



**Women's Wellness
MNJOTS 2019
Chapter Information Packet**

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Hello Women of Today Members and Women's Wellness LPMs,

My name is Colleen Todd and my home chapter is New Hope, where I have been a member for 28 years. I am excited and a little bit nervous to be serving as the Women's Wellness SPM for 2019-20 year. I have a new passion and I would like to share it with you in the hope that it will educate you as well. This year my focus will be on brain health/injury and the organization we will be working with is the MN Brain Injury Alliance. Their office is in Roseville, MN, and they service the whole state of Minnesota.

You might be asking yourself why I chose Brain Health/Brain Injury. On Oct. 30th, 2019, I was tripped at work and fell into the wooden window sill in the kitchen. Just to let you know, wooden window sills do not move! The right side of my forehead above my eye was split open. Yes, there was a lot of blood. The fall and injuries gave me a trip to North Memorial Health Hospital where I received 9 stitches and a Traumatic Brain Injury (TBI) diagnosis. A TBI is an invisible disease, which will alter a person's life.

The road to recovery is long with much work. Sometimes you have good days and sometimes there are bad days. Some days you can get out of bed and function and other days you cannot get out of bed at all. The pain level can go from 1 to 10 in matter of seconds. There are so many appointments you will have to go to, you will need a calendar to keep track. To name a few: neurologist, occupational doctors, traumatic brain injury doctors, physical, speech, and occupational therapies, neuropsychology and neuroophthalmology.

I have received some wonderful assistance at the MN Brain Injury Alliance (www.braininjurymn.org). They are excited to be working with the MNWT organization. All my therapies have been at Courage Kenny Rehab Center in Golden Valley, MN. They have a group of TBI therapists that I have been seeing on a daily basis. The Courage Center also has a support group on Tuesdays for stroke and brain injury survivors.

If you know anyone with a TBI I am willing to call them and give them some encouragement. Or to arrange a district or chapter visit, just call me.

Women's Wellness SPM,

Colleen

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Important Dates

- July 1: USWT Founders Day
- July 15: LPM Fast Starts due
- Aug 3: President/State Delegate Retreat
- Aug 9: Deadline to order Day at the Diamond tickets
- Aug 31: Programming Trimester Reports due
- Sept 1: Project of the Trimester & Outstanding PM nominations due
- Sept 7: Day at the Diamond, Target Field
- Sept 19-22: Fall State Convention, Brainerd
- Sept 21-27: Women of Today Week

"These dates are part of the MNWT official calendar that can be located at www.mnwt.org under the events section in both a PDF printable and online format. Please consult the full listing to ensure that other key dates are not missed."



About Us

In 1984, a small group of families and providers came together to advocate for services for persons with brain injury and their families. The Minnesota Brain Injury Alliance it is celebrating our 31st year as the only statewide nonprofit dedicated to enhancing the quality of life for Minnesotans affected by brain injury. Over the decades, the Alliance has developed from an advocacy driven organization, to one that focuses on both advocacy and direct service.

Headquartered in Roseville, the Alliance serves people throughout Minnesota. The Alliance employs a professional staff of more than 70 and hundreds of volunteers work to further our mission raise awareness and enhance the quality of life for all people affected by brain injury. Our goal is to work towards a world where all avoidable brain injuries are prevented, all non-preventable brain injuries are minimized, and all individuals who have experienced brain injury can maximize their quality of life.

- The Minnesota Brain Injury Alliance offers support to Minnesotans affected by brain injury through
- Advocacy and public policy
- Resource Facilitation services, which provide personal one-on-one connection to information and resources
- Case management for individuals on TBI or CADI waivers
- Statewide educational opportunities
- Outreach to underserved and communities of color throughout Minnesota
- Statewide volunteer opportunities



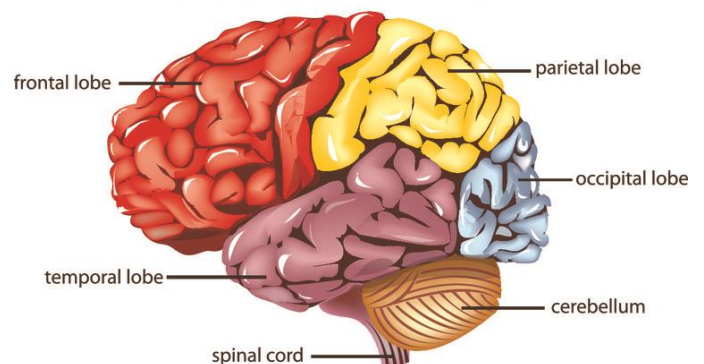
Alliance Mission: To raise awareness and enhance the quality of life for all people affected by Brain injury

Calling all members....

Who will be on my team for the MN Brain Injury Walk for Thought on September 21st? Walks are held in Duluth, St Cloud, & New Brighton.

Find out more here:

Parts of the Human Brain



www.braininjurymn.org

All about the brain:

The brain controls everything we do, say, think and feel. It controls the very functioning that keeps us alive: breathing, digestion, hormones and the immune system.

Because the consistency of the adult brain tissue is like Jell-O and the consistency of a child's brain tissue is like pudding, the brain is very vulnerable to injury. The brain floats in a liquid called cerebrospinal fluid and is encased by the skull, which has very rough areas on the inside surface that have the potential to damage the brain.

When the brain is injured, a person's abilities and bodily functions may change. In general, the more serious the injury, the more significant and permanent changes are likely to be. Some changes caused by brain injury may be subtle but have a major impact on the way a person lives his or her life.

There are two types of brain injury: traumatic brain injury and acquired brain injury. Both types of injury can damage specific areas of the brain or cause a diffuse injury, which affects cells throughout the entire brain.

Traumatic Brain Injury (TBI). TBI is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. A rapid acceleration or deceleration of the head, which can force the brain to move back and forth inside the skull, can also cause TBI. The stress from these rapid movements pull apart nerve fibers and cause damage to the brain tissue.

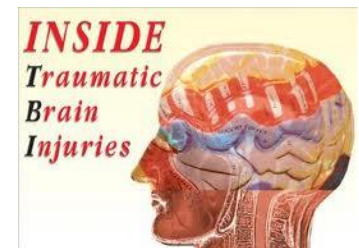
Acquired Brain Injury (ABI). ABI is an injury to the brain that has occurred after birth and is not hereditary, congenital or degenerative. ABI takes place at the cellular level within the brain; most symptoms of ABIs are very similar to those of TBIs.

The Minnesota Brain Injury Alliance supports all people affected by both types of brain injury.

A Traumatic Brain Injury (TBI) is: A brain dysfunction

What Cause a TBI: A bump, blow, or jolt to the head or by a hit to the body or a penetrating head injury that cause the head and brain move rapidly back and forth to bounce around or twist in the skull, creating chemical changes in the brain and sometime stretching and damaging brain cells

- Example: Hitting a stationary object (ex. windshield in a car crash)
A person is hit, mugged or assault
A penetrated (ex. gunshot)
Violently shaken by external force (Shaken Baby Syndrome)
Automobile and bicycle crash



Symptoms of a TBI

Physical

- Headaches
- Extreme fatigue
- Sleep pattern disrupted
- Numbness
- Hormone changes
- Muscle issues
- Pinched nerve
- Back pain
- Nerve pain
- Immune system
- Ringing in the ears
- 5 senses issues

Vision

- Blurry vision
- Eye appears to be dilated
- Light sensitivity
- Tired eyes
- Hurting eyes

Emotional high and lows

- Depression
- Mood swings
- Anxious
- Irritability
- Worrying about things that I have not worried about before
- PTSD (post-traumatic stress disorder)

Speech

- Sound unclear
- Forgetting words
- Forgetting thoughts
- Difficulty in speaking

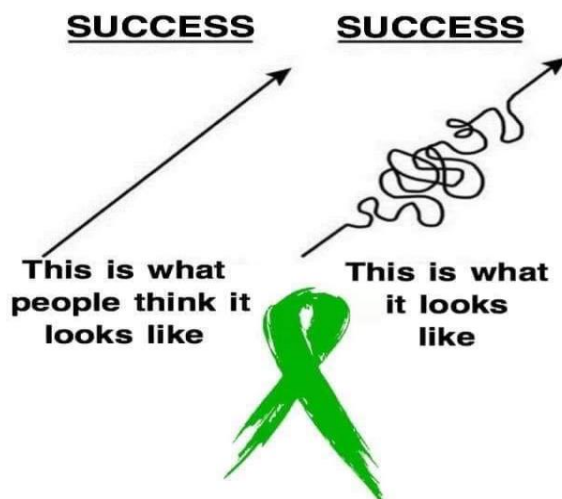
Decreased Cognitive Function

- Memory Loss
- Lack of focus
- Unable to recall normal routine
- Slow decision making
- Foggy Brain

Lack of coordination

- Dizziness
- Vertigo
- Balance issues
- Trouble standing
- Not able to walk a straight line
- Walking from one type of floor to a different type of floor

Brain Injury Recovery



DID YOU KNOW?

- It takes 5 time more energy for a person with a brain injury to complete the simplest task then it does for a person without a brain injury
- Brain injury is the leading cause of accident related death and disability worldwide
- Traumatic brain injury is the leading cause of seizure disorder worldwide
- TBI can be mild, moderate or severe
- Leading cause of a TBI with people over 65 is a fall
- Car accidents is the leading cause of a TBI with those under 65
- The two age group at the highest risk foe a TBI are 0-4 olds and 15-19 year olds
- Males have twice the rick of sustaining a TBI then females
- Not all symptoms appear immediately
- TBI can happened to anyone at any time in any place
- No two TBI are the same and no two recovery are the same
- One brain injury plus another brain injury can equal the effects of 20 brain injury at once
- If you have a TBI you need to drink more water then you did before
- The skull protects the brain from trauma but it does not absorb any of the impact from a blow.
- The effects of brain injury depend upon the amount of brain tissue damaged and the level of pressure within the skull and its effects on the brain.
- African Americans have the highest death rate from a TBI
- Closed head injuries refer to injuries in which no lacerations are present.
- In Minnesota there are 100,000 people live with TBI related long term disability
- National 2.8 million ER visit, hospitalizations, death related to TBI
- In MN falls are the leading cause of brain injury
- Approximately one in four adults with a TBI is unable to return to one year after injury
- The cost of a traumatic brain injury in the US is estimated to be \$56.3 billion annually

Sometimes it is very hard to know what to say to a person who has an invisible disease like a TBI.

The 5 best statements to make to someone healing from trauma:

(Please note that sometimes that are no words needed and your empathetic silence creates space for healing.)

1. I see you. I hear you. I believe you. I am here for you. You are loved.
2. It was not your fault. You did not deserve this nor did you cause it to happen.
3. It is safe to feel everything that you are feeling. All of your emotions are valid and important. I am willing and able to be here with you through it.
4. You have every right to feel, say, think express whatever it is that you are experiencing in this moment,
5. What do you need? How can I best support you? What do you like?



Do you know a women who has contributed to your community? You should nominate her for the Lois M. Christensen Women Who Impact Award, which is designed to honor women who have made a valuable contribution and impact upon their communities.

Information is online in the Book of Forms.
This award is presented at Winter State.



Domestic Violence Awareness (DVA)

Everyone has the right to live without fear and violence.

Each chapter is encouraged to promote Domestic Violence Awareness in a way they find most beneficial. Please fill out the DVA Transmittal Form for all activities in the area and remit to the USWT DVA Program Manager (dva@uswomenoftoday.org). For more information, please visit: <https://sites.google.com/view/uswt/home/USWT-Leadership/USWT-Programming-Vice-President/USWT-Domestic-Violence-Awareness-Program-Manager>

Fundraising Ideas:

- Pound Sale – Everyone bring a wrapped present that weighs 1 pound. Auction off presents & give money to local DV Shelter.
- Pillow Talk – Hold a social and everyone bring 2 new pillows to donate to local DV Shelter.
- Assemble Clothing to donate to hospitals to give to Rape victims who have given their clothing as evidence.
- Collect gift cards, hygiene items, flip flops, towels, clothing, etc. to donate to your local DV Shelter.
- Adopt a shelter for holidays and provide gifts for women and children.
- Conduct a Bake Sale to raise funds for your local DV Shelter.
- Provide baked goods, meals, or gifts for shelter staff.
- Work at the hotline.
- Donate your time to help clean at the shelter.
- Help with childcare at the shelter.



Calling all Local Program Mangers

I would like to hear from you. Please take a minute and fill out the Contact form and send back to me by August 1st and your name will be put in a drawing for a fun prize.

Women Wellness LPM Contact Information 2019-2020

Name: _____

Address: _____

Cell: _____ home: _____ work: _____

Best time to reach you: _____

Chapter: _____

Your B-day: _____

Your husband name: (if applies) _____ His b-day: _____

Children's Name and B-day (if applies) _____

Your Theme: _____ Logo _____

WW FAST START

1. Attend an Orientation. (district, local, LOTS, or one-on-one with your chapter Programming Vice President). Date:
2. Write down your goals. Send to your chapter president or PVP and your district director. Date sent:
3. Write to your District Director, introduce yourself and share your goals and ideas for the year. Date sent:
4. *Review the programming trimester report for your area by July 15 (or ASAP). Date sent:
5. Review the Local Program Manager manual to educate yourself on being an LPM. Date:
6. BONUS: Go to the Minnesota Brain Injury Alliance website and find out something interesting about this area. Date:

*Find the Programming Trimester Report at--
http://www.mnwt.org/pdfs/otherPDFs/bof/form_pm_trimester_report-2016.pdf

| Brain Health Activities Challenge Chart | | | | | | |
|--|---|---------------------------------|------------------------|--|--------------------------|---|
| Drink an extra class of water | Go for a mile walk | Play a game of concentration | Read a book to a child | Play a board game | Do a word search puzzle | Practice math problem without paper & pen |
| Practice Meditation | Listen to some fun music | Write someone a letter | Do some deep breathing | Do a jigsaw puzzle | Do a cross word puzzle | Make a list of 5 different things. Wait 30 min and have someone ask you what is on the list |
| Have some Omega 3 In your meals | Get creative and do a craft project | Don't skip breakfast | Spend time in nature | Have a fresh fruit drink | Color in a coloring book | Play a game of Sudoku |
| Exercise daily | Read a novel | Play a game that challenges you | Learn something new | Challenge your taste buds and try a new food | Learn a new sport | Do daily task with the opposite hand |
| Take a cooking class | Get at least 8 hours of sleep per night | Give someone a hug | | | | |
| | | | | | | |
| First Trimester Challenge: Please pick activities from the chart and try for 3 days; cross out when completed. Don't forget to let me know when you complete at least half the chart. (Due Aug 15th) | | | | | | |

~ HAPPY POSITIVE THOUGHTS BRING HAPPY POSITIVE ACTIONS ~