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Women Wellness
Fall State Chapter Information Packet
2019-2020

Hello Chapters,

Welcome to second trimester...I would like to thank everyone for their kind words and support during the first trimester. It makes healing easier. With any illness we all have good healing days and bad healing days. But when the brain is what needs to heal it takes on a whole another adventure and can be extremely hard work. The many different therapies and doctor appointments that a person with a TBI will have to go to can take up a whole day. The path to healing is a journey not a race.

8 things to remember when going through tough times:

1. Everything can and will change
2. You've overcome challenges before
3. It's a learning experience
4. Not getting what you want can be a blessing
5. Allow yourself to have some fun
6. Being kind to yourself is the best medicine
7. Other people's negativity isn't worth worrying about
8. And there is always, always, always something to be thankful for

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Let's have some FUN

By supporting the MN Brain Injury Alliance with their bike helmet collection project. You have two ways your chapter can participate;

1. Have fundraise projects to support the bike helmet collection. The money raised will allow the MN Brain Injury Alliance to buy the helmets in different sizes at a discount cost or
2. Bring a new bike helmet to Winter State

A representative from MN Brain Injury Alliance will be at Winter State to accept donations.



M I N N E S O T A

Brain Injury Alliance

HELMET FITTINGS AND GIVEAWAYS

The Problem

In 2015, over 1,000 bicyclists died and there were almost 467,000 bicycle-related injuries. Non-helmeted riders are 14 times more likely to be involved in a fatal crash than helmeted riders. Children and adolescents have the highest rates of nonfatal bicycle-related injuries, accounting for more than one-third of all bicycle-related injuries seen in U.S. emergency departments. 85-88% of critical head and brain injuries can be prevented through the use of a bicycle helmet. For every \$1 spent on a helmet, \$30 is saved in medical expenses.



MNBIA Helmet Program

Each year, with funds provided by donors, the Minnesota Brain Injury Alliance fits and gives away between 300 - 500 new bicycle helmets. In 2018, we attended 33 events where we gave away and fitted helmets; in 2019, so far we have attended 47 events.

How Can You Help

MNBIA will accept donations of new, unused bicycle helmets. MNBIA will also accept financial donations to allow us to purchase helmets in various sizes, wholesale and in bulk to maximize our funding sources. These helmets cost approximately \$8.00-\$9.00 per helmet. Help us reach our goal of purchasing and giving away 1,000 helmets in 2020.

For more information, contact Sue McGuigan, 612-238-3235 or suem@braininjurymn.org.

Brain Injury Rehabilitation

Brain injury rehabilitation is a marathon, not a sprint. Recovery from brain injury is a process that takes time. In recent years, the specialty of neurological rehabilitation has advanced in its understanding of ways to encourage and maximize recovery. The healthcare team will use all available knowledge and techniques while caring for your loved one. While the most dramatic recovery often happens in the first year, progress is always possible as the brain continues to heal, learn, and practice. It's important to never give up and keep working toward your goals.

Recovery from a TBI can take lots of therapy. It can be a lifelong process for some survivors. You will have good days and bad. It can be painful physical and emotional.

It can include:

- Occupational Therapy
- Speech Therapy
- Neuropsychology
- Physical Therapy
- Cognitive therapy
- Resting a-lot
- No sreen time (TV, Computer, Cell phone)
- Acupunture
- Massage Therapy



5 Things to Remember about Brain Injury Rehabilitation

- **No two brain injuries are alike.** Treatment and rehabilitation will vary according to the type of injury, deficits and needs of each individual.
- **'More' does not mean 'better'.** Therapy should be intensive; however, it will only be effective if it is functional and meaningful for the individual.
- **Restore and compensate.** Brain injury rehabilitation should focus on regaining lost skills as well as learning new ways to compensate for abilities that have been permanently changed because of the injury.
- **Independence matters most.** The ultimate goal of rehabilitation should be to help individuals progress to the most independent level of functioning possible; to restore a sense of normalcy and help re-integrate them to the community.
- **You are not alone.** This is the most important statement that individuals and family members of those with a brain injury should remember. There are millions of others who have gone through the same thing you have. Don't be afraid to ask questions, seek support, get involved and participate in the rehabilitation process. Your involvement can make all the difference!

Rehabilitation helps those who have suffered any degree of brain injury relearn skills that were lost when the part of the brain is injured, and teaches new skills to accommodate any that were lost or need to adapt. The ultimate goal of interdisciplinary rehabilitation plan is to integrate the patient back into the community.

The type of and length of rehabilitation varies from person to person. On an inpatient and or ? outpatient basis a patient with a brain injury may need

Speech-Language Pathology may help patients with:

- Cognitive or thinking deficits in higher level attention, memory, working memory, new learning (for vocational or academic setting) problem solving, organization, planning and reasoning
- Linguistic or language based deficits in auditory processing, complex listening comprehension, reading comprehension, reading efficiency, language formulation, word finding, and writing
- Pragmatic or social communication deficits
- Non-medical management of common TBI symptoms using cognitive-communicative strategies such as minimizing distractions, pausing or writing things down to remember

Occupational Therapy can help with:

- Neurovision rehabilitation training which includes teaching the eyes, brain and body to work together to improve common symptoms including dizziness, nausea and headaches. These changes can impact the ability to read, drive safely or tolerate being in a busy environment
- Improve cognitive skills including memory, problem solving, safety and judgment
- Basic daily living skills such as personal hygiene and grooming, dressing and eating
- Higher level daily living skills including medication management, money management, meal preparation, returning to school and or work and returning to driving
- Adaptive equipment usage to help with dressing, using bathroom equipment, cooking, etc.
- Improving home and community safety through assessment and modification of environments and activities to facilitate well-being and independence
- Physical changes such as strength, coordination, endurance, tone and sensation

Physical Therapy following a TBI may consist of:

- Restoring physical functioning for mobility required for home, community and work setting
- Treating loss of movement and pain
- Improving strength, balance, coordination and overall fitness
- Assessing wheelchair, walking aide and orthotic needs including fit and training
- Operating assistive devices (walking aides or other equipment if needed)

Neuropsychology may be needed to: Evaluate and develop a treatment plan for cognitive problems related to thinking, memory, concentration and sequencing

Social Work Services may help with:

- Identifying programs and resources in the patient's community to support the patient/family
- Navigating financial resources/programs (disability insurance through employers, social security programs, medical assistance eligibility, etc)
- Housing resources or living situation issues
- Transportation resources/ program eligibility (Mnet, metro-mobility, etc.)
- Referrals to the Minnesota Brain Injury Alliance programs
- Referrals to vocational rehabilitation programs
- Providing general counseling and advocacy for patients
- Educating patients, family members, employers and educators about traumatic brain injuries and helping them understand and support the patient
- Return to Learn, social worker, social worker is liaison between TBI clinic providers and school staff
- Return to Work, social worker assists with documentation/ form completion and comprehension



Few people understand the personal impact brain injury can have. Its effects often are subtle and difficult to express. In March of 2016, the Minnesota Brain Injury Alliance began the *Unmasking Brain Injury in Minnesota* project - a statewide community-based art project that enlisted the participation of over a thousand individuals living with the effects of brain injury. Unmasking allowed individuals affected by brain injury to design masks that communicate their unique perspectives and altered outlooks. It gave survivors and caregivers a voice to illuminate their life with a brain injury; to show others that persons living with a disability due to brain injury are deserving of respect, compassion and the same opportunities afforded all citizens in their respective communities.

THE MN BRIAN INJURY ALLIANCE WILL BE DISPLAYING THE UNMASKING PROJECT AT WINTER STATE. PLEASE MAKE SURE YOU PLAN ON ATTENDING. YOU DO NOT WANT TO MISS THIS OUTSTAND DISPLAY OF ART

Please pass this information to your chapter members

We've Made MNWT Facebook Pages Easier to Follow!

We received a lot of feedback about the number of Facebook pages to follow and decided it was time to consolidate. There are now 5 new, combined Facebook pages:

MNWT Administration – posts from President, Administrative VP, Secretary, Parliamentarian, COB, Presidential Assistant and NEWSLET Editor

MNWT Membership – posts from Membership VP, Chapter Mgmt VP, Extensions Director and SUCCESS Coordinator

MNWT Programming – posts from Programming VP and all State Program Managers

MNWT Finance – posts from Financial VP and State Store

MNWT Committees – posts from Future Directions, Marketing and Membership Management committees

The following pages remain unchanged:

Minnesota Women of Today – our organizational page where all events are located remains unchanged

MNWT Foundation – posts from the Foundation

MNWT Keywomen – posts from the Key Women Club

MNWT District Pages – you should continue to follow your District specific MNWT District page

If you are looking for an older post from a previous page, go to the appropriate new page and look for the archive post to see a view only archive of the old page. If you have any questions, feel free to contact Katie in the Chapter Service Center.

MNWT Outstanding Awards WEBINAR for 2019-2020

A webinar will be held on Tuesday, October 8th at 7:00 PM to walk you through the Outstanding Awards procedures. If your chapter is considering nominating an individual for the Outstanding Young Adult or Lois M Christiansen Outstanding Women Who Impact, this webinar is highly recommended.

Nomination guidelines and forms will be reviewed along with recent changes that have been made. There will be ample time for questions and answers. Nomination deadline is November 1st.

Registration will be available on the MNWT website.



Minnesota Women of Today

2nd Trimester SUCCESS Presidential bonus points

2019-2020

Submit a nomination for the Outstanding Young Adult or Lois M Christiansen Women Who Impact Award (50 pts)

Or

Sell two (2) Books Raffle Tickets (\$100) for the MNWT State Ways and Means Fundraiser (50 pts)

Or

Sign at least 3 new members during 2nd trimester (50 pts)

Or

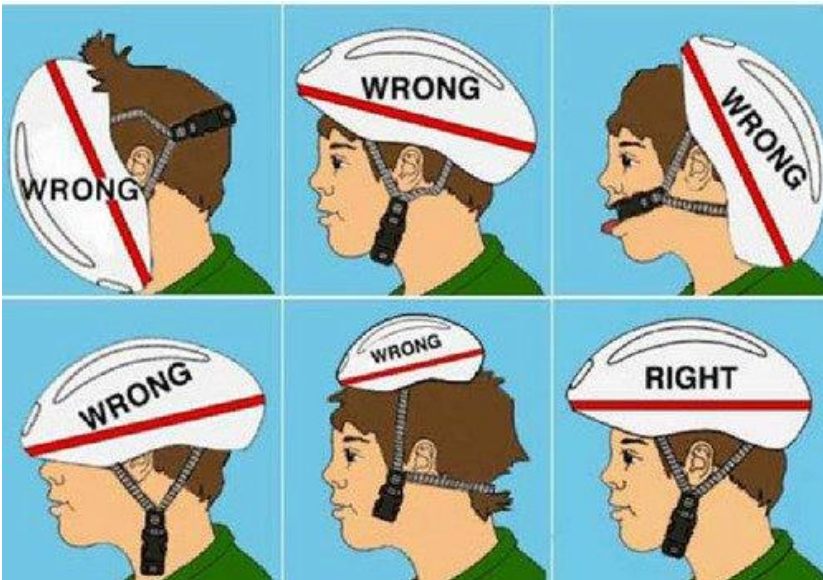
Have at least 2 members from your chapter attend the online webinar scheduled on October 23rd (25 pts)

Or

Participate at the National level by having 25% of members certify in Health & Wellness or Personal Development; or hold a Domestic Violence event or training; or donate \$25 to National Ways and Means (25 pts)

Maximum of 100 bonus points!

JUST A REMINDER



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or


2. Bring a new bike helmet to Winter State

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WALK FOR THOUGHT

Saturday, September 21, 2019
Walk begins at 10 a.m.

Duluth • Saint Cloud • Twin Cities



Consumer & Family Conference


"Journey to Wellness: Body. Balance. Being."

Saturday, June 1, 2019
Saturday, October 19, 2019
New Life Presbyterian Church, Roseville, MN



April 16 & 17, 2020

Earle Brown Heritage Center
Brooklyn Center, Minnesota



Minnesota Statewide Stroke Conference

Thursday, November 14, 2019
Earle Brown Heritage Center • Brooklyn Center