SPRING 2017

MOVING FORWARD

MONTANA’S 65th LEGISLA-

HCBS Medicaid Waiver Slots and
Protection of Youth Athletes

2017 HELMET GIVEAWAYS

Lids for Kids, Healthy Kids Day,
and upcoming summer events

BOWL FOR BRAIN STRONG

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   Annual Conference
DEAR FRIENDS,

There Is Something Infinitely 
Healing In The Repeat Refrains of Nature — 
The Assurance That Dawn Comes After Night, 
And Spring After Winter. 
— Rachel Carson

We each have a favorite season and mine is upon us! Spring fills me with a renewed energy, hope, and optimism. I feel the excitement in my home as well as at the BIAMT office! This winter the staff and board have been active with the 65th Legislature and Brain Injury Awareness Month. See “First Quarter Updates” on page 4 to learn more.

Volunteers are key to the success of our community events. The BIAMT wants to thank the students from the University of Montana Athletic Training Program, JT Yancy, Keith Forkin, Alan Bowman, Madison McCarthy, John Sunchild, and Erin Boggs, as well as community members Stacy Philpott, Bambi, Jasmine, and Tyler Schreckendgust. We appreciate you dedicating your time helping us to distribute over 500 bicycle helmets in March and April. Didn’t get a helmet? Check out our “Summer Helmet Giveaways” (page 5) for a listing of upcoming events where we’ll be distributing True multi-sport helmets made possible with the support of the Montana Trial Lawyers Association.

Periodically, we spotlight a survivor, professional or service provider. In this Spring Edition, we feature Liberty Place, Inc. Founded in 1996, Liberty Place takes pride in fostering a culture that encourages residents and employees alike to strive for the best life has to offer.

Brain Injury Support Groups represent great community resources. BIAMT asked members across the state the following two questions: How do you benefit from your monthly meetings? And What are your favorite memories as a support group? See page 9 for their responses!

While we are enjoying Spring be sure to take a few minutes to “Save the Date”, October 14, 2017, and join BIAMT at our conference “Unmasking Brain Injury in Montana: Facing the New Normal”. BIAMT will be kicking off our 30th year of serving Montanans and we are excited to have you join with us in the celebration (see page 11).

Enjoy your Springtime,

Kristen Morgan 
Program Director
MONTANA’S 65TH LEGISLATURE: Every other year the Montana Legislature comes together to discuss issues that impact the citizens of Montana. The Brain Injury Alliance of Montana Board of Directors established a Legislative Committee to review proposed bills and to be a voice of brain injury at the 65th Legislature. Along with John Bigart III, BIAMT’s Development and Outreach Director, Board members, Aria- na Del Negro and Ann Geiger provided testimony at the Capitol in support of several bills. The bills addressed increasing the number of Home and Community Based waiver slots and assisted living reimbursement rates (HB 17), funding of the Traumatic Brain Injury Fund (HB 336), and protection of youth athletes (HB487).

The passing of HB 487, sponsored by Rep. Moffie Funk, was the culmination of interim meetings, research and input from physicians, physical therapists, licensed athletic trainers, coaches, educators, and advocates dedicated to the protection of Montana youth. House Bill 487 expands the Dylan Steigers’ Protection of Youth Athletes Act (2013) to include school districts, nonpublic schools, and youth athletic organizations.

BRAIN INJURY AWARENESS MONTH: Our thoughts have a dynamic impact on our brains, and ultimately our daily lives. Scientific research has proven that yoga and its power of meditation, positive thinking, deep breathing, and relaxation actually rewire the brain. In honor of March Brain Injury Awareness Month, BIAMT partnered with several yoga studios across the state for “Your Brain and Yoga.” We appreciate Yoga for Wellness (Great Falls), Limber Tree (Billings), The Learning Center at Red Willow (Missoula), and The Yoga Room (Kalispell) for partnering with BIAMT and promoting brain health and balance.

INTERESTED IN BEING AN ADVOCATE?

The United States Brain Injury Alliance Welcomes all those with an interest in brain injury to join the Alliance as Advocate Members!

There is no cost; for more information visit www.usbia.org

LIDS FOR KIDS: Sports and recreation are a leading cause of brain injury among youth. Mild traumatic brain injury may occur with no loss of consciousness or noticeable physical injury. The only known cure for brain injury is prevention. The BIAMT and Karl Tyler Auto Group collaborated on the 2nd Lids for Kids helmet giveaway. Karl Tyler Chevrolet & Cadillac and Karl Tyler Volkswagen sponsored 446 helmets which were distributed by BIAMT on March 11th and 25th. Youth of all ages received a properly fitted helmet by BIAMT board, staff, and students from UM’s Athletic Training Program.

On April 8, 2017, the BIAMT participated in the YMCA Healthy Kids Day! The event celebrated fun in fitness and introduced kids to a wide variety of activities that teach healthy play and behavior - promoting healthy kids and families in spirit, mind and body. The BIAMT distributed bicycle helmets that were sponsored by the “Y” and was fortunate to have the students from UM’s Athletic Training Program join us in fitting the helmets. Check out page 5 for information on our four summer helmet giveaways.
Imagine for a moment that you have been working on your home, getting everything ready for the summertime visitors. There’s all the yard work to do, flowers to plant, trees to trim, paint that needs touching up; your “to do” list is growing and your time is shrinking. Fast forward now to the day that you’ve pulled out all the paint brushes, paint and ladder – ready to get after those eves! You’re up on the ladder and feeling pretty proud of all that you’ve gotten accomplished. There’s one little spot left and you reach just a bit further than you should have …… CRASH! You have taken a major fall and your world now goes black…

Months later, you find yourself in an unfamiliar place with severe memory issues, having to relearn how to walk and feed yourself and dealing with extreme fatigue. Your brain has been so severely impacted by the fall, that you cannot function on your own just yet. Your therapists tell you that they aren’t seeing enough progress and that you’ll have to go to an Assisted Living facility. You feel such a sense of loss and can’t understand why you can’t just go home and “get over it”. You may be told that you’ll never be able to be alone again. What Now?

In South West Montana, there is a program that exists to give hope to people who have been through such a trauma: Liberty Place, Inc. Designed as a Continuum of Care for people working through the sometimes long and arduous process of recovery from a brain injury, Liberty Place meets people where they are and helps them to reach forward to what they can become. The process of recovery depends a great deal upon learning more about brain injury and how each one is different… survivors must learn how their injury has caused issues and learn ways to overcome them. It is more than just “identifying problems”, it is about regaining “Self Identity” and moving forward with hope.

Music therapy is combined with other therapies and activities, cognitive stimulation, socialization, vocational readiness training and practice at daily life in a real-world setting, all help to point a person recovering from a brain injury to a more positive outcome. “Freedom to Try” is the motto and the dignity of risk helps each person to explore their post-injury self and to express the “Courage to Soar” as new levels of independence emerge.

Liberty Place, Inc. is a Montana based, 501c3, Nonprofit organization. It operates facilities in Whitehall and Belgrade, Montana. For more information about their programs, visit their website at: www.libertyplace.org or call: 406-287-3154

SUMMER HELMET GIVEAWAYS

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<td>Saturday June 24, 2017</td>
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<td>Missoula Osprey</td>
<td>Sunday July 30, 2017</td>
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<td>Billings Mustangs</td>
<td>Monday August 7, 2017</td>
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<td>Great Falls Voyagers</td>
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Our Bowl for Brain Strong event took place on Saturday, April 30th at Westside Lanes & Fun Center in Missoula. This was our biggest and best Fun! Raiser yet. The bowling event is an opportunity for the BIAMT to engage with community members while raising much needed funds.

Over 200 people, of all ages, came out to bowl and participate in our silent auction, raffle and 50/50 drawings. This year’s silent auction and raffle were supported by 59 retail vendors and included 22 beautiful uniquely decorated helmets painted by Montana artists. The funds raised enables BIAMT to continue fulfilling our mission of creating a better future for those impacted by brain injury through awareness, support, advocacy, community engagement and prevention.

BIAMT appreciates the support of Community Medical Center, the event’s Title Sponsor, Cherry Creek Radio, Media Sponsor, and Aaron Pagniano of Exit Realty, Co-sponsor. If you want to participate in Bowl for Brain Strong 2018 please let us know now so we can reserve you a lane!

Photos courtesy of Enchantment Photography
www.facebook.com/enchantmentphoto
A special thank you to our sponsors, volunteers, and donors. This event is made possible through your generous contributions.

From day one.

Silent Auction Donors

Ace Hardware  Hide N’ Sole  Noodles & Company
Alpine Canine  HuHot Mongolian Grill  NR Event Partners
Ariana Del Negro  Imagine Nation Brewery  Painting with a Twist
Bathing Beauties Beads  Invisible Fence Brand of Western Montana  Pink Grizzly
Bayern Brewing  Jakers Bar & Grill  PSW - Jay Bailey & Bobbi
Betty’s Divine  Jessie Smith  Haxby
Big Sky Brewing  KettleHouse Brewing Co.  Rob Rez
Board of Missoula  Kristen Morgan  Roemer’s Tires
Break Espresso - Joy Knudsen  Kurt’s Polaris  Runner’s Edge
Buffalo Wild Wings  Lake Missoula Tea Company  Sa Wa Dee
Caffe Dolce  Linda Vista Golf Course  Southgate Mall
Caras Nursery  Lolo Liquor & Wine  Sun Mountain Sports
Clyde Coffee  Madison Creek Furnishings  The Book Exchange
Dazzlers Car Wash  Michelle Kuntz - dōTERRA  The Green Light
Ear Candy Music  Missoula Osprey Pro Baseball  The M Store
Fiesta En Jalisco  Montana Jacks  Town & Country Lounge
Geri Armstrong  Montana Military Order of the Purple Heart  Treasure Chest
Good Food Store  Montana Rock Design  U of M Alumni Association
Great Harvest Bread Co.  Murdoch’s Ranch & Home Supply  Universal Athletics
                              Upcycled
                              Wear Your Roots

Event Steering Committee and Volunteers

Ariana Del Negro  Kristen Morgan  Rob Pel
Audrey Taylor  Mike Quist  Rob Rez
Candace Wiley  Nikki Robb  Shannon Rincker
Colton Jeszenka  Ryan Surmi  Stephanie Colley
Elena Nikolaeva  Ryan Taylor  Stoney Sasser
Jayne Lux  Seth Williams  Todd Rust
John Bigart III  Stacy Philpott  Travis Bradford
Joycelyn Jacobs

We appreciate your support, expertise, and giving of your time and talents. See you next year!
BRAIN INJURY SUPPORT GROUP
WHEN: 3rd Tuesdays at 7:00 PM
WHERE: LIFTT Building; 1201 Grand Ave, Billings, MT
CONTACT: Ian Elliot (406) 656-2744

SEIZURE SUPPORT GROUP
WHEN: 1st Tuesdays at 7:00 PM
WHERE: LIFTT Building; 1201 Grand Ave, Billings, MT

BRAIN INJURY SUPPORT GROUP
WHEN: 3rd Fridays at 1:00 PM
WHERE: Bozeman Senior Center, 807 North Tracy Ave, Bozeman, MT
CONTACT: Mary DeBernardis (406) 539-7751; Kathryn McBee (406) 388-2007

BRAIN INJURY SUPPORT GROUP
WHEN: 2nd Tuesdays at 7:00 PM
WHERE: Benefis Medical Office, Bldg 12 2800 11th Ave. South, Great Falls, MT
On corner of 11th Ave. and 29th St.; take elevator to lower level classroom.
CONTACT: Mike and Charlene Sullivan (406) 453-6028

PUZZLE CLUB
WHEN: Every Saturday at 9:00 AM
WHERE: Westside Lanes & Fun Center 1615 Wyoming St., Missoula, MT
CONTACT: Doug Combs (406) 549-2146

BRAIN INJURY SUPPORT GROUP
WHEN: 4th Mondays at 6:30 PM
WHERE: St. Ann’s Catholic Church; 2100 Farragut Ave., Butte, MT
CONTACT: Amanda Cullen (406) 490-2478

BRAIN INJURY SUPPORT GROUP
WHEN: 2nd Mondays at 6:00 PM
WHERE: The Summitt; 205 Sunnyview Lane, Kalispell, MT
CONTACT: Denise Davies Co-facilitator Jennifer Rogge (406) 756-4725

UPDATE:
Both Missoula groups are meeting in new locations! Be sure to look at the new addresses above and call the leader if you have any questions.

If you are interested in starting a support group in your community please contact the Brain Injury Alliance of Montana.
BRAIN INJURY SUPPORT GROUPS: The Montana Brain Injury Support Group Leaders and members celebrated life after brain injury during their March meetings. The groups provided input on the 2017 annual conference and some members submitted their personal stories to be shared in print and via social media. The BIAMT looks forward to sharing your message with others in the coming year.

What benefits do you receive from meeting each month?

- Sharing information and experiences
- Talking with people who understand
- Comradery and friendships; new and old
- It keeps me in touch with who I am
- People who come to the meetings are my peers
- Connecting with other survivors where we can be ourselves and have a good time
- Learning from each other
- Hope to move forward
- Something to look forward to; seeing friends
- Validation and hope
- Education; Coping mechanisms and strategies
- Happiness, productivity, and clean living

What are your favorite memories as a support group?

- Celebrations
- Picnics
- Ice Cream Social
- When members share their feelings and find joy
- Hunting and fishing
- Lake McDonald boating trip
- Glacier Park Tour
- Hiking with others
- Meeting new people
- Attending the annual conference together
- Giving gifts to others in need
- Watching the Puzzle Club DVD

EXERCISE YOUR BRAIN

A number may not appear twice in the same row or in the same column or in any of the nine 3x3 sections. Answers available on page 11.

LEVEL: EASY

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LEVEL: MEDIUM

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 4 9 7 1 6
 8 1 9
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For more puzzles visit www.PrintMySudoku.com
The Brain Injury Alliance of Montana appreciates your contributions that aid us in developing and maintaining a sustainable non-profit and helping us create a better future for those impacted by brain injury and their families.

**Brain Strong Hero**
($5,000 and above)
Foundation for Community Health

**Strength Builder**
($2,500 - $4,999)
Community Medical Center
Karl Tyler Auto Group

**Community Engager**
($1,000 - $2,499)
Aaron Pagniano - Exit Realty
First Interstate Bank
PhRMA
The Cobb Foundation

**Advocate**
($750 - $999)
First Interstate Bank
YMCA of Missoula

**Support Giver**
($500 - $749)
Chad Bauer
Cherry Creek Radio
JKL Electric
Keller Law Firm
Marie Brazier
Milodragovich, Dale, Steinbrenner
Muralt's Travel Plaza
Republic Services
Rocky Mtn. Rehab
Touchmark

**Prevention Provider**
($250 - $499)
A Moveable Feast
Alene Bacon
Alpine Canine
Back Office Solutions
Bayern Brewing
BC Group
Bill Rosen
Glam by Willow
Good Guy Garage
Hannah Nieskens
Liberty Place Inc.
Lloyd Twite
Mickelson Plumbing and Heating
Missoula Osprey Club
Peak Performance PT
Philipsburg Brewing Co.
Randall Painting
Schreckendgust Family

**Awareness Provider**
($100 - $249)
Advanced Litho Printing
Anita Roessmann
Ariana Del Negro
Bayern Brewing
Big Horn Barbershop
Don Harris
Friia & Company
Lolo Peak Brewery
Missoula Fresh Market
Gannett & Varela Harris
Glacier Law Firm
Glen Brist
Kettle House Brewing Co.
Kerry Heine
Kristen Morgan
Martha Gatlin
Missoula Federal Credit Union
Park Side Credit Union
Roger Vaneps
Susan Armstrong
Tamarack Brewing Co.

**Educator**
($50 - $99)
Cher Shermer
Christopher McGrath
Cynthia Theorin
Gina Del Negro
Jessica Jensen
John Bigart III
John McCrea
Kettle House Brewing Co.
Leslie Halligan
Phillipsburg Brewing Co.
Scott and Theresa Roullier
Tim Payne

**Friend**
($0 - $49)
Bev Glueckert
Blake Lewis
Brian Lewis
Elena Nikolaeva
Glenn Toussignant
Jamie Schultz
Janice Ward in memory of
Adam Tiffner, Scott Harr,
& Vincent Larsen
Jaquie Bigart
Joylyn Ortega
Leif Griffin
Nikki Robb

The Brain Injury Alliance of Montana would like to sincerely thank all of our supporters. Your generosity is greatly appreciated!
Save the Date!
Saturday
October 14, 2017

Unmasking Brain Injury in Montana: Facing the New Normal

Location: Holiday Inn, Bozeman, MT
Registration Fee: $35 Per Person
Lodging: $94 + tax per night; to receive this discounted price call (406) 587-4561 and mention the group block for “BIA”. Price increases on September 13, 2017 so reserve your room early!

Activity: Decorate a mask representing your personal brain injury journey.

Additional information will be available at www.biamt.org in July.

EXERCISE YOUR BRAIN ANSWERS

ANSWERS: EASY PUZZLE

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ANSWERS: MEDIUM PUZZLE

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Often a person faces a lot of uncertainty after brain injury, including the transition back to work or school, funding options, recreation, family and spousal relationships, and coping with ongoing fatigue, headaches, and depression. The Brain Injury Help Line is a free, statewide telephone service available that provides support to persons affected by brain injury and their families. The service is voluntary and while many participants are referred at the point of discharge from the hospital, anyone can self-refer or be referred by a professional. Individuals can participate at any point after a brain injury.

Call today and receive help from the comfort of your home.

1 (800) 241-6442

We look forward to serving you.