.

**Leisure:** freedom provided by the cessation of activities.

**Recreational:** characteristic of recreation.

**Massage:** manipulation of tissues (as by rubbing, kneading, or tapping) with the hand or an instrument for relaxation or therapeutic purposes.

## Telling of the Tale: Anthony Jackson

Written by: Bari L. Rieth



*Anthony Jackson (AJ)*

Was it his love for the USA? Was it the adrenaline rush beforehand? Was it the feeling you had knowing that you could help save the world? For whatever the reason AJ (Anthony Jackson) kept going back for more despite the fact that brain injury seemed to be with being in the military.

I had the opportunity to interview AJ and learn how he sustained six brain injuries. AJ relayed to me during an interview that brain injuries are “normalized” in the army.

“Brain injuries are down played in the military and happen so often not much is said about them” AJ explained to me. He would go on to say that the wording the military used to describe his TBI’s are all identical in that they lasted only 20-25 minutes when in actuality he was out for over an hour!

In the last 5-6 years a

lot of military units use an electronic unit in their helmet to sense when explosions are going to occur. This is a positive step in the right direction!

In our interview he mentioned to me that with each brain injury the symptoms got a little worse, but it was not until his third brain injury that everything started to change.

Living with a brain injury is tough at best, not having people understand can be rough, but living with all of this and having a broken neck is unthinkable! AJ contributes his ability to be able to live for close to a year with a broken neck to being in such good physical shape.

“I am very physically fit”

and this was the only way he was able to continue on like nothing was wrong when in actuality something was wrong, very

wrong. December 25th of 2012 he attended a military Christmas party with his

family while on base.

Over the course of the evening his neck became increasingly difficult to move or even support. He recalled sitting in the vehicle with his family while his wife Alexandra, Alex, took their son to the restroom and his neck pain got to the point where he was unable to support his head with his neck.

He needed to rest his head on his palms and he just knew something was wrong. Christmas Eve Night, he would see a doctor who was less than pleased to be on duty and made sure that AJ and Alex knew this.

This doctor ended up not paying as close attention as he should have. He dismissed his pain and was sent



home with muscle relaxers and pain killers. The next day AJ would return to his primary doctor for an

evaluation.

During the visit the next day it was determined



## Telling of the Tale: Anthony Jackson

Written by: Bari L. Rieth

an x-ray was needed in order to reveal any broken bones inside his neck. After a discussion it was decided that surgery was the best option, a four-hour long surgery to be exact.

*The road to recovery was challenging, but not impossible with the help of God and his supportive family.*

Currently, AJ, Alex and their four children attend church services regularly, Alex helps out in the church office, they run bible studies together. He states about his recovery that, "it has been a continual realization of how great God's plan really is and just when you think you have it figured out a challenge will be tossed your way, but God always perseveres and is there to help you through."

AJ initially contacted

us last November wondering about us, what we had to offer, and he questioned what God's purposes for him might be. In his first email with us he writes: "I don't really know what God wants me to email about. I stumbled across an article that mentioned you. I searched for "seeking God's will after a TBI."

These were the words that brought AJ to send an email to us and even though he lives in Colorado, I am so glad he did.

AJ has made contact with another brain injury survivor through working with the Brain Injury Resource Center of Wisconsin, Inc., BIRC, Larry Strait. Larry has said that his "talks with him have been great and that it is nice to talk with someone who has

shared military experience."

"I told AJ to call me whenever he feels the need, the most important thing about our talks is that he knows I am there if he needs me," Larry said during an interview. This bond that these two men have is amazing and the fact that they are both brain injury survivors, connects them on a different level and not just their shared military experience.

Whatever the level I am glad they found each other and can turn to each other when they need support. Through conversations Larry has had with AJ, he has helped him to better understand a possible plan God has for him.

This common bond is vital for a friendship, but also is a great starting point to build a mentor relationship. **Take a look at the 5th issue of the BI-INSIDE Magazine to read an article entitled *Finding a Mentor*, written by Brent Jones.**

### **\*NEW in 2022:**

Winter Conference and Christmas Celebration

The BIRCoFWI presents

***"Through the Eyes of Brain Injury"***

Date: Monday December 12, 2022

Time: 11:00 - 4:00 p.m. and 4:00 - 7:00 p.m.

Ticket information can be found on our website, [www.bircofwi.org](http://www.bircofwi.org), along with additional details.

See you there!

Watch your mail/email for more information on upcoming events! If you are not on our mailing list, complete the information below to get started!

Contacts First Name:		Contacts Last Name:	
Mailing Address:			
City:		State:	Zip Code:
Cell # (including area code):			
Home # (including area code):			
(Choose One) Call me on this phone in case of cancellation:		<input type="checkbox"/> CELL	<input type="checkbox"/> HOME
Email:			



2022 Upcoming Arts, Crafts, Game Day  
and Book Club Events  
MAIL-IN REGISTRATION FORM  
Only One Person Per Form

We want to thank the Mark Schmitt Family for making these Programs possible.

We would also like to thank the family of Myeshia Soto whose family organized the "Ride for a Reason: Ride for Myeshia" event. Donations from this event are funding various Programs and Services

Contacts First Name:		Contacts Last Name:	
Mailing Address:			
City:		State:	Zip Code:
Cell # (including area code):		Email:	

Class Session(s) Selected (Class is limited to 8 participants per session - register early!)



September 21th (1:00 p.m. - 4:00 p.m.) - Art and Craft Day: Origami Treasure Box

\_\_\_\_\_ October 5th (1:00 p.m. - 4:00 p.m.) - Game Day: B-I-N-G-O!

\_\_\_\_\_ October 19th (1:00 p.m. - 4:00 p.m.) - Art and Craft Day: Twig and Cone Pot

\_\_\_\_\_ November 9th (1:00 p.m. - 4:00 p.m.) - Game Day: Pictionary

\_\_\_\_\_ November 21st (1:00 p.m. - 4:00 p.m.) - Art and Craft Day: Tree Ornament

**Total Number of Sessions Attending:**

Mail completed forms to Brain Injury Resource Center of Wisconsin, Inc. (BIRCoWI)

Attn: Craft Session Coordinator 511 N. Grand Ave. Waukesha, WI 53186-4916