

# *Magazine*



**BRAIN INJURY  
RESOURCE  
CENTER** of Wisconsin<sup>TM</sup>

**Have you discovered your path?  
Let us help you...**

**14th ISSUE: September 2025**

**Being a Caregiver: Issues and more**

## **FEATURES:**

***Resource Facilitation: What's the buzz?***

***Summer Gathering: A Review***

***BIRCofWI in the Community***

***Tips: Dressing for the Weather***

***Telling of the Tail: Angie Marshall (Caregiver)***



## Message from the Executive Director

**Hi Friends,**

**Let me ask you, what does your path after brain injury look like? Where does it lead you? Does your path lead you to where you want to go? Does your path have a beautiful trail or is it yet to be discovered?**

**In the world of brain injury, desirable paths can be tricky to find. Your path may be covered by leaves, have random bumps along the way or it may not be the nice, smooth and easy path you were hoping for.**

**If your path needs some tending, give us a call: (262) 770-4882 We can help you turn your undesirable path into a path that is easier to navigate.**

**Until next time!**

*Lois York-Lewis*

### **Our Mission:**

To offer assistance, provide resources and information and reassure survivors that they are not walking this journey alone.

### **Who we are:**

We are all volunteer and run by brain injury survivors and their support persons.

We are a 501C3, Registered Charity 27-4483622, Tax Exempt Organization, and are 100% funded through the generosity of people like you!

### **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 Contributor)

**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 BIRCoFWI, and Contributor)

**Kathy Richardson, C.B.I.S.T.<sup>1</sup>** (Resource Facilitator, TBI Survivor, Vice President of the Board of Directors for the BIRCoFWI and Contributor)

**Katie Marshall** (Resource Facilitation Assistant, Contributor and Editor)

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

**Scott Daul** (Office Assistant and Editor)

**Sheri Krahn** (Editor-in-chief & Contributor)

It is important to note that all positions within the BI-INSIDE Magazine are voluntary and no one is paid for their work in the publication, this publication was created 100% by volunteers. The views expressed in any part of this magazine are not necessarily those of the Publisher or Editor or any contributor. Acceptance of all material and advertisements is conditional upon the contributors' and advertisers' warranties that they do not contravene any regulations appertaining to advertising standards. The Publisher and Editor accept no responsibility for errors in articles, contributors' pages, or advertisements or liability for loss or damage.

1: Certified Brain Injury Specialist Trainer

## **Your Donation will go a Long Way!**

### **THANK YOU!!**

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

**Castellion, Kyle\***  
**Dudzik, Mark**  
**Erickson, Renee'**  
**Franke, Rick**  
**Fromader, Tony**  
**Gerum, Timothy\***  
**Gospdarek, Daniel, and his Mom, Susie**  
**Koenig, Robert**  
**Kraemer, Noelle**  
**Krahn, Sheri**  
**Lee, Grace**  
**Marshall, Katie**  
**Rieth, Bari\*\*\***  
**Rieth, Gary\*\*\***  
**Scherwinski, Micki**  
**Schillinger, Joe**  
**Schmitt, Mark\***

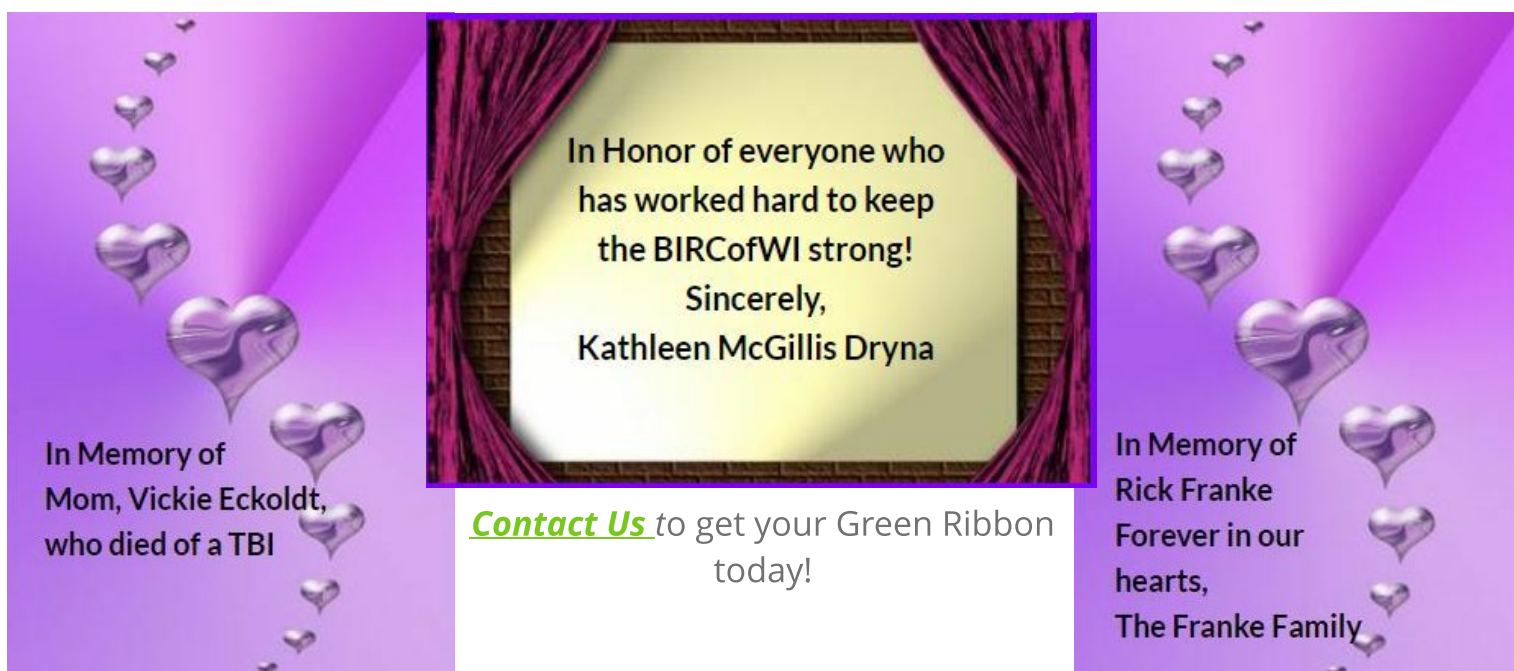
#### *In Memory of...*

**Eckholdt, Vickie**  
**Foster, Donna**  
**Franke, Rick \*\*\***  
**Gebert, Elliot**  
**Hiekkanen, Bee**  
**Kasprzak, Loraine**  
**Koehler, Lois (Lois Ann)**  
**Kozak, Margaret (Peggy)**  
**Krebs, Lucille\***  
**Krebs, Richard W. Sr.\***  
**Malueg, Mark**  
**Niebuhr, Matthew Marvin**  
**Rieth, Bethany\***  
**Robinson, Derek\***

\* Indicates additional recognition for multiple giving

## **Make your Donation today!**

Visit: <https://www.bircofwi.org/donations-link/>



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

Contact Us to get your Green Ribbon  
today!

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

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



Kathy Richardson,  
CBIST  
Resource Facilitator

## Resource Facilitation: What's the Buzz Survivors Guilt: Definitions and Clarification



remorse: A persistent sense that one should have also suffered or died.

Depression and anxiety: Low mood, persistent sadness, and excessive worry.

Flashbacks and intrusive thoughts: Reliving the traumatic event or having unwanted thoughts about it.

Sleep disturbances: Insomnia, nightmares, or other sleep problems.

Difficulty concentrating: Trouble focusing on tasks or making decisions.

Social withdrawal: Avoiding social situations and isolating oneself.

Physical symptoms: Headaches, stomach aches, fatigue, and other physical manifestations.

Emotional symptoms: Irritation or anger.

Suicidal ideation: There is a strong link between suicide and survivors' guilt.

### How do you cope with survivors' guilt?

*Allow yourself to feel your feelings. Don't just bottle up your feelings and avoid them—try to work through them and process them. Recognize that*

*survivors' guilt is a normal reaction to trauma.*

1. Exercise mindfulness. Take time to get grounded, focusing on positive truths about yourself rather than being consumed with regret. Engage in activities that promote well-being, such as exercise and spending time in nature.

2. Try journaling: Writing down your thoughts and feelings can be a healthy way to process them.

3. **Don't isolate yourself from others.** Instead of avoiding

others who you think might blame you for what happened, stay connected with people. Talk to trusted friends, family members, or support groups. Having this support will help you through your struggle.

4. Do something good. Oftentimes, putting good out into the world will help remove the burden of guilt.

What is **survivor's guilt**? Survivor's guilt can stem from various traumatic events,

Including:

*Large- and small-scale incidents: For example, natural disasters, accidents, violent occurrences, terrorist acts, or pandemics.*

War and combat: Veterans often struggle with survivors' guilt after experiencing the loss of comrades.

Serious illness: Those who survive a life-threatening illness may feel guilty compared to those who did not.

First responders: First responders may experience guilt for not being able to save everyone.

Witnessing trauma: Even those who witness a traumatic event can experience survivors' guilt.

What are the symptoms of survivor's guilt?

Feelings of guilt and

**LAUNDRY SERVICES**  
Self-Service Coin-Operated Laundry  
Wash, Dry, Fold Service  
**414-425-4404**  
6656 S. Lovers Lane Rd.  
Franklin, WI 53132  
[www.thelaundryshopwi.com](http://www.thelaundryshopwi.com)



5. Give your time to a local organization that helps people in your community, and you will feel better about yourself while making a difference in the lives of others.

6. Seek professional help. A professionally trained therapist can help you through your mental health challenges. They



will take it upon themselves to work and help you process your trauma.

7. Cognitive behavioral therapy (CBT) or trauma-focused therapy can be beneficial.

## BIRCOFWI Summer Gathering: A Review

The BIRC Annual Summer outing was held on June 22 nd 2025 at the Blue Lotus Retreat Center located off County Road M near West Bend. Once again, we had a beautiful sunny day at a beautiful setting for all to enjoy.

We had several new participants this year, so we did a roundabout introduction of everyone present so we could all get to know each other. Lunch was served, which consisted of Sloppy Joe as our main meat with a lovely variety of salads, fruit and snack items brought by many of the guests.

Our main activity this year was swimming in the in ground pool at the retreat center. With it being such a nice day many of the group enjoyed the pool.

We would like to thank the Blue Lotus group for offering us the use of their grounds as the event was sponsored by the **Schlegel Foundation** this year.



Linda Scherwinski,  
Board Member Mother  
of a Brain Injury Survivor



**Craft Masonry, Inc.**

Concrete • Masonry  
Excavating

**(262) 677-4088**

Jackson, WI

## **The Cookbook Project:**

**Created by Kathy Richardson and Contributions were made by various  
Brain Injury Survivors**

### **BRAIN INJURY RESOURCE CENTER OF WI COOKBOOK!**

#### **TBI SURVIVORS, FAMILIES & FRIENDS:**

**Submit up to 5 of your favorite recipes that you would like to  
contribute to the Brain Injury Resource Center of Wisconsin's  
cookbook.**

**List the:**

**\_\_\_\_\_ Ingredients needed for each recipe.**

**\_\_\_\_\_ The directions on how to make each recipe.**

**\_\_\_\_\_ Include: What pans, bowls, appliances and utensils you need to  
make this dish.**

**\_\_\_\_\_ How many people does each recipe serve?**

**Deadline for submission:**

**10/1/2025 to be included in the 2026 cookbook**

**kathyr@bircofwi.org**

**511 N. Grand Avenue**





## The Packer Project

First Donation: Colts Canine in Muskego, WI

Written by: Bari Rieth and Lois York-Lewis

Packer is my son's, Garrett, sweet, energetic and full of love puppy that we adopted from Colts Canine. It is because of Packer that the Packer Project was created.

Kerry Schnick, the owner of Colts Canine and Colts Canine Rehab Rescue and a dear friend of ours, was originally hosting a "meet the pups" event and our family was going to meet the dogs. As it turned out Puppy 2 was there and Garrett fell in love instantly!

Lois and I had been thinking for years how to give back to organizations that rescue the same dogs

that our clients turn into their very own service dogs.

As soon as this adoption took place the wheels in our heads began spinning. Not only was Garrett adopting a puppy that would be his forever friend, he was (without knowing) helping Lois and I bring our previous efforts full circle.

By bringing it full circle I mean it gave us the idea for the Packer Project. Some information is included on the next page and for the full information and for Packer's full story please visit our website: <https://www.bircofwi.org/>

[the-packer-program/](https://www.bircofwi.org/the-packer-program/)



Garrett presenting Kerry with our donation of homemade dog toys and dog blankets created by our brain injury survivors.

Our program provides handmade blankets and toys to COLTS REHAB RESCUE in, Muskego, WI

Why blankets and toys?

An animal's life can be challenging when it finds itself in an animal shelter. Despite heroic efforts by the staff and volunteers, it's extremely stressful as the animal loses its home, is moved from cage to cage, and is subjected to new sights and sounds daily.

Having something to call their own, which provides warmth and/or comfort year-round (even against AC in the summer), familiar smells, and a soft touch, can make all the difference.

Once the animal is adopted, this comfort object takes the stress of getting to know its new surroundings and its forever family. Once again, the blanket or toy provides something comforting and familiar!



About Colts Rehab Rescue:

Hello, welcome to Colt's Rehab Rescue. My Name is Kerry and my husband's name is Keith. We have two children. I have always loved all animals but I started down this road a little over 15 years ago. I started with fostering dogs, training them, taking on the difficult ones, rehabilitating them and finding their forever homes. In the 15 years, we have adopted out our own rescues which makes over 200 dogs saved. I am certified with ABC, CGC certified and Urban and City CGC certified. We look forward to working with you and your pups. What makes Colt's Rescue different is that we specialize working with large breeds. I also have experience with obedience, difficult dogs, reactivity, fearfulness, resource guarding and aggressive behaviors.

Looking to help out?

Every dog deserves a second chance! Whether you open your home to a rescue, lend a helping hand as a volunteer, or contribute to their care through a donation, you're making a life-changing difference. Join us in giving these dogs the love and support they deserve!

**Adopt**

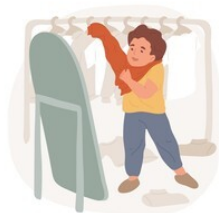
**Foster**

**Donate**



TIPS: Dressing for the Weather

Written by: Kathy Richardson



Temperature	What to Wear
80° & up	Shorts, Sleeveless or Short Sleeve Shirt or Dress, Sandals, Hat
68° & up	Shorts, Short Sleeve Shirt or Dress, Hat & Sandals or Sneakers
50° & up	Pants, Long-Sleeved Shirt, Socks, Shoes & Hat
32° & up	Pants, Long-Sleeved Shirt, Light Winter Jacket, Socks, Shoes, Hat, Gloves and possibly a Scarf
14° & up	Long Pants, Long-Sleeved Shirt, Heavy Winter Jacket, Snow Boots, Scarf, Hat & Gloves or Mittens
-22° & up	Long Underwear, Long Pants, Long Shirt, Socks, Heavy Winter Jacket, Scarf, Hat & Gloves or Mittens
Below – 22°	<b>STAY HOME!</b>

**\*This is only a guideline as your brain injury may affect how your body regulates it's temperature.**



**BRAIN INJURY  
RESOURCE  
CENTER** of Wisconsin

**Painting with Carly on the Patio!**  
(weather permitting. Event will be moved inside if need be)

September 24, 2025

(1:00 p.m. - 4:00 p.m.)

Location-BIRCoFWI: 511 N. Grand Ave  
Waukesha, WI 53186

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

**Call (262) 770-4882 to Register  
for this must attend artistic  
session led by, brain injury survivor,  
Carly Johnson! Cost: \$25.00**

## 7 Benefits of Art Therapy for Brain Injury Patients Plus the Effects and Impact on the Brain

Elizabeth Denslow, OTR/L — written by Flint Rehab

1. *Sharpen fine motor skills and visual perception*
2. *Improve concentration and attention*
3. *Boost problem-solving skills*
4. *Relieve symptoms of depression and build social skills*
5. *Improve self-managemet and self esteem*
6. *Increase mental flexibility and perserverance*
7. *Overcome emotional barriers*

For the full article and full description of each benefit visit our friend's at  
website to view.





## Telling of the Tale: Angela Marshall

Written by: Bari Rieth with assistance from Katie Marshall



"Katie may not have moved into this apartment yet; she could still be at the apartment in Marquette?" Katie's Mom Angela, "Angie," told her Dad, David Marshall. Neither were overly worried when they couldn't locate Katie, because they rationalized numerous reasons to explain why she was not at her apartment.

They were on their way to the Marquette apartment when Angie received a phone message that told her Katie had been in an accident and that they needed to get to the Marquette hospital fast! "The urgency that was contained in this message lead me to believe that it was serious," Angie said.

As with many of our survivors' doctors provide little to no hope that their

patient will make it or even if they do, they do not expect a successful recovery. The doctors would inform Angie and David later of Katie's brain injury.

Angie recalls not knowing "anything about TBI before her, "Katie's," accident. I recall the doctor saying Katie would have to "find her way back."

Helping her find her way back would prove to be quite a challenge. Early on in her recovery Angie met Kathy Richardson, Special Needs Transition Coach & Consultant, who was a huge help towards bringing the "old Katie" back.

"Kathy taught Katie compensatory strategies to function through the day, said Angie." Kathy continues this thought be defining what a compensatory strategy is, which "are a set of methods or

techniques used to overcome limitations in function caused by, in this case, a brain injury."

As Kathy was checking into different organizations and ways to help Katie, she came across the Brain Injury Resource Center of Wisconsin, Inc. "Katie comes to the BIRC daily and is such a joy to have here! She works excellently with a fellow TBI survivor and tomorrow they will be making a presentation about concussions," Lois York-Lewis (Executive Director of BIRCoWI).

There is an advertisement for this presentation on the page before and we hope you can attend to see Katie and fellow brain injury survivor Scott in action!

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:	
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:			

☐ I am a brain injury survivor and I would like to receive a birthday post card from BIRC!



Katie Marshall



Scott Daul

## Lobes of the brain

I	D	W	D	C	R	Q	L	P	I
N	I	B	S	K	T	K	Q	Z	L
J	Z	D	I	U	E	C	J	Y	O
U	F	H	Q	Z	M	O	S	J	H
R	O	C	C	I	P	I	T	A	L
Y	Y	N	I	Y	O	I	M	K	T
B	R	A	I	N	R	G	F	W	N
F	R	O	N	T	A	L	C	I	I
K	T	T	Q	B	L	E	L	J	H
Z	B	P	A	R	I	E	T	A	L

BRAIN  
INJURY  
FRONTAL  
PARIETAL  
TEMPORAL  
OCCIPITAL