

BIRCoFWI Bulletin

Vol 5 Issue 4 | Quarterly Newsletter

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World's Greatest Cookie Sale

November 27, 2015

Our Goal

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

Brain Injury Resource Center of Wisconsin, Inc. is a 501(c)3 non-profit organization which was co-founded by a mother-daughter team (Lois York-Lewis and Bari L. York). They saw first hand that they needed to help survivors of brain injury in Wisconsin lead a fulfilling life after brain injury.

Tragedy Brings to light a Need in Wisconsin

This need was first realized in 2005 after Bari sustained a severe traumatic brain injury from a crash involving the car she was a passenger in and a semi-

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

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

This gave Lois and Bari the drive to move forward and develop this organization.

Doctors and nurses are there to help a person when they are in the hospital and a lot of times shortly thereafter, but what do they do after the brain injury survivor has recovered to the point where they can re-enter daily life?

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

There can be a lot of confusion during the “what

now” phase of brain injury recovery.

What Now?

Confusion can be included as part of brain injury recovery, and the *BIRCoFWI* wants to help all survivors during this phase and after!

Bringing Brain Injury Survivors Together

Are you a brain injury survivor looking to make a social connection with other Brain Injury Survivors and those who have the compassion to understand brain injury? Gatherings are scheduled to assist the brain injury survivor in building strong, long lasting bridges of trust, respect, understanding, and acceptance.

Be part of our social and skills program today! Download your form from our web store.



Dear Friends:

The end of the year is approaching and it is time to take a quick look at where we have been and where we are going in 2016. As many of you know, our organization is not state or federally funded and our Programs and Services are, for the most part, free to brain injury survivors. We are an all volunteer organization, we work hard to generate funds to pay the bills (internet, phone, postage, etc...), have a home for the BIRCoFWI to function out of, and all the while not losing the focus of our mission.

One of the steps we took to further our ability to serve our population was to open the BIRCoFWI Community Store in Waukesha, WI on May 5, 2015. Since then, many of the items in the store have been donated by individuals that have come to recognize the call of supporting our organization in any way they can.

In addition, this store features items that have been hand-crafted by members of our brain injury community and has allowed us to teach other survivors skills in a non-restrictive environment, encourage entrepreneurship, and has created a place that survivors and families can come to when they need a face to face visit and not just a phone call or email.

As we turn the corner of 2016, we will continue to look for more ways to bring support to the brain injury community in Wisconsin. Just remember that our organization was created for you, your family, friends, and everyone who lives with the consequences of brain injury.

Lois M. York-Lewis

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

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

Upcoming events:

Board of Directors Meeting:

When: December 14, 2015

Where: BIRCoFWI Community Store
330 E. North St. Waukesha, WI 53188

We will be Closed:

When: December 25-28, 2015 &
January 1, 2016

Where: BIRCoFWI Community Store:
330 E. North St. Waukesha 53188

Merry Christmas to All!

Call us at (262) 770-4882

BIRCoFWI Bulletin Editorial Staff:

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

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

Beth Norppa (Volunteer & Copy-Editor)

Lucille J. Krebs TBI Survivor (Editor)

Kathy Richardson Resource Facilitator & TBI Survivor (Writer)

Elaine Lovett TBI Survivor (Writer)

Katie A. Marshall TBI Survivor (Writer)

BIRCoFWI Community Store in the Community

The BIRCoFWI Community Store has registered to showcase original art at the following two fairs in December 2015. This is an excellent opportunity to spotlight the talent and artistic abilities of Noelle Rose Kraemer, Katherine Ayla Marshall, and Larry Strait. Their injuries affect their executive functioning as well as other functions that prohibit them from leading what is considered a “normal” life. Their creations are one of kind and have been born out of tragedy as well as inspiration. Come and show your support for brain injury survivors in Wisconsin!

December 4, 2015 - Holidazzle (Downtown Beloit)

Event Time: 5:00 p.m. - 9:00 p.m.

Admission: Free to the Public

Entertainment: Music - A dazzling evening of celebration featuring artists and specialty crafts people in thirty-plus locations as they display one-of-a-kind gifts and unique pieces of art. Live music, Santa Visits, Holiday Treats and Free Trolley Rides!

December 12, 2015 - *Lake Mills 5th Annual Winter Market (Lake Mills Middle School, 318 College St)

Event Time: 9:00 a.m. - 3:00 p.m.

Admission: Free to the Public

Entertainment: Music - Annual Winter Market with artists, crafters, growers and bake sales. A great place for last-minute Christmas present shopping!



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Winter Tips for Protecting Yourself from Brain Injury

Written By Paul Stone / Neurologic Rehabilitation Institute at BrookHaven Hospital

NRI

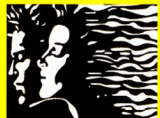
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INSTITUTE AT
BROOKHAVEN HOSPITAL

You can cut your chances of suffering a brain injury this holiday season by following a few tips:

- **Plan ahead:** Include the weather in your planning and avoid going out in winter weather unless absolutely necessary. If it can wait until the weather and sidewalks are clear, so can you.
- **Give yourself extra time to get where you are going:** Rushing leads to carelessness and not looking where you are going, which makes your chances of falling and hurting yourself much higher.
- **Take the path of least resistance:** Look ahead and watch for dangerous areas of ice in your path. If needed, find alternate routes to avoid taking unnecessary risk.
- **Choose the right shoes:** You can be fashionable and safe at the same time. Choose boots or shoes that give you traction and be sure to walk careful and deliberately. There could always be ice lurking under your next step.
- **Take extra care in parking lots:** Parking lots are notorious for having sneaky patches of ice in between parking spaces, so be careful when entering and exiting your car. Hold on to your door or car as you get out to give yourself extra support. Watch for cars stopping and sliding in parking lots.
- **Keep your vision sharp:** Poor vision can make it harder to get around safely. Have your eyes checked every year and wear your glasses or contact lenses to help you see the most clearly.

- **Keep your hands free:** Wear gloves so you can keep your hands out of your pockets to help you balance. Avoid carrying heavy loads or children that may cause you to lose your balance.

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 is located in Tulsa, Oklahoma.



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Hours of Operation:

Tuesday - Friday 11 a.m. - 5 p.m.

Saturday 11 a.m. - 3 p.m.

Be sure to stop in to take a look at our high quality resale shop items!
100% of the donated items found in this store go towards programs and services that support Wisconsin brain injury survivors.

Looking forward to seeing you soon!



Intimacy, Sexuality and Sex After Brain Injury

Written By: Bari Rieth / BIRCoWI Bulletin Staff

Intimacy, Sexuality, and Sex After Brain Injury – Part 4: The Wedding

October 10, 2015 my life would change in a major way, for the positive. On this date I married my best friend and fellow brain injury survivor Gary Rieth.

Our wedding took place at St. Paul's Evangelical Lutheran Church and our reception took place at the Aud Mar, both are located in Muskego, WI.

It is interesting how out of tragedy something so wonderful would erupt. Brain Injury is truly what brought Gary and I together.

If it weren't for Attorney M. Angela Dentice we would have never met.

My parents sought out legal counsel from Angela and Gary's parents did the same, due to the nature of how we sustained our brain injuries. I remember Angela often telling me about this great guy from Oconto Falls, about 3 hours north, and Gary has said that Angela told him the same about me as well.

"Don't be concerned with the bridge you can't cross, instead build upon the one which you are destined to!"

**Quote provided by
Jay Baukin
(Brain Injury Survivor)**

We initially met at a brain injury conference and I never thought that I could fall in love with another brain injury survivor.

Once you enter the world of brain injury, for better or for worse, you can't get out. I had the thought that I would never enter into a dating relationship with another survivor, because if one person in the relationship had a brain injury, me, that would be enough.

One by one other dating relationships fell to the way-side and all the while Gary and I maintained a very good friendship.



In April of 2014, we both thought "why not try dating."

Despite the distance we made it work through phone calls, Facebook and the occasional visits. Our relationship once we turned it into a dating relationship grew rather fast.

We chose from early on in our "dating" relationship that we would not engage in sex until after we were married. Both of us have a very strong christian background and wanted to wait to engage in sex until after marriage.

This is not a common view, but we truly feel that by not introducing sex into our relationship before marriage helped to strengthen our relationship and truly value each other.

We have been married now a little over a month and I could not be happier. I truly have found the love of my life and the best part is Gary feels the same way.

"We remain on God's green earth for some reason due to Jesus Christ"

**Quote provided by
Tony Fromader
(Brain Injury Survivor)**

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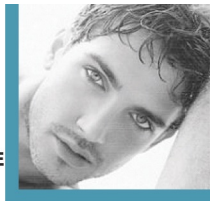
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Saturday: 8:00 a.m. - 3:00 p.m.

Something to Ponder...

How Migraines Can Effect Some Relationships: An Opinion Piece

Written By: Elaine Lovett / BIRCoFWI Bulletin Staff

Our relationships in life are extremely important. Relationships play an important part in our health.

Considering that women represent 75% of diagnosed migraine sufferers, people often mistake them for being less dependable socially and in job situations.

Because migraines are an unseen disability of the head, people can unfortunately think they are just headaches.

Relationships play an important role in our health. Interestingly,

migraines can often effect father's relationships more with their sons, while migraines can effect mother's relationships with their daughters.

According to the website Migraine Again, don't lie about when you are having a migraine, that will only make the migraine worse. Be honest and open, if anything this may even strengthen your relationship with him or her.

Good relationships with family, friends, work associates, church communities, neighborhood communities, and pets are vital and can provide the kind of social support that can buffer the affects that migraines can have on our quality of life.

Read Vol 6 Issue 1 to find out how pets play a significant role in helping to relieve migraines.

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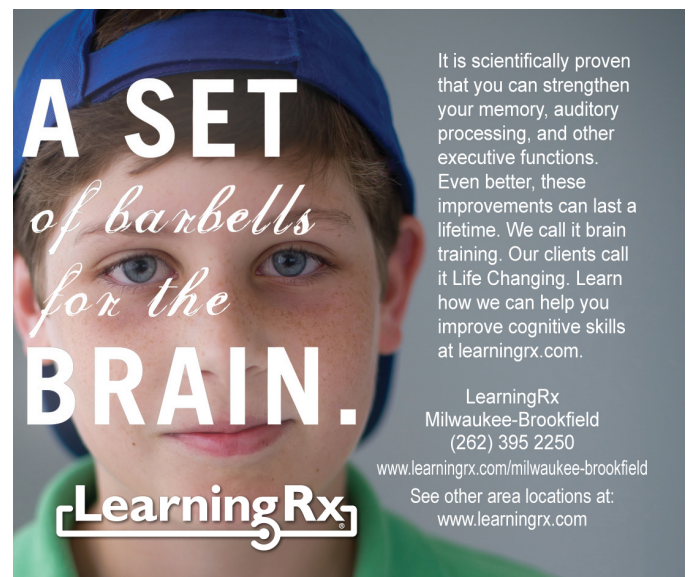
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Comedic Inspiration: Noelle Rose Kraemer

Written by: M.L. Santovec / 30West

Sharing Stories in the Cozy Corner

It is said that the best comedy is born from tragedy. Noelle Rose Kraemer has had the latter in spaces.

Still, she has become the walking embodiment of both a miracle and the power of modern medicine. The 25-year-old town of Erin woman has made unbelievable progress since Feb. 5, 2008.

That's when she hit a patch of back ice with her 2003 Toyota Camry and landed in the emergency room of Froedtert Hospital with a bleak prognosis.

"Black ice is not nice," she quips while admitting that the doctors weren't sure whether she would even survive the night. But, she defied their expectations sating, "I'm alive and kicking even though I don't do much kicking."

Kraemer's experience is a

reminder of how life can change in an instant. One moment the early graduate of Hartford Union High School was driving to her grandmother's house to make pork chops for supper and the next she's on life support in a coma for three weeks.

After her stay at Froedtert, Kraemer was moved to Sacred Heart Rehabilitation Institute. When her work at Sacred Heart was completed, she moved to Clearview Brain Injury Center in Juneau, Wisconsin.

After a year at Clearview she is now back at home with her parents and receives assistance from a caregiver.

...

Ann Habra seems more like a sidekick than Kraemer's caregiver. For the past five years, she's accompanied her to various activities and ensures

Kraemer remains mentally and physically engaged...

In addition to her demanding schedule, she makes twice-weekly visits to the Lake Country Fine Arts Studio and Gallery in Hartland. There she creates painting and clay objects under the watchful eye of owner and artist Marlene Millevolt.

Each of the pieces she completes has a purpose. "Noelle loves to create things to give away as gifts," says Habram.

"I don't make anything for myself," Kraemer acknowledges. "I make if all to give away."

Friends have received large paintings as wedding gifts; family members are remembered on their birthdays and at Christmas with clay bowls.

The resilient artist recently exhibited her paintings at the gallery, selling 19 of 23 on display. Kraemer donated 25 percent of the sales to support the **Brain Injury Resource Center of Wisconsin** in Waukesha where some of her paintings are on display...

The full article can be found on pages 32-37 of the November 2015 issue of 30West.

Telling your story is more than just putting your thoughts on paper. "Sharing Stories in the Cozy Corner" is a place for survivors and families to reach out to others to offer hope, inspiration, conquer challenges, and know that they are not alone.

Share your story by contacting our Bulletin Coordinator/Editor
Bari L. York (bari@bircofwi.org)

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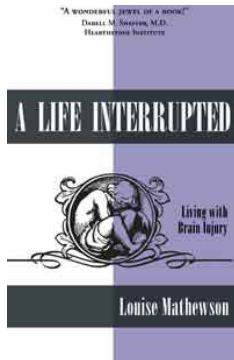
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"A Life Interrupted: Living with Brain Injury"
Written by: Louise Mathewson / Nashville: Pearlsong Press



Overview

In February 2003 author Louise Mathewson emerged from a two-week coma following an auto accident in which she had suffered a traumatic brain injury. At first unable to walk or make herself understood, she resumed writing as soon as she could and found the process transformative. The poems in *A Life Interrupted* depict her healing journey and provide hope to patients and caregivers who have also been transformed by injury. The book includes a resource section and the journaling prompts Mathewson found helpful. "This book should be required for every neurologist graduating from residency," says Linda W. Peterson-St. Pierre, Ph.D., Emeritus Professor at the University of Nevada School of Medicine. "It should be in every VA hospital for soldiers returning from war. It should be at the bedside of all who suffer at home. A caretaker should gently read these words out loud to heal and be healed."

Rating: ★ ★ ★ ★ ★ 5 Stars (out of 5 possible)

Mathewson, L. (2012). *A Life Interrupted: Living with Brain Injury*. Nashville, TN. Pearlsong Press

"Defying Gravity: Rising Above Severe Traumatic Brain Injury"
Written by: Katie Marshall / BIRCoFWI Bulletin

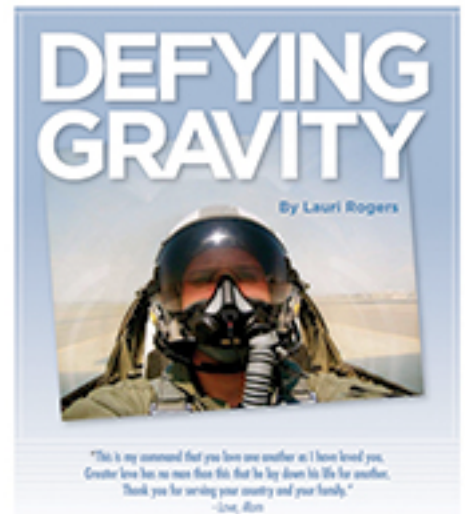
A mom's love story of a family that walks together with their beloved airman as they begin their journey to overcome the devastation of severe traumatic brain injury. David was a Senior Airman in the Air Force who worked as an F-16 Crew Chief.

When David was 12 years old, he received a life-threatening head injury when his skull was fractured. On May 6, 2009, while stationed in Germany, he was involved in a catastrophic car accident, leaving him with damaged internal organs, multiple fractures and a severe traumatic brain injury.

Lauri Rogers, the author of this book, is a wife and the mother to 6 children. She now lives in the Richmond, VA, area to take advantage of the superior care offered to David by the Air Force, because he is a wounded warrior.

I would recommend this book because it offers insight into surviving multiple severe traumatic brain injuries.

Rating: ★ ★ ★ ★ ★ 5 Stars (out of 5 possible)



Rogers, L. (2015). *Defying Gravity*. Youngsville, NC. Lash and Associates Publishing

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

Unexpected Kindness

Written by: Kathy Richardson & / BIRCOFWI Bulletin Staff

Email received on October 23rd:

“Hello my name is Kaitlyn Kalinowski, a teacher at Waukesha Randall Stem Academy. A group of my 2nd and 3rd graders did a community service project and wanted to raise money for the *Brain Injury Resource Center of Wisconsin, Inc.*

This Friday they did a bake sale and raised over a hundred dollars. They would like to present it to you.

If possible, we are hosting a community service project expo at *Randall Stem Academy* on Wednesday, *October 28,*

2015, at 1:45 p.m. and would love for someone from your organization to come and collect the check and see how the kids made this possible. Please let me know your thoughts.”

Upon receipt of this email we were overjoyed that this group of students would choose to raise funds for our organization!

Our Response:

On October 28th, 2015, Kathy Richardson, Vice-President and Resource Facilitator for the Brain Injury Resource Center of Wisconsin, accepted a

donation from Waukesha Randall Stem Academy.

A group of Ms. Kaitlyn Kalinowski's 2nd and 3rd graders wanted to do a community service project and chose to raise money for our organization.

How was this done?

They held a bake sale at the fall dance and raised over on hundred dollars.

We again thank them for their generosity!”

(picture with students on the next page)

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
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## Unexpected Kindness

Written by: Rathy Richardson & / BIRCoFWI Bulletin Staff



Kathy Richardson receiving a check from Ms. Kalinowski's 2nd and 3rd grade class

The Brain Injury Resource Center of Wisconsin, Inc. want to thank these students from the bottom of our hearts for all their hard work!

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### Want More Information?

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

Be sure to visit our website today! Archived copies of the BIRCoFWI Bulletin can be ordered via our web store at [www.shop.bircofwi.org](http://www.shop.bircofwi.org)

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