



INSIDE —

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Public Awareness Manager
Minnesota Brain Injury Alliance
2277 Highway 36 W, Suite 200
Roseville, MN 55113
612-378-2742 • 800-669-6442

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Event and Sponsorship Coordinator
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POSTMASTER: Send address changes to: Minnesota Brain Injury Alliance, 2277 Highway 36 W, Suite 200
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Summer 2021

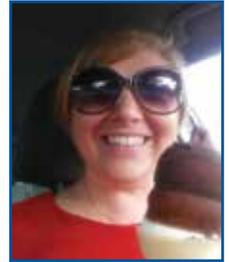
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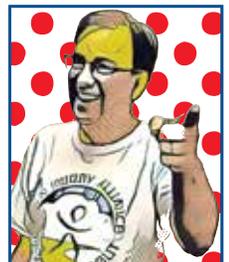
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MISSION

The mission of the Minnesota Brain Injury Alliance is to raise awareness and enhance the quality of life for all people affected by brain injury.



Editorial Policy

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Welcome *Mind Matters* readers,

For many of you, the world is returning to a semblance of where it was pre-pandemic.

For many others, there still remains an air of uncertainty about what are safe behaviors and what precautions still need to be taken. These are decisions only you are able to make for yourself and your loved ones. And, as we work to return to

our offices and in-person meetings, hopefully all of us work to respect one another's lived experiences.

Speaking of returning to in-person gatherings, we are **happy to announce that the 2021 Walk for Thought will be live and in-person at two locations: Twin Cities in New Brighton and in Duluth on Saturday, September 25.** Pat Marciniak has more information about that on page 12 but keep in mind that we will also be accepting photo and video uploads from people who wish to remain socially distanced and hold their own Walks at home. So, you can Walk however you see fit. All we ask is that you include your family and friends when you participate in the 2021 Walk for Thought. Visit braininjurymn.org/walk/ to register, join a team and donate!

We are working on finalizing our Consumer and Family Conference, taking place this fall. More information will be available on our website.

The pandemic created many opportunities for people to explore the benefits of long-distance advocacy and our Public Policy department is in the process of exploring the

impact of long-distance gatherings. Check out our team's look at the pros and cons of online meetings and the impact they have on advocates with brain injury on page 8.

As well as our usual updates, we also have two feature articles about two incredible women and their life-altering brain injuries. Tyjha Henderson was 13 when a car hit her bike and left Tyjha in a month-long coma. Jess Ward was rear-ended in a hit-and-run and, though the accident was minor, it left her rebuilding her life and rediscovering her capacity for healing. Both stories are about amazing people discovering their inner motivation while also learning the value of a strong support system. Give them a read!

Finally, thank you for your ongoing support of the Minnesota Brain Injury Alliance. We rely on you to help keep our mission alive across Minnesota. If you would like to contribute to the Alliance, please visit braininjurymn.org/ donate and give what you can. Each and every dollar is appreciated.

Thank you for reading,
David King

This Fog of Mine

By Mike Strand



Each day I awake into a new dream.

I cling to my routines because

they are the only certainties I have.



I marvel at people who can know things for sure. I hold “certainty” in awe. What that must be like! To know something, and then for it to actually be true.

For me, if I know anything, it is with a sense of great trepidation. How long will it last? How long until the hammer falls, and I learn that once again I have misread something?

To question my perception is to question my reality. To question my reality is to question my sense of self, my very identity.

To interact with people is to assert oneself. To be anything more than a latent observer requires that one be involved, be present in the moment; and yet that requires a sense of self. It has been over thirty years since I have had any stable sense of who I am. Time and again I find the truths I hold as self-evident to be gauzy phantasms.

It is to be expected that we change and grow as we find new and higher truths. The thrill of discovery is exhilarating and uplifting, building a new world view.

Such a life, such an examined life, seems not to be my providence. My self examination is like peeling an onion and when I am done, there is nothing left. This is true for everybody, but in my case, more than a notable occasion, it is a constant reverie.

I know that no one has more of a right to be here and alive than anyone else, including myself, but I am not entirely sure that I am here. My life is like a dream. Just like a dream, nonsensical and arbitrary conclusions seem make up my reality. It is a dream I cannot seem to wake up from. I pass from dream to dream. Each dream contains many familiar things, but each dream, is also fraught with the unanticipated and the unexpected.

Each day I awake into a new dream. I cling to my routines because they are the only certainties I have. Consciousness is a struggle, a ladder to climb. There is not a simple dyad of conscious/unconscious. It is a scale, like a coma scale. I have written about this before, I call it the Strand Scale of Consciousness. It is nothing absolutely defined, it is just like every other part of my world. It’s the realization that there are infinite degrees of how with it, how present, I am.

What does this leave me with? It leaves me unable to take anything too seriously, including myself. On the one hand, that can be really great. It tends to be a less stressful way to live one’s life. Except, like anything, the problem comes in the extreme. There are things I would like to take seriously, but I cannot; like myself.

I do not know if anything is true or right, but I choose to believe certain things. These truths that I hold become self-evident because I say so. The one I will share is this:

It’s fun to be nice to people.

I Should Know The Answer

By Phil Gonzales,
Public Awareness Associate



Jess Ward's brain injury story began in August of 2016 when she was on the receiving end of a hit-and-run driver. Although the experience was jarring, her car wasn't damaged so Jess considered it nothing more than an unfortunate incident and tried to move on. However, within a week, she had developed a stiff neck and, more alarmingly, personality changes. Her co-workers urged her to visit the doctor who diagnosed her as having a concussion.

"And so I did what I think of as the 'classic two weeks rest and relaxation,'" Jess recalls. "No TV, no stimulation, no phone, nothing. And I progressively started getting worse."

Two days after she returned to work, Jess got lost driving home. She had to use her maps app to find her way back and struggled to maintain control behind the wheel as her driving abilities rapidly deteriorated. She doesn't remember getting home, but she does remember calling her neurologist, who told her to get to the hospital, and that her father drove her to the emergency room.

"They started asking me questions," she says. "And here's the best way I can describe it. I knew I should know the answer. But I didn't know the answer. And I didn't know why I didn't know the answer. And, you know the strange, fuzzy electrical feeling in your brain when you forget something? And you're like, 'Oh, I came in here for something. What did I come in here for?' It's that feeling just for months on end."

Jess had a vertebral artery dissection (VAD), a rare occurrence that is still one of the more common causes of stroke in people under 45. VAD is a tear in the inner lining of the vertebral artery that allows blood to enter the arterial wall forming a clot and is usually caused by trauma to the neck.

After three days on blood thinners in the hospital, Jess was sent home with a pile of medications and instructions on how to give herself injections. Suddenly, her life was very different with two

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to six appointments and therapies per day to address deficits to her mobility, speech and vision.

"You kind of address one issue at a time," she says. "And it's so much sensory overload, that you don't know what's not right. So you address the most critical first. And as you get that one working, then you address the next critical. So for instance, we worked on walking. Now, I could walk, but I couldn't walk in a straight line. I'd walk and I'd run into the door frame. Or I'd run into the wall. Because, my vision was completely off. So we focused on, 'let's get you to be able to walk then,' and then the vision was worked on simultaneously."

Jess was out of work for a year, and she returned full-time to a welcoming environment. But, she found herself facing questions that many people with brain injury will find familiar: how do you tell your story? And to whom? And when?

"I'm an optimistic person," she says. "I think the best of everybody. I think that if I come out of the gate, and if I say, 'Hi, my name is Jessica, I've experienced a brain injury,' I think people automatically will want to lift extra weight for you. When they don't have to. And when you're learning, it takes you a little bit of time to catch up. And so I don't tell people because I can do this. I'm fully capable. And eventually I'll share it."

Jess was more than capable of doing her job, but the energy required while living with her brain injury did take its toll.

"Trust me," she says, "I smile about it today. And I'm optimistic and telling this glowy story, but it was not glowy at the time. I would get home from work and I would crash. I would sleep for the entire night. And I did that for months and months and months on end. I didn't go out. I didn't see some friends for years. Because my main purpose was to be as self-sufficient as I could. I'm not married, I don't have kids. So I need to support myself. And to do that I need to work. So I did what I needed to do."

Eventually, Jess changed jobs. She moved to a new position in 2019 and saw this as an opportunity to practice sharing her story on her own terms.

“I was trying to get settled into a new position,” she says. “Everything was very new and so I wanted to be sure that I had support all around me in all avenues of my life. I personally want to enter a workplace, perform the duties at 110 percent and then share my story. Because I want the reaction of ‘I never would have known!’”

“I just told my coworker and shared it with my boss that I’m experiencing a brain injury. And I refer to it as experiencing a brain injury because it still impacts my life today, in subtle ways.

But I feel like I’m in a new chapter of my life or probably several chapters of my life! And since I’m in this new chapter, it’s okay for me to talk about it. And it impacts my life, but it’s not impacting my life at 100 percent.”

Jess is a writer and has kept journals since she was seven; art has always been a part of her life. She channeled this creative side during her recovery. She started baking to help improve her cognitive and physical skills. She started painting again and one of her projects was a pair of styrofoam heads that came to represent her brain injury experience. And suddenly her story, art and recovery started to converge.

While she’d been in the hospital, Jess had been connected with the Minnesota Brain Injury Alliance. She’s used the Resource Facilitation program for support and that was how she discovered the Unmasking Brain Injury In Minnesota project.

“The Alliance is there,” she says. “And I’ll reach out to the Alliance as necessary. I’ve always kept an eye on the Alliance. And it’s always been a good connection. I’ve just never known where it would go. And so when I saw the Unmasking project, I was like, ‘I have two styrofoam heads I painted. I know they’re not masks, but I wonder if they’re interested.’ So I reached out. And I was like, ‘You want me to drop them off?’ And they were like, ‘Sure,’ and I dropped them off.”

Since her injury, Jess has gotten her Masters in Higher Education Administration. She hopes to continue to work in higher education and make a difference in students’ lives. And to do this, she intends to tap into the new perspective her story has given her.

“My life experiences give me the skills that help me understand where some students come from when they want to pursue their dreams,” she says. “And so my goal is really to take these unique experiences and be an advocate for students who want to pursue these dreams and desires. To see what we can do about removing some barriers and making it more inviting for students to pursue their personal goals. How can we as society in general, help students?”

“Because I for one was an individual who, prior to my accident, was really big about self independence. Like, ‘I can make it on my own.’ And the important thing is to know that it really takes a team. And it takes a really strong support system. It takes time, and patience, to listen to yourself and your body, and meet yourself where you’re at.”

Jess Ward gave herself the space and time to find herself and discover and share her story. It’s been quite a journey for her and one that opened up new perspectives on the world.

“It’s interesting, because since the brain injury, I’ve actually come across more people with brain injuries, and I’m astounded at where they’re at in their lives and how it’s impacted their lives and the commonalities that we have; the common threads that we have. And how they’ve recovered or where they’re at in their recovery. And, it’s just really interesting to share the stories with you.”



Citizen Advocacy Goes Virtual

At the time of this writing, the 2021 Minnesota Legislative Session and the setting of Minnesota's next two-year budget continues to crawl to a close with a deal expected soon. It has been a legislative session like no other in memory. The State Capitol being mostly closed to the public has forced legislators, staff, lobbyists and interested members of the public to find new ways to make their voices heard. The legislative process has never been especially transparent, particularly end of session deal-making, but this year has been even more troublesome. (Watch for a legislative wrap-up next issue).

Citizen Advocates for the Minnesota Brain Injury Alliance have kept very active and have learned new ways to stay involved in the political process despite the limitations caused by the COVID-19 pandemic. We are still working on a more complete evaluation of the impact of the pandemic on our advocacy: what worked, what didn't work, what did we learn, what we should keep doing, etc. A preliminary look at what we did to adjust and our initial thoughts about how well these adjustments worked have been discussed by the public policy team and its Citizen Advocates and represent both limitations and opportunities for the future.

Like almost everything, our Citizen Advocate Academy moved online and was conducted over Zoom. During the summer of 2020, we offered four different training sessions, conducting each twice, for a total of eight sessions. Tuesdays at the Capitol (TAC) became Zoom Tuesdays at the Capitol (ZTAC). Beginning in January, we met on Zoom each Tuesday for 20 weeks to talk about what was happening at the Legislature and how we could have a positive impact on policy. Video recordings of the updates were posted to YouTube and written summaries were emailed each week. Meetings with legislators and constituents continued over Zoom and our Citizen Advocates were able to build and/or continue to build relationships with their elected representatives over their phones or computers.

Legislative Floor Sessions and Committee Hearings were coordinated over Zoom for those participating or testifying and they were broadcast over multiple media channels for the public to watch. Coalitions continued to meet virtually to coordinate activity and social media became even more important to get broad-based messages out.

Here are some of our initial thoughts and findings

- Virtual meetings and other activities over Zoom provide opportunities for people to participate that might not otherwise be able to, especially for people who can't easily get to the metro area.

- Being able to participate from home is much easier than coordinating all the logistics required to get around town, transportation, food and having the personal energy and ability for the hours involved.
- Participating and interacting with others, even given the limitations of virtual activity, help people feel less isolated and provide important social connections to each other.

However

- Virtual activity is not even close to being as effective as face to face interaction and people suffer from the lack of direct social interaction with others.
- Screen-time is exhausting for everybody but is especially hard for people with brain injury who have sensitivities to light or other eyesight-related issues.
- Information is harder to track and everything takes much longer to accomplish without the web of direct personal interaction in groups of people.
- Access to proper technology, resources, skills and other barriers exist and create unequal opportunities for some people to participate.

Here are some of our initial ideas and suggestions for the future:

- Keep virtual meetings to one hour or less to avoid fatigue and set up time before or after the formal meeting for open socializing.
- Stay on a consistent schedule and provide written, video or other follow-up to help people remember.
- Provide one-on-one help for people to develop technological skills to successfully participate.
- Find a way to combine the positive elements of virtual participation that allows more people to become involved without leaving those with technological limitations behind.
- Stay interesting, engaging and fun and get even more people involved.

These are only limited initial findings with much more work to be done to find a path forward. We are extremely grateful for the flexibility, resilience, compassion and commitment of our Citizen Advocates to make sure the voice of people affected by brain injury are heard.

Contact Jeff Nachbar by email jeffn@braininjurymn.org or by phone 612-378-2742 or 800-669-6442 if you want to become a Citizen Advocate or have thoughts about how to ensure the voice of people affected by brain injury continues to be heard.

People can find strength in many things – faith, family, friends, work team, and community to name a few – but one of the most powerful forces for strength can be the very thing that challenges it: adversity!

One of the qualities that many people who have had a brain injury possess is the resilience to continue in the face of adversity. They reinvent themselves and even create new self-identities based on who they have become and not on who they were before the injury.

Adversity works in mysterious ways, but as the saying goes, “That which does not kill you only makes you stronger.” In some ways, everyone who has survived a brain injury or the current pandemic has grown stronger. It may not seem like it right now, but adversity has a way of preparing us for challenging times ahead, for developing resilience in life events and making us stronger if we allow ourselves to work through the pain and emotions these challenges bring.

Adversity by itself doesn’t make us stronger. It’s not the same process as tempering metal in a blast furnace. Instead, adversity provides opportunities for thinking differently, rethinking who we are, and how we make a difference in other peoples’ lives. It provides opportunities for reframing negative events into lessons in humility and humanity. Most of all, it provides opportunities to ask for help; that most elusive human trait since we usually see ourselves as the ones providing help for others.

Adversity has another benefit. It is one of the few things that allows us to come as close as we can to walking in another’s shoes. We will never wear those shoes, will never experience what another has experienced or fully understand their experience firsthand the way they do. We will never have the right to say, “I understand what you’re going through,” regardless of whether it relates to a brain injury, the loss of a loved one, or an injustice. However, shared adversity does have the power to move people into action and support, to rethink who we are, and to come out stronger not just in spite of the hardship or loss, but because of it.

It may not seem like a positive when we go through a devastating event like a stroke or brain injury, but it is an opportunity to learn things about yourself you never thought possible and to grow from those lessons learned. Like all challenges, a key ingredient is patience; not only with others, but most importantly with ourselves. That is the true benefit of surviving and thriving times of adversity

— by Erwin Concepcion

As the saying goes “What doesn’t kill you makes you stronger.”

At the moment I am writing this, the world is slowly beginning to shift back to a sense of normalcy. As vaccination efforts are in full-swing, and folks are able to start seeing friends and loved ones again, I feel the collective sigh of relief in the Universe.

It has been a stressful year and a half for everyone, but for brain injury survivors it has been particularly challenging. As I said before, we are used to isolation — but it has always been on our own terms. When we went into lockdown across the country, we had no choice in the matter. We were forced to stay home and away from those we typically hang out with.

But you know what? We’ve made it through to the other side. As Minnesota begins to return to a new normal (sound familiar?!) we are slowly emerging from our safety cocoon and meeting with friends and family in person again. Those hugs sure do feel good, don’t they??

We are resilient people, and while we may have had some really dark days (I know I sure did) we have bounced back, possibly stronger than ever!

This hasn’t been easy on anyone ... I encourage you to give yourself a pat on the back and a high-five for making it this far without completely losing your sanity.

I believe we have all come out of this a little bit stronger, I know I have. Through all of this, I have learned how to be more patient and compassionate. I had to learn how to navigate doing most everything online, even with screen-time issues. But I am thankful for the new skills I have learned ... they have made me stronger!

How are you going to share YOUR story with the world?

— Amy Zellmer

“TYJHA TOUGH”

By Phil Gonzales, Public Awareness Associate



Tyjha was intubated and given a CT scan and X-rays. She fortunately had only one broken rib but she was unconscious from a brain injury. Though doctors were cautiously optimistic about her recovery, things were progressing at a worryingly slow pace.

Tarissa recalls, “The first couple of days, it was like, ‘Okay, she’s starting to breathe better on her own, we’ll probably think about taking the tube out. And then once the tube comes out, she should start to wake up.’ Well, then she didn’t wake up. So they did an MRI to see the severity of the brain injury and then they realized that it was deeper than what they initially had thought. I think the more time she slept and wouldn’t wake up, the more serious they realized it was.”

Eventually, Tyjha began to respond to her name and to follow simple instructions like opening her eyes and squeezing a finger. Once she came around for longer stretches, she began the long work of rebuilding her body and relearning basic skills.

“She had to relearn how to eat again,” Tarissa says. “How to walk, go to the bathroom. Talk. I mean, she didn’t talk for several months after we got out of the hospital, because she wasn’t comfortable enough to say any words. And her strength is something that she had to get back. When she graduated out of inpatient therapy she was only at like eight pounds per pressure in her hands. And when she got done with outpatient therapy at Miller Dwan she was at like 60, 70 or 80.”

Tyjha’s therapy was intense, requiring eight hours of speech, psychological, physical and occupational therapies per day. But her “Tyjha Tough” motivation drove her to not only walk again, but to get back on the field. Back to her first base position. Back to her team.

“I don’t really see it as much of a hard process because that’s all I wanted to do,” Tyjha says. “Ever since I fully woke up, all I wanted to do was just go back to softball. It would have been nice to go back to basketball, which I still can’t go back to, but I wanted softball because of my teammates. Because of how much they supported me.”

And, Tyjha did get back on the field. She plays softball with a helmet now, but she’s just as fierce a competitor as she ever was. And, she ended the school year with all A’s. A lot of these accomplishments are a product of her strong inner drive, but Tarissa points out that none

Tyjha (pronounced Tie-zha) Henserson has always had a strong sense of inner motivation. It’s what made her a softball prodigy at the age of five, hitting home run after home run so consistently that her parents, Tarissa and Stephen, had to keep upping their challenges for her, encouraging her to work harder, all the while supported and cheered on by her family and teammates. Her parents coined the phrase “Tyjha Tough” to describe her motivation, determination and constant drive to improve and challenge herself.

“She was really, really determined to get back to where she was,” Tarissa says, “and she’s definitely gotten a lot of it back.”

On June 30, 2020, 13-year-old Tyjha was hit by a car while riding her bike through Cloquet with two of her younger sisters, Sophia and Lucy. Her father happened to be passing by in his car at the time and gave his daughter CPR until the EMTs arrived and took Tyjha to St. Mary’s Hospital in Superior.



of them made it through the last year on their own and that the Hendersons were quick to find help when they needed it.

“Our family was kind of in shambles,” she says. “So we’ve all been in therapy off and on pretty much since it happened. And I know that it definitely helps. And, whenever we get really bad is when it’s like, ‘Okay, well, let’s go to therapy.’ And we’ll talk about it and see how we feel. One thing that they told us in the hospital was to not sugarcoat anything to the little ones, because their minds wander. So if we weren’t up front and honest with them, they would make up their own assumptions.”

Though she is back on track with her sports and schooling, Tyjha still lives with the daily effects of her brain injury.

“Her neurologist said that she’ll probably have to be on some sort of stimulant medication for the rest of her life to help with that,” Tarissa notes. “And she even notices a big difference now whenever she doesn’t take her medicine. She’ll say I didn’t take my medicine today and she’ll just be extra tired or not able to focus, or her balance is a little bit off. I’m super protective of her now.”

“My head still kind of affects me,” Tyjha adds, “like, in school, if I’m answering a question, I have a perfect answer planned out in my brain. And then once I say it out loud, then it just kind of jumbles up and I end up saying a whole whole novel for just one simple answer. And also, my head kind of gets a little sore sometimes and I just need to take a break from the outside world.”

And, as is the case with many brain injuries, the effects of Tyjha’s disability have led to changes in the way her friends see her.

“I feel like, before, they saw me as a more confident person,” Tyjha says. “But now after knowing that my words jumble up and I’m not able to do as much of the things as I did before, they don’t see me as that much of a confident person. Almost like I’m more delicate to them. And I don’t like to see myself as more delicate. And I just kind of want to tell them that, you know, I’m really trying to be totally myself, but it’s just really hard.”

In September of 2020, Tyjha’s family participated in the Walk For Thought. Her team was, appropriately, named “Tyjha Tough.”

“We called it that to kind of show everyone what came of everything that she went through in her brain injury,” Tarissa says, “That there are success stories, you know; so, don’t give up. And she’s a prime example of how tough she really is.”

Tyjha Henserson is really tough. She’s motivated and determined to keep getting stronger and to regain her confidence. But, she’s also a prime example of the value of a family and support team who is just as tough and just as determined to offer help through the hard times. So, when things are at their hardest, we can all help each other be “Tyjha Tough.”



WALK FOR THOUGHT

By Pat Marciniak, Public Awareness Associate



The Walk for Thought is BACK IN PERSON—Join us September 25!

Last year we came together at a distance and walked where it was safe for us to do so. We sent photos and videos for all to see. But we missed all the hugs, sharing stories, celebrating successes and catching up with one another. It didn't quite feel like the Walk for Thought.

We are excited to announce that this year we can come together again in person at two Walk for Thought locations: Duluth and the Twin Cities in New Brighton on Saturday, September 25. Registration is at 9 a.m., pre-walk program at 9:40 a.m. and the Walk at 10 a.m. For those of you who would prefer to social distance, that's fine too! We want you to take a walk in whatever way is most convenient and safe for you and your loved ones and invite out of state family and friends to join you. And don't forget to take pictures, shoot videos, record your experiences, and upload them at braininjurymn.org.

Since 2002, the Walk has become known as a "giant, annual family reunion." It's about reconnecting with other walkers who are part of our community family; it's about a sense of belonging. As Fox 9's Tim Blotz put it, "no matter what the challenges life has presented, everything for the moment is exponentially better because no one is alone." The Walk is a place of new beginnings and as one teen participant said "a place where I can be me and feel at home."

But the Walk is more than survivors, their families and professionals who work with brain injury. It also brings together caring individuals who want to raise awareness about brain injury and feel good about helping people with the "invisible injury."

The Walk for Thought is a fantastic opportunity for you to give back to the brain injury community by volunteering your time, donating funds and simply bringing your passion for the Minnesota Brain Injury Alliance's mission. Many participants living with the effects of brain injury have had their lives changed by their experiences at the Walk. You can make a difference too for someone simply by walking and donating.

At our New Brighton location we proudly welcome back Paul Allen, KFAN and Tim Blotz, Fox 9 as our co-hosts for the Walk.

In Duluth we are proud to welcome back sports director and anchor, Kelly Hinseth from CBS 3 for her second year to our Walk community who will be emceeding the Walk in Duluth.

Walk because you can; walk for a loved one; or walk for someone in need. Each step you take and each dollar you raise directly supports vital Alliance programs crucial to enhancing someone's quality of life. Together we can make a difference on September 25!

If you would like to be a Walk sponsor and help the work of the Alliance and the people we serve, please call us at 612-378-2742 or 800-669-6442.

"I believe the Walk for Thought is so important. For so many people it is an affirming event: people with brain injury can gather and realize that life goes on successfully after brain injury. Plus, it is a chance to see friends who one may have lost contact with. It also is an easy way to financially support the Brain Injury Alliance and all the work they do on behalf of people with brain injury and their families, friends and support network. Of course I would be remiss if I did not also say it is a lot of fun! I look forward to it every year and it's on my calendar again this year."

— Robert Karol

"We look forward each year for the opportunity to gather together and reconnect with those living with TBI's and the family and friends who support them. Not to mention we love coming up with new T-shirt designs for Team Gage Trotters each year!"

— Penny Robinson – Gage Trotters

"I participated in a WFT the year after my brother survived a massive stroke. I was so affected by seeing the mission of the MNBIA live and in action and also incredibly moved by the passion and purpose that came directly from the voices of the leadership I met that day. I left knowing I wanted to be a bigger part of this mission somehow. I applied at MNBIA that very same day and I now work for an organization that is not just a "job", but a part of my life that truly enriches me."

— Michelle Bunge

WALK FOR THOUGHT



Saturday, September 25
Register today at braininjurymn.org

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Memorials

In memory of Mary Borer

Ms. Faye Cantley
 Ms. Pamela Cantley

In memory of Ethan Heidlebaugh

Mr. & Ms. David & Sherrilyn Broin
 Ms. Kay Dickison
 Mr. & Ms. Thomas & Paula Keul
 Ms. Susan Kronmiller
 Mr. David & Ellen MacDonald
 Mr. & Ms. Gary & Bonnie Otte
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In memory of Christine Leonard

Ms. Elizabeth Leonard Rould

In memory of Grant Johnson

Anonymous

In memory of Sandi Knoche

Ms. Barb Knoche
 Mr. Marc Knoche

In memory of Jeffrey Matson

Ms. Carol Matson

In memory of Marguerite Schaumburg

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 Mr. Robert Maietta
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In memory of Greg Wenz

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In memory of Jacob Wisti

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Tributes

In honor of Jeff Alexander

Mr. Greg Alexander

In honor of Mark Bladholm

Mr. & Ms. Charles & Myrna Bladholm

In honor of Elizabeth Garrity

Mr. & Ms. Rob & Penny Lukens

In honor of Trent Landry

Ms. Gina Belisle-Miller

In honor of Patrick McGuigan

Anonymous

In honor of Bruce Schnabel

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In honor of Tom Theis

Ms. Bonnie L. Theis & Mr. Joe Martin

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In honor of Benjamin Vogt

Anonymous

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Support the Minnesota Brain Injury Alliance Today

If you believe in a Minnesota where everyone recognizes brain injury's causes and effects; where all individuals living with brain injury are encouraged to realize their full potential; and where the greater community recognizes the intrinsic value of all people living with brain injury, we hope you'll give to the Minnesota Brain Injury Alliance today.

Over the past year, the Alliance has had to completely rethink its operations, moving the majority of its services online. While it was challenging to transition to conducting our classes, conferences, events and outreach entirely over the internet, our team made it work.

However, while these efforts kept us afloat, the entire nonprofit sector, including the Minnesota Brain Injury Alliance, has been facing fiscal hardship. Our financial performance has been strongly impacted by the slowing economy.

We need our community's help to continue our mission, and we need your support more than we ever have before.

Please donate to the Minnesota Brain Injury Alliance today. A gift of \$50, \$100, \$250, or whatever is meaningful to you. YOU will make a difference. Give online at braininjurymn.org/donate.

***Thank you for your commitment to the Minnesota Brain Injury Alliance
and for your continued support!***



Did you hear that
the walk is going to
be in person?
YES it is!

September 25
10 a.m.
Duluth and
Twin Cities



We're so excited, we can't contain ourselves!



Now, all we
need is
YOU!



We'll be waiting
for those missed
hugs!

Register Online:
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WALK FOR THOUGHT



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- * Dysautonomia
 - * POTS
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- * Balance
- * Migraines
- * Whiplash
- * Chronic Pain
- * Brain Fog



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