

# BI-INSIDE *Magazine*

FOURTH ISSUE

BRAIN INJURY AWARENESS

Come Take a Stroll With Us

## **FEATURES:**

*Unmasking Brain Injury*

*Eating Habits and Healing the Brain after Injury*

*A Fighting Chance, Believing for Hope*

*Upcoming Events in the Mark Schmitt's Creativ Edge Studio*

*Telling of a Tale: Scott Daul*

## Message from the Executive Director

Indeed 2020 has been a challenge to most everyone. Toby Mac (musical artist) once said, "When somebody has to walk through a desert or a storm, they are fighting the elements, fighting things that are not natural to themselves. Our lives are much the same. We're fighting against these things every day trying to remain true to who we are called to be."

This quote has never been more true. The *Brain Injury Resource Center of Wisconsin* continues to serve the brain injury community at a time when the whole world seems to be moving in different directions. In a sense, the more things change, the more they stay the same.

After brain injury, the road to recovery is just as hard, the road to recovery is just a long, and the road to recovery is just a challenging.

Our organization is as dedicated now as we were before the whole world turned upside down due to COVID-19 and our Vision and Mission remain steadfast and true:

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

Our Mission:

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

*Lois York-Lewis*

Lois York-Lewis  
Executive Director and Co-Founder of the Brain Injury Resource Center of Wisconsin, Inc.

### **BI-INSIDE Magazine Team:**

**Bari L. Rieth** (TBI Survivor, Daughter, Grand-daughter and Wife to Brain Injury Survivors, Board Secretary, Editor and Writer)

**Lois M. York-Lewis** (Mother and Mother in-law, Wife and Daughter to Brain Injury Survivors, Pres. of Board of Directors for the BIRCoFWI, Editor and Writer)

**Kathy Richardson** (TBI Survivor, CBIST, and Writer)

**Denise Meagher** (Family member of brain injury survivors, Writer and Editor)

**Dr. Nathan Glassman** (Neuropsychologist, Board of Director for the BIRCoFWI and Writer)

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**Mike Strand** (TBI Survivor and Writer)

**Linda Scherwinski** (Mother to a Brain Injury Survivor, Writer and Board of Director for the BIRCoFWI)

**Steve Maday** (Photographer)



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## *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\*


Everyone who  
has worked so  
hard to keep  
BIRC strong!

Sincerely,  
Kathleen  
McGillis Dryna

## *In Memory of...*

Foster, Donna  
 Franke, Rick \*\*\*  
 Gebert, Elliot  
 Kasprzak, Loraine  
 Koehler, Loie (Lois Ann)  
 Lozak, Margaret (Peggy)  
 Malueg, Mark  
 Rieth, Bethany\*  
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 - Congenital  
 ☞ As well as other neurological impairments

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 ☞ Classroom Instruction  
 ☞ Social Activities  
 ☞ Community Volunteering

## 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 changes lives.

# UNMASKING BRAIN INJURY

The theme for the 2020 Brain Injury Association of America national campaign is "CHANGE YOUR MIND."

We, at the Brain Injury Resource Center of Wisconsin support this idea and we know you do too! Therefore, we are proud to announce that we have collaborated with the Unmasking Brain Injury Project to represent Wisconsin in this effort to bring about awareness.

## Unmasking Brain Injury - In the beginning

When Marty Foil, Executive Director of Hinds' Feet Farm, received his February 2015 edition of his National Geographic subscription, a light bulb went off in his head. In that edition, there was an article (from the National Intrepid Center of Excellence) describing



Mask example found at: [unmaskingbraininjury.org](http://unmaskingbraininjury.org)

an art project geared toward soldiers who had sustained a traumatic brain injury.

The masks produced were vibrant and healing works of art. *The goal of the Unmasking Brain Injury Project is community awareness and education.*

This occurs when the masks are displayed in the community for the public to see.

## Where can the masks be displayed:

- Hospitals or Rehabilitation Programs
- Art or Community Museums
- Banks, Schools, or Public Buildings
- Conferences and Workshops

## How are the masks displayed:

- Mask are displayed using a stand, which holds eighteen masks with their stories.
- Two or more stands can be put together to create a larger display.
- Our website will house the Wisconsin Mask Gallery of creations at:

<https://www.bircofwi.org/unmasking-brain-injury.html>

The mission of Unmasking Brain Injury is:

- to promote awareness of the prevalence of brain injury;
- to give survivors a voice and the means to educate others on what it's like to live with a brain injury

- to show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value

After the Unmasking Brain Injury project was first launched the official international website was created that allows anyone to view the completed masks (USA, Canada, and Argentina) and their explanations ([www.Unmaskingbraininjury.org](http://www.Unmaskingbraininjury.org))

How can I contact the Brain Injury Resource Center of Wisconsin Unmasking Brain Injury Project to request Wisconsin masks to display or exhibit in my community or to join a group to create a mask?

1. Contact our organization via our website at <https://www.bircofwi.org/contact-us.html>
2. Email us at [admin@bircofwi.org](mailto:admin@bircofwi.org)
3. Call us at 262-770-4882

The project will kick-off in Waukesha on April 15, 2020 and will be held in other locations throughout the state of Wisconsin.



Lois M. York-Lewis

## Eating Habits and Healing the Brain after Injury - Part 3

### How your injury affects your meal planning and preparations

What happens to the brain after an Injury has occurred? What lobes of the brain control what functions?

Let us take a review of the lobes of the brain and see what we are talking about (<https://www.bircofwi.org/all-about-brain-injury.html>)


After reviewing the lobes descriptions, it is apparent by the function of each how your trip to the store and the overall experience once there will be affected, how your meal preparation steps will be impacted, and your organization and planning are all potentially affected by which lobe of the brain sustained damage. Now, ask yourself, "How can nutrition play a role in recovery?"

As we discussed in prior segments, good nutrition and hydration keep the body and brain in good working condition.

The Temporal Lobes are located on each side of the head above the ears. They control hearing and are related to smell, taste and short-term memory (especially visual and verbal).

The Occipital Lobe is located at the back of the skull and controls vision.

The Parietal Lobe is near the back and top of the head. It's involved with visual attention, sensation (touch and pressure) and integration of senses.



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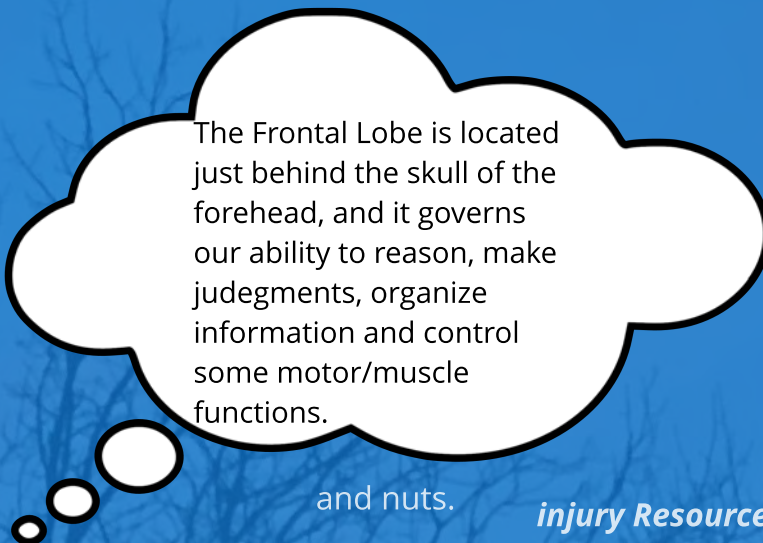
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# Eating Habits and Healing the Brain after Injury - Part 3

When someone sustains a brain injury, it is necessary to eat enough nutritional calories to help the brain function efficiently.

## What can you do to stay focused on good eating habits that promote recovery?

- Eat small meals every three to four hours.
- Keep small baggies of healthy snacks with you during the day to boost your energy, such as nuts, trail mix, apples, cheese, hard-boiled eggs, and energy bars.
- Ask a member of your family or a friend to make these for you and put them in a small cooler to take with you when away from home.
- Balance small meals with a combination of protein, healthy fats and oils, and carbohydrates.
  - **Proteins** include fish (tuna and salmon included), lean meats, nuts, and eggs.
  - **Healthy fats and oils** are found in avocados, seeds,



- **Carbohydrates** are easily eating when a good diet includes a variety of fresh vegetables, fresh fruits, and grains.

and nuts.

Now you are ready to shop for these items or order online for pick-up or delivery. If you are able to make a trip to the grocery store, take a few moments to prepare since shopping and preparing meals take a lot of energy.

To make your preparation easier, the **Brain**

**injury Resource Center of Wisconsin** suggests using some of the planners and organizers found in our **Survival Kit** (Lash & Associates Publication) **Daily Living Checklists Section**.



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# Eating Habits and Healing the Brain after Injury - Part 3

The grocery store can be a very challenging environment when you have a brain injury.

- The lights, visual stimulation, and sounds may make it difficult for you to concentrate.
- When planning your trip to the store try to choose a time when it is less crowded and less noisy.
- If you are sensitive to noise and light, wear earplugs or filters and/or tinted glasses.

- Shop when you are well fed. You will make smarter food choices when you are not starving and your focus and attention will be sharper.

**IMPORTANT NOTE:** After a brain injury, some people lose their sense of smell, and it is very important to be alert to the expiration dates on food to ensure you are getting a fresh product.

## Yogurt Banana Split

Use a banana split bowl, salad size plate, or large cereal bowl  
Ice Cream scoop or Large spoon to scoop out the yogurt

### Ingredients:

1 med. banana (Cut the bottom and top off the banana and peel the skin)

Cup of washed, fresh berries or the berry of your choice

Tub of vanilla or plain yogurt

Granola for topping



The result of all your planning and efforts is to make a simple, delicious breakfast the next morning. Try making a Yogurt Banana Split!



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### Creation steps:

1. Cut the banana down the middle and place in the bowl
2. Scoop out two or three helpings of yogurt (depends on the length of the banana) and put between the banana slices
3. Place fresh berries over the yogurt

# A Fighting Chance, Believing for Hope

Twelve years ago, Kyle and Sue Dempsey's lives took a tragic, life altering turn when a car accident sadly claimed the life of their young son, Bryce; and left their three-year-old daughter, Mackenzie severely injured.

Not only was Mackenzie born with a congenital heart issue, but due to the head trauma, she developed Superficial Siderosis, (SS). It's fairly unknown, but oftentimes common condition.

For all who have ever suffered a head injury; including a "minor" one, SS may not show up until years later. Since the accident, the Dempseys have come to realize no head injury is minor and they are doing whatever they can to bring awareness to SS.

Through SSRA (Superficial Siderosis Research Alliance) that awareness is thankfully surfacing, and so is hope.

First discovered in 1908 during an autopsy performed by R. C. Hamill, SS remained largely undetected and was considered a rare disease with less than 270 total reported cases in scientific literature as of 2006. Currently, Neurologist Dr. Michael Levy is working on a standardized MRI diagnostic protocol.

To "simplify" the explanation of SS, Kyle says, *"It's caused by a blood leak into the brain. In Mackenzie's case, due to the car accident she broke her clivus; a bony part of the cranium at the skull base. When that leak occurs, iron, while necessary in the body, is dangerous in the wrong place. When the iron leaks into the brain its microscopic break-offs play a big part in doing neurological damage. In Mackenzie's situation, her clivus bone was acting like a knife, slowly sawing at the injured area. Over time the dura, one of three membranes covering the brain and spinal cord, was ruptured."*

Because SS is often confused for other neurological conditions such as multiple sclerosis, Parkinson's or multiple system atrophy, pinpointing SS has been difficult. From SS being discovered to receiving help, it's become a battle.

*"During her healing process," Kyle explains, "Dr. Sean Lew was closely monitoring Mackenzie. He noticed a suspicious area when she was then six years old; but she wasn't diagnosed with SS until she was closer to nine - ten years old. When Mackenzie started to lose her hearing, just one of many symptoms, we knew the bleeding and SS's progression had to be stopped!"*

Meeting Dr. Lew blessedly led them to encounter and receive help from Neurologist, Dr. Anand



Denise Meagher

Germanwala of Loyola University Medical Center, in Cook County, Illinois.

*"We were already involved in medical issues starting with Mackenzie's heart, now the brain," Kyle continues. "She's not only had to learn to walk and talk again, and underwent open heart surgery, but faced an intense and first-ever anywhere brain surgery to stop the bleed. It was a fifteen hour surgery. We were the first name written on the surgical board and the last name off."*

While it's not been a perfect solution, it's been effective in helping Mackenzie. One of the hardest issues, though, is explaining this situation to others, including family.

Many people don't realize that while Mackenzie and others like her may "look fine" their bodies need time to heal. With SS having no cure, we are personally and with SSRA's help focusing on preventative measures and bringing awareness to this crucial issue.



## A Fighting Chance, Believing for Hope

*"What if this was caught early? Why do some people get this and some not? Why does it take so long for the symptoms: hearing loss, visual impairment, imbalance issues, dizziness, lack of coordination, etc., to emerge in some cases?" Kyle asks.*

*"Monitoring is important. I'm amazed at how much the DOD spends on aiding those who've suffered from head trauma. SS is a part of that. Because there are still questions that remain unanswered, we've made it our mission for no other reason, than to bring awareness and thereby help others. By partnering with SSRA and others like Rori Daniel and her husband, Gary, who is also living with SS, we're hoping that others will join us. "We don't want to scare anyone, but rather make people aware!"*

While the Dempseys are grateful Mackenzie is an active fifteen year-old, her most recent and impressive accomplishment was playing in the Pewaukee High School's pit band during their production of "Catch Me if You Can," her father clarifies.

*She's still a bit limited, tires easily and takes longer to*

*recharge. It's difficult for her to explain this to others. Subsequently it's easier to draw in; to be more of an introvert."*

It's not an uncommon plight for those who've suffered head trauma. In "learning to live" with conditions like SS, there are oftentimes frustrating consequences when talking with family, friends and others.

To find out more about SS and SSRA please visit or contact the following:

Kyle Dempsey, SSRA President:

[kyle.dempsey@ssra.livingwithss.com](mailto:kyle.dempsey@ssra.livingwithss.com)

General Inquires: [info@ssra.livingwithss.com](mailto:info@ssra.livingwithss.com)

Media Requests: [media@ssra.livingwithss.com](mailto:media@ssra.livingwithss.com)

SS and similar head trauma can be explained **to** others, but cannot be understood **for** others. Educating people is an extension of the SSRA.

Regarding SS, as Dr. Michael Levy says, "As long as the siderosis is present, the damage it causes continues. . . ." For the Dempsey and Daniel families and for many others; funding this research and finding out more about SS is their fighting chance as they believe there is hope!



Mackenzie and Kyle Dempsey

## Feeling Brain Injured



Mike Strand

Recently, some friends asked me to join them at a local bar for a monthly get together. I chose to decline because I try to avoid situations that make me feel brain-injured.

I would feel brain-injured because I try to avoid driving late in the day, so I would have to ask for a ride. Sure, I have many friends that would not hesitate to give me a ride, but then it becomes difficult when I am tired, a little after getting there, and I ask them to take me home.

Again, they would do it without hesitation. The problem is that this makes me feel brain-injured.

The fact that I have a brain injury never leaves my mind, but it also isn't too glaring after all these years. Until a situation like this comes up.

First, I must be driven

around like a child, but even more than that, it is the knowledge that sitting around a table midst a lively conversation and the bustling of a popular local nightspot is not something I am really capable of enjoying anymore. Chatting with friends is something I enjoy immensely, but it has to happen on my terms.

I would need to enter, chat for a few minutes, and then excuse myself, go home, and sit in a low light room with absolute quiet for a while. Entering into this scenario by arranging a ride and subjecting myself to over-stimulation makes me feel brain-injured.

Having to leave early makes me feel brain-injured. Having to ask someone else to leave an enjoyable night out and attend to my limitations by taking me home makes me feel brain-injured.

Being on my own, following my routines, allows me to avoid this feeling of constricted opportunities that my brain injury has circumscribed my life with. I like to go to my favorite local coffee shop in the mornings.

I am at my best early in the

day. I can engage in conversations with a variety of people, and most importantly, when I begin to fatigue, I can pay up and just go home.

### *Life is good*

I enjoy playing board games. Many of my friends enjoy playing board games.

The most likely times that we can get a group together is weeknights. By night, I have trouble focusing on the game.

This means that everyone has to come over to my house and I have to play host for every gaming session. Most of the games that we enjoy playing take two or more hours to play. All of this is extremely difficult for me.

This makes me feel brain-injured. So now I very rarely game with my friends.

Nowhere made me feel more brain-injured than when I worked at my factory job. Every day, I was choosing between saying I couldn't do

## Feeling Brain Injured

something and then having to worry about my job, or doing a job that required all the things that I was no longer good at like working fast, working with small pieces and tools that required focus and fine hand-eye coordination, working for eight hours a day with only two ten-minute and one thirty-minute break.

My brain injury became my identity. I was “that brain-injured guy.”

After working for nearly twenty-five years unsupported in this factory I was let go.

### **This was a gift**

I think it was by getting out of that situation that I began to discover how much of my life I could live and not be

limited by my brain injury. I believe that leaving the factory made it easier to avoid situations that make me feel my brain injury.

It's not always this bleak. I really enjoy playing disc golf.

I have a couple of friends that can play it with me in the late morning and early afternoon.

It is something that I enjoyed doing before my accident that I was eventually able to come back to. For all the time and effort that I have put into playing (over 30 years), I should be much better than I am, but I have a brain injury.

### **I have made peace with this**

That I can play at all is good enough for me. I hope that others with a brain injury can see this as well.

Some days I feel as if my entire life is ruled by my brain injury. Where a resounding “No” squelches every opportunity!

However, I have many more days where I feel that my life is not ruled by what I can no longer do.

Instead, I affirm how much I can “be.” Not be good or be bad, but just be.

### **I can just be me**



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## Emotional and behavioral Changes in Children After Brain Injury

Produced by: Victoria Tilney and Brian King

Dr. Jane Gillett: Well, in terms of emotional and behavioral changes that occur, the, again, most brain injuries in a traumatic sense occur affecting the frontal lobes and them temporal lobes, and you frontal lobes are the part of the brain that have what we call the pleasure center and the initiation center and the sort of attention distractibility center. And then the temporal lobes have a lot to do with memory as well as emotional control.

So, you're hitting those areas or you end up isolating those areas from being able to do things. A number of kids will be more apathetic than anything else, or they'll just sort of sit there like a bump on a log and not really do anything.

They tend not to get recognized, particularly while in school, because they're not a troublemaker, because they're just sitting there. Of course, they don't do very well in school, but they're just sitting there.

Then there's the group where their ability to stay on task is quite impaired, and so they'll get up and be fidgety and wander around the room and not stay on task and get distracted by the bird flying by the window, the noise outside, all kinds of things like that, and,

again, don't pay attention enough to know what's going on--may not even remember, because they haven't paid attention, that they were being told to do a certain task, so they don't even know to do it, and other kids find them kind of distracting. Teachers really tend to not like kids to do that, so then they get disciplined a lot.

The third group that have a lot of trouble controlling their emotions, and we all have trouble controlling our emotions to a certain extent, but their ability's like almost non-existent. So they can be in the classroom, and then all of a sudden get really, really angry or suddenly start laughing or crying, and there doesn't necessarily seem to be any correlation to what's going on around, maybe something happening internally, something that they're remembering about what happened at home, but all of a sudden, you're having to deal with a child who is out of control, and what are you going to do, and how are you going to manage that child?

So, there's that, and then of course there's the combination of any of the above, and then because of the memory problems that you can

have, you get further behind in school. Well if you have the awareness to know that you're not the same as you were from before and that used to be a really good student, but now you're not doing as well and you're not remembering, whereas before it used to be like that [click], then that can get really frustrating which can then make you really angry or get you really down, and then a brain injury in itself gives you a risk of being depressed just because of the brain injury about 70% of the time, so depression is a factor as well.

And, then, the pleasure center of the brain, if it's isolated, puts these kids at great risk of becoming substance users and addicted because the impact of that substance, the impact of the alcohol or the cocaine or whatever is going to be five times greater than what it would be to another kid, so they're going to get a super high and become almost immediately addicted. Then, it's really important to try and get them to avoid using those substances.

But most kids get into using those substances because it makes them feel good about themselves, and when you're not feeling good about yourself, it seems pretty natural to head

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towards it, and the people who tend to start using substances as a kid tend to be kids who are

having trouble in school and are sort of socially isolated, and a lot of kids with brain injuries

become socially isolated because they're not learning and they don't interact with their peers

the same way as their peers do. They're a little slower at understanding, you know, jokes,

understanding what's cool. They just don't quite get, so there's a lot of sort of emotional

behavioral things that you have to deal with



### Pool Safety Tips:

Created by:

Dr. Sarah Denny, Nationwide Children's Hospital

&

Nychelle (Nikki) Fleming - U.S. Consumer Product Safety Commission

**Portable Pools Safety:** When it comes to water, children are naturally curious – it's so interesting and fun. Portable pools can be a fun way to cool off when it is warm outside and they don't cost a lot of money. What parents may not realize, however, is that portable pools can be just as dangerous as in-ground pools, and the same types of protections available for big pools just aren't there for kiddie or inflatable pools. If you are looking into getting a portable pool, here are some tips to help you choose the best pool for having fun and being safe.

**Life isn't like the movies:** TV and movies have created the idea that it is obvious when someone is drowning and that we can respond quickly enough to help. But the truth is drowning is quick, silent, and final. A child can drown in a few inches of water in just minutes and without a lot of splashing or noise.

**Actively supervise:** It is really important to always supervise kids closely when they use any kind of pool. That means staying focused on the kids — not your phone, your book, or any other distraction.

**Cover it. Store it:** To prevent kids from using a portable pool when an adult is not supervising, your pool should have a cover or be small enough to empty and put away after each use. If it has a ladder, make sure the ladder can also be removed and put away or locked so that it cannot be used to enter the pool.

**Fence it in:** Having a fence all the way around a pool, even a portable pool, is the best way to prevent kids from getting to the pool when there is no adult supervision.

**Seconds count:** Keep a phone with you while you are watching kids in the pool, learn CPR, and if a child is missing, always check the pool first. These steps will help create a safer pool environment that allows everyone to have fun and be safe.

Following these tips can help keep your family safer around the pool. For more swimming pool safety information, visit [www.preventchildinjury.org/toolkits/swimmingpoolsafety](http://www.preventchildinjury.org/toolkits/swimmingpoolsafety).

# Brain Injury Resource Center of Wisconsin 10<sup>th</sup> Annual Picnic

**Date:** Saturday, September 19, 2020  
**Location:** Blue Lotus Farm and Retreat - 5501 County Road M - West Bend, WI 53095  
**Time:** 1:00 pm until 5:00 pm  
**Included:** Each participant will receive a BIRCoWI Logo Mask to wear at the event  
 \*\* There will be Sanitation Stations set-up throughout the main area for your use and convenience \*\*

## Things to Do...

Bean Bag Toss		Swings	
Croquet		Walking Trails	
Bocce Ball		Campfire-Weather permitting	
Frisbees		Bicycles will be available for use	
Lawn Dice		Boats and Fishing will be available as well	

**Note:** The pool is closed this year due to the Covid-19 Pandemic ☹️

**Meal will include Pulled Pork, Buns, Fresh Salad, Mashed Potatoes, Bottled Water and Lemonade**

**Your Email Registration has been received**

**This is your confirmation and reminder notice**

## Telling of the Tale: Scott Daul

Written By: Bari L Rieth

*Brain Injury has impacted Scott Daul, but not his positive spirit.*

Who would have thought that just two years ago in September his life would be altered in such a big way? It was a beautiful crisp fall day in Las Vegas, Nevada and Scott was taking a leisurely bike ride in a bike lane; unfortunately, without a helmet.

A drunk driver sideswiped Scott and although he has no memory of this crash most of his injuries were to the right side of his body. He doesn't recall any thoughts he was having at that moment, *"it just all happened so quick"* Scott does remember that.

According to the Traffic Crash Report, that was created by the Nevada Highway Patrol, not only was Scott hit, he was involved in a hit and run. A hit and run that took place on a beautiful day with dry driving conditions.

Although he does not remember the crash or the two - three weeks after the injury occurred, what he does remember is that his hospital stay was a month with two weeks of physical therapy afterwards. Scott's hospital stay would be at a hospital in Las Vegas and later he would move to Wisconsin to live with his Mom in Pewaukee, WI.

Leaving Las Vegas meant that Scott could recover better with his Mom and family. In addition to recovering better, leaving Las Vegas also means leaving most of the loud noises.

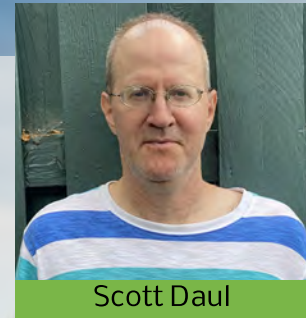
In addition to not being able to tolerate loud noises, he cannot tolerate big crowds also. Perhaps the most impacting symptom that he still experiences on a daily basis is the constant headache he endures all day.

Scott compares his headaches to being hit by a hammer and explains further by mentioning that it feels like, *"someone took a towel and wrapped it around my head then pulled the towel as tight as they could."* He has learned to live with his headaches and to just "work through the pain."

Working through the pain is how Scott is making it through his day and he thinks that seeing a chiropractor may help. Dr. Josh Dietze of The Center for Comprehensive Chiropractic Care in Oconto Falls, WI confirms this thought by stating that "head trauma can have a rotatory component which in turn affects the neck (muscles, tendons, ligaments, and alignment and functionality) and in turn can get excellent results from being adjusted by a chiropractor."

Having a thorough assessment done by a chiropractor may help in combination with also sleeping on an upright slant. The advice about his sleeping position was given by the Executive Director of the Brain Injury Resource Center of Wisconsin, Inc., BIRC, Lois York-Lewis.

Lois commented further that, *"the amount of sleep you have*



Scott Daul

*can affect your blood pressure and it is known that high blood pressure can cause headaches because it affects the blood-brain barrier."* Lois sees Scott often, every Tuesday, Wednesday and Thursday from 1-5 p.m., because he currently heads up the Resource Library Team at the BIRC.

*"Part of the reason why I volunteer at the BIRC is because so I can help anyone else that has had a brain injury or something similar to what I have,"* Scott said to me during our interview.

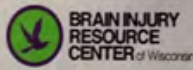
In addition to volunteering at BIRC, he works at Good Harvest in Pewaukee, part-time, as a cleaner. Since his brain injury Scott shared with me that he *"tries to live for the day, because I can do a lot about that."*

Watch your mail/email for more information on upcoming events such as Unmasking Brain Injury Events! If you are not on our mailing list, complete the information below and get added!

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:			



MARK SCHMITT'S  
CREATIV/EDGE



Fall of 2020 Studio Sessions  
MAIL-IN REGISTRATION FORM  
Only One Person Per Form

First Name:		Last Name:	
Mailing Address:			
City:		State:	Zip Code:
Cell # (including area code):		Email:	
<p>Class Session(s) Selected (Class is limited to 8 participants per session – register early!)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> September 16 (1:00 pm – 4:00 pm) – “Reach for the Stars” Hand Collage</li> <li><input type="checkbox"/> October 14 (1:00 pm – 4:00 pm) – Create with Clay</li> <li><input type="checkbox"/> November 18 (1:00 pm – 4:00 pm) – Stovetop Hat, Holiday Decor</li> </ul> <p>\$ 10.00 per session to cover the cost of materials</p> <p>(Checks Payable to BIRCoFWI)</p> <p>Total Number of Sessions Attending: _____</p> <p>Total Payment Enclosed: \$ _____</p> <p style="text-align: center;">Mail completed forms and payment to Brain Injury Resource Center of Wisconsin Attn: Craft Session Coordinator 511 North Grand Ave Waukesha, WI 53186-4916</p>			