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Walk for Thought & Picnic
Honorary Chair by Location

Micki—Brookfield

Dawn—Eau Claire

Thank you!

Kayla—Green Bay
Executive Director’s Message

As the weather becomes cooler we are reminded that the Walk for Thought is just around the corner. This year the Walk for Thought is expanding to the Green Bay area. In addition, a complimentary picnic has been added to the event to allow individuals who have experienced a brain injury, their family members, and those who work with them to meet or reconnect with others who are walking a similar path. If you haven’t registered yet, please take the time to register today, or even on the day of the event.

I am happy to share that we are putting together several committees, events, and trainings for 2015. We have our committees for the Conference, our “NEW” Golf Outing, and Walk for Thought, as well as a committee to roll out the Support Group Facilitator Training that will be offered in 2015. We are also taking steps to offer CBIS training in Spring 2015. We will have a busy year. Watch our website and ENews for information.

Thank you for your continued support of BIAW. I look forward to growing BIAW with you through HOPE (Help, Opportunity, Prevention, and Education).

With HOPE,

Kasey Johanson, BA, CBIS
Executive Director
Welcome our new Director to our Board

Jackie Kuhl

Please join us in welcoming Jackie Kuhl to the Board of Directors of Brain Injury Alliance of Wisconsin!

Jackie graduated with a Bachelor of Science degree in Behavioral Science and has been in the traumatic brain injury (TBI) field since 1991. She was part of the team that started the first sub-acute TBI rehab program in that state of Wisconsin at Clearview Brain Injury Center (CBIC) back in 1991. Jackie is currently the Program Director at CBIC. In addition, she has been on the annual conference planning committee for eight years.

The Clearview Brain Injury Center, in operation since 1991 is a 30 bed, state certified, sub-acute neuro-rehabilitation program in Juneau, WI. They are located just 45 minutes northeast of Madison, WI and 10 minutes east of Beaver Dam, WI. Clearview is the first and longest standing of community re-entry program in Wisconsin providing sub-acute neuro-rehabilitation to teens and adults who have experienced a brain injury. They work closely with counties throughout Wisconsin in both admission and discharge. Their ultimate goal is always to help the participant return home.

Welcome, Jackie!
The Importance of Goal-Setting After Brain Injury

By Brian Johanson

Life can be difficult. Life after a brain injury can be exponentially more difficult. Many times people with an acquired brain injury have to re-learn many of the things that had become routine in the past, having to remember or re-learn many of the things that the rest of us take for granted. Karen Kiewatt, Kaitlyn Johanson’s aunt, wrote a poem during the early stages of Kaitlyn’s recovery describing the struggle that she perceived for Kaitlyn. Reprinted below with permission from Revelations: A Rhyme and a Reason.

Kaitlyn’s Prayer

I wake unto confusion
“What’s happened to my world?”
Echoes in the darkness
Heavy mists unfurled.
Someone asks a question
I struggle to respond
Yet, all I hear is silence,
“My voice, where has it gone?”

My body is a prison
Control has slipped away
I try my best to move about
“Help me, Lord, I pray.”

Waging war upon myself,
I release a silent scream.

“What’s this living hell I’m in?”
Please tell me it’s a dream!
I live with this frustration
I’m fighting for the keys
I want my old life back again.
“God, won’t you help me, please?”

I gathered all of my thoughts
I prayed at such great length.
I crept beyond the mists
And fought to gain my strength.

A fight like this, I’ve never fought.
I hope to never again.

For battle waged upon oneself,
Is a very tough battle to win.

As Karen states, a brain injury is like a battle waged against oneself. Sometimes, I imagine it feels like a battle against the entire world. It is important after sustaining a brain injury to keep fighting. One way to win that fight is to continually set goals to achieve in your recovery; in the hospital, during rehab, post-rehab, forever.

Patience is the key in the recovery and goal-setting process. Unfortunately, patience is generally in short supply after a brain injury. In America, we have become so accustomed to instant gratification, that we expect that anything we want is only an internet click away. After a brain injury, you may be forced to let go of that mindset and slow down. This adjustment can cause frustration...
and frustration can cause anger. It will likely take a while to work through it and accept the new pace of life. Once you adjust to the new speed of things you can begin the re-building process.

Studies have shown that setting and obtaining goals will improve your overall outcome versus not setting goals. Why does this improve outcomes? Because having goals forces you to continually strive for something versus just seeing what happens, and accepting whatever outcome you get. The trick is to set realistic goals that are in sync with your skills and abilities at the stage you are at in your recovery and that are achievable.

Then once these goals are achieved remember to set new goals. These can be incremental in the beginning and increasing to larger goals as you continue on your path to recovery. Setting goals that are too large too early can have the opposite effect—giving up because the goal seems unattainable. So in the beginning start slow and steady. Just as a skyscraper starts at the bottom, building a strong foundation, and gradually increasing, floor over floor until it towers over where it began.

Another key is to participate in setting your own goals. Don’t be limited by the goals that others set for you. I am not saying to ignore the goals set by your caregivers, therapists, nurses, and doctors. I am saying to achieve those goals but also continue to stretch and challenge yourself beyond the goals of others. You will also be more motivated to achieve the goals that you set for yourself because they are the ones that are the most important to you.

A person doesn’t run a marathon by accident. To get there you have to at least point your destiny in that direction, nurture that path, and stay the course. Eventually, little by little, through patience and perseverance, you will find yourself on a path to achieve greater and greater goals over the course of your journey.

Remember that recovery can be a slow process, but you need to find ways to continuously improve. You have a lifetime to continue to improve your mind and body. Set goals for yourself, not just mental and physical goals but career and life goals, and always work towards those goals. Don’t let anyone tell you that you can’t do something. Take ownership of your recovery, continually setting bigger and better goals for yourself, and strive towards them every day.

Author Bio: Brian Johanson is the co-author of _Kaitlyn’s Hope; One Family’s Journey through Traumatic Brain Injury_ and _From Hope to Faith; Kaitlyn’s Hope Bible Study Companion_.

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The Importance of Goal-Setting After Brain Injury
(continued from page 4)
In homes across America, Sunday mornings are usually reserved for relaxation; perhaps coffee and donuts while watching cartoons with pajama clad children, possibly the peaceful hymns sung from church pews, or a day at the park with the family dog. For the Casey Family, however, on Sunday, May 4th, they had already put in a full day’s work before most people hit the snooze button.

The first Sunday in May marked the culmination of Freestyle and Greco Roman State tournaments at the Wisconsin Dells Center. Welcomed instantly by the sights and sounds of youth sports and the excitement of competition, spectators are aware that they are in the presence of some of the best upcoming athletes Wisconsin has to offer. Among those competitors is the Casey Family. No strangers to the wrestling community, the CASEY name comes with a reputation of wrestling accomplishments spanning decades. Today, amongst the hundreds of competitors, TEAM CASEY shirts can be spotted as the next generation of this family fights to make their mark and keep the legacy alive.

Each wrestling mat serves as a platform for dreams being made, and broken. Even a wrestling novice can get overwhelmed by the fast pace of this sport, singlet dressed athletes as far as the eye can see, changing times and mat numbers, brackets being updated, and parents watching the officials almost as meticulously as the match in front of them.

However, in the corner of one mat, eyes are drawn to a man huddled with a young boy in a prideful but solemn stance, and instantly it is obvious that this father /coach, is joined by his son in prayer. After embracing for a private moment in the most public of places, 9-year-old Kaleb Casey then takes the mat.

Sitting in the bleachers, fans watch with intensity, cheering Kaleb on as he makes the Casey name proud and takes 2nd place at this state tournament. One fan in particular, Josh Krings, concentrates on what he knows of wrestling and tries to keep up with what he does not, as it is not the sport that defines Josh and Kaleb’s unlikely friendship. Rather, it is the emblem that Kaleb proudly wears on his singlet, a Green Ribbon.

Josh knows all too well what the Green Ribbon represents: Traumatic Brain Injury. Josh survived a Traumatic Brain Injury in 2005. On that Sunday at the State Tournament, Kaleb’s dad, Maja, tells Josh, “We prayed for you Josh. We dedicated this match to you and all the other Brain Injury Survivors.” Josh and Kaleb’s Dad, Maja, were co-workers at the time of Josh’s accident in 2005, and have remained friends. But it is the friendship with Kaleb that everyone just smiles and shakes their head at.
In 2013 Kaleb started wearing green socks, green ribbons, and other green decorations to represent his support of Traumatic Brain Injury. Kaleb’s mom, Jessica, had the Brain Injury Awareness Ribbon professionally put on some of Kaleb’s singlets. Kaleb also joined the thousands of others on Facebook and took the “Cold Water Challenge” and dedicated it to Brain Injury Survivors. The Casey family walks in the Walk for Thought and passes out green ribbons to any one that will wear one.

In 2013, Josh represented the Brain Injury Alliance of Wisconsin and helped properly fit Kaleb’s football team with helmets on equipment distribution night. Kaleb oftentimes refers to Josh as “superman,” talks about how strong he is, and how he looks up to him. If you ask Josh, though, it is the other way around. “I admire him and am honored that he wrestles and names me specifically. It gives me hope for the future generation. Kaleb stands for something, he has a passion and goes for it. For him at 9 years old to be able to say he wrestles for Brain Injury Awareness and to understand what that means, that is something. When I was 9… I didn’t stand for anything” Josh chuckles as he compares his youth to the youngsters. “That kid is going places, he will go far, and he will make a difference.”

In 2014 Kaleb’s sister, Haeli, took to the mat and joined in the family tradition of state championships. She, too, has singlets with the Green Ribbon. The Casey family and the Krings family appreciate the awareness it brings to the cause. With the statistics of the frequency of Brain Injury growing, the Casey Family learned just how close to home this silent epidemic can hit. Jessica does in-home daycare and their day care “daughter,” Emma, was in a near fatal car accident where she, her mom, and her older brother were injured. Emma sustained the gravest injury, a brain injury that left this 14 month old in a coma for weeks. It was then that the green ribbon took on even more meaning.

Kaleb, his sister, Haeli, and his parents, Maja and Jessica, will join the Krings and many other families on October 4th as they walk for survivors like Josh and Emma, and Brain Injury Awareness.

Kaleb serves as a reminder that you are never too young to make a difference. When asked if this article can be written, true to form of this young man’s character, Kaleb didn’t hesitate giving permission. He wanted the world to know about his unlikely friendship, and how much he looks up to Josh. Little did he know, that it is Josh that looks up to him.
Statewide Network of Brain Injury Support Groups

**NORTHWEST**

- **Head Injury Support Group**
  Frederic Public Library
  127 Oak Street West, Frederic, WI
  2nd Friday  2 pm - 3:30 pm
  Julie Martin, julamartin@yahoo.com
  (715) 327-4474

- **Rice Lake**
  Lakeview Medical Center
  Conference Room
  1100 North Main, Rice Lake, WI
  1st Sunday  1:30 pm - 3:30 pm
  Corinne & Jim Richie
  (715) 234-0079

**NORTHWEST – EAU CLAIRE AREA**

- **Eau Claire Self Help**
  Sacred Heart Hospital
  Bishop Hall,
  900 West Clairemont, Eau Claire
  3rd Thursday  7 pm - 8:30 pm
  Audrey Nelson (715) 838-9352 or
  Rhonda Olson, Rhonda.Olson@hshs.org
  (715) 717-4392

- **Mild Brain Injury Group**
  Luther Campus Clinic Entrance
  Deli Conference Room
  1221 Whipple Street, Eau Claire, WI
  3rd Tuesday  5:30 pm - 6:30 pm
  Mary Beth Clark (715) 838-3258, clark.marybeth1@mayo.edu
  Michelle Knutson (715) 838-1725

**SOUTHWEST**

- **Big River Chapter-LaCrosse**
  Gundersen Medical Center
  1st floor of Mooney Education Library
  LaCrosse, WI
  2nd Tuesday  5 pm - 7 pm
  Elizabeth Rand, RN, ekrand@gundluth.org
  (608) 775-4063,
  Brittany George, OT

**CENTRAL**

- **Wausau**
  Aspirus Wausau Hospital
  333 Pine Ridge Boulevard, Wausau, WI
  2nd Wednesday  6:30 pm
  Lea Ratajczyk, lea.ratajczyk@aspirus.org
  (715) 847-2826

**NORTHEAST**

- **Brown County**
  N.E.W. Curative Rehabilitation
  2900 Curry Lane, Green Bay, WI
  Quarterly  5:30 pm
  Jessica Drumm, jdrumm@newcurative.org
  (920) 593-3562

- **Making New Connections**
  Bay Evangelical Covenant Church
  2280 Nicolet Drive, Green Bay, WI
  4th Wednesday  7 pm
  Karen Feld, Facilitator, karen4tbisg@aol.com

- **Oshkosh**
  TBI Support Group Oshkosh
  Aurora Medical Center
  855 N. Westhaven Drive, Oshkosh, WI
  4th Thursday  6:30 pm – 8:30 pm
  Michael Athanasiou, m-mathano@att.net
  (920) 233-3655

- **Sheboygan Area**
  Miracle Point Brain Injury Society
  St. Nicholas Hospital/Francis Room
  3100 Superior Avenue, Sheboygan, WI
  1st Monday (Sept-May) 6:30 pm – 8 pm
  Amber Slaby, Amber.Slayb@hshs.org
  (920) 459-4642

- **Appleton**
  St. Elizabeth Hospital
  1506 S. Oneida Street, Appleton, WI
  4th Monday  6 pm - 7:30 pm
  Mitch Cornils, mitch@arcfoxcities.com
  (920) 731-9831, x111
Statewide Network of Brain Injury Support Groups

**SOUTHWEST – MADISON AREA**

- **Mild Brain Injury Resource Network**  
  One Tower Conference Room  
  Meriter Hospital  
  202 South Park Street, Madison, WI  
  3rd Thursday 6:30 pm - 8:00 pm  
  Deb Enburg, Ph.D., dpenburg@chorus.net  
  (608) 845-6356

- **Mild Brain Injury Group for Spouses & Significant Others**  
  Meriter Hospital, Patient Registration Area Conference Room  
  202 South Park Street, Madison, WI  
  2nd Monday 6:30 pm - 8 pm  
  Lynn Hovey, lynn.hovey@mgschools.net  
  (608) 222-4717 or (608) 576-5285

- **Janesville**  
  Rock County Brain Trauma Support Group  
  2200 W. Court Street, Suite 130  
  Janesville, WI 53548  
  2nd Tuesday of the month  
  6 pm - 7 pm  
  Brenda Brown, bbrown@ccddc.com  
  (608) 752-4993

**SOUTHEAST - MILWAUKEE AREA**

- **Embracing Hope**  
  Acres of Hope and Aspiration  
  W147 S7138 Durham Place, Muskego, WI  
  4th Wednesday 6 pm - 7 pm  
  *Advance Registration required*  
  Lisa K. Alberte, RN, acreshope@yahoo.com  
  (414) 405-4722

- **Brain Injury Support Group**  
  NEXDAY Brain Injury Rehab Center  
  9350 W. Fond Du Lac Ave, Milwaukee, WI  
  3rd Tuesday 6 pm - 7:30 pm  
  Katie Ryan, katelyn.ryan@mcfi.net  
  (414) 797-0038

**SOUTHEAST**

- **Waukesha County Heading Forward**  
  Waukesha Memorial Hospital  
  725 American Drive, Waukesha, WI  
  1st Wednesday 6 pm - 7:30 pm  
  Jennifer Micheau, jennifer.micheau@phci.org  
  (262) 928-2351

- **Caregiver Connection**  
  Location—see website calendar for details  
  1st Thursday 7 pm - 9 pm  
  Kasey Johanson, kjohanson@biaw.org  
  (262) 790-9660

- **Dodge County**  
  Clearview Brain Injury Center  
  Clearview North  
  199 Home Road, Juneau, WI  
  3rd Monday 6 pm - 7 pm  
  Tammy Novotny, novotny@co.dodge.wi.us  
  (920) 386-3403

- **Kenosha County: Stateline TBI Support Group for Functioning Teens and Adults**  
  First Christian Church  
  13022 Wilmot Road, Kenosha, WI  
  3rd Tuesday 7 pm – 8:30 pm  
  Beth Jankowski, murphyski_b@yahoo.com  
  (262) 344-1505

Find a Support Group Near You
Saturday, October 4, 2014

11th Annual Walk For Thought & Picnic

Brookfield—Fox Brook Park
Eau Claire—Phoenix Park
Green Bay—Village of Ashwaubenon Community Center

It’s not too late to register!

Register at www.stayclassy.org/walkbiaw
There are standards for service dogs that are highly recommended by Pet Partners that you should follow when training your own service dog or that you should look for when considering a service dog for yourself or a loved one. If you are interested in training your own service dog, I would highly recommend that you consult with someone who has trained their own service dog to receive some direction.

When we look at the criteria that must be met in order to separate pet from service dog, we look at what tasks the dog can perform to help you or your loved one to mitigate the symptoms of their disability. It has been determined that, for purposes of service dogs and their handler, a task is made up of more than one behavior. A behavior according to Wikipedia is “the response one has to a stimuli.”

The first step in determining if a dog is a good match for a service dog is to complete a physical exam. This exam should include eyes, ears, skeletal/muscles, stool sample, skin, respirations, heart, abdominal, teeth/gums, blood panel, and all immunizations. In addition, the pedigree of the dog should be evaluated for the potential of historically found hereditary diseases.

Now we must also look at temperament. Does the chosen dog have the proper temperament for the tasks that he/she must perform? According to www.dogtemperament.com you must remember you cannot determine the temperament of the dog simply by the breed, rather you must also observe the dog and how he/she interacts and responds to you, other people and other dogs.

After determining if the dog is a good match, you must consider the standards for both the dog and handler.

The dog should maintain position as cued by the handler, perform tasks without injury to the handler, and the dog must respond to commands/cues in a timely manner. The handler should provide commands/cues in an understanding manner for the service dog and provide encourage, reinforcement, and praise for performing the correct task.
As someone familiar with TBI no one needs to remind you, life as you know it can change in a second, in just a moment. How often is your mind truly present in the current moment? How often are you aware of now, rather than stuck in a backward reflection or anxiously anticipating an unknown future?

Mindfulness is an awareness of what is going on in the moment and not trying to change it. It is sitting with unsettled feelings and observing how they change. It is also sitting with comfortable feelings and not wishing for them to stay forever, knowing they too will change.

Studies have shown that mindfulness may have a variety of benefits. Some of these include:
- Stress Reduction
- Improved Sleep
- Reduction in Anxiousness
- Reduction in Depressed Thoughts

In addition meditation has been shown to increase pre-frontal cortex activity, which may help with attention span.

Helpguide.org, a Harvard Health Publication states, “Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.”

There is a reason this article is titled Mindfulness Practice. Mindfulness, like yoga, is something that must be practiced. Studies show that the more we do it, the greater benefits we receive. The great thing about the practice is it is available in the span of a breath. And the more you go to it, the more you remember to use it when you need it. That doesn’t mean thoughts don’t distract you from time to time. But the more you practice, the more quickly you catch yourself in those moments when you wander away.

There are a variety of mindfulness techniques. Explore and find one that works for you.

One of the most basic mindfulness techniques is creating awareness of the breath.
- Find a quiet space and close your eyes.
- Bring your awareness in to your breath.
- Observe the movement of the breath, not trying to change it or judge it.
- Just be aware.
- Thoughts will come into your mind, as they do, let them go without judgment, with the out breath and once again refocus your awareness on the breath.

Sounds simple enough…the ‘tough part’ is just doing it.

Enjoy taking in the present, just as it is.

Below are two additional mindfulness tool references.

The mindfulness bell or clock link below can assist in increasing your awareness of the present moment. You determine a frequency for the bell to sound. Upon hearing the bell, check in with your current thoughts and non-judgmentally observe if you were present prior to the sounding of the bell. Utilize the bell to stop and integrate a mindful awareness of the breath.
http://www.mindfullscd.org/mindfulclock.html

To try an experience in mindfulness of the body, senses and thoughts, listen to this brief body awareness exercise. http://youtu.be/obYJRmggrOU

Connie Cudnohowski is a registered yoga teacher (RYT) with training in yoga therapy, mindfulness and embodied awareness. She currently is studying Integrative Yoga Therapeutics with a psychologist/ yoga therapist to gain a better understanding of the mind body network. Her life was impacted by TBI recently when her husband was in a car accident. The accident both challenged her practice and reinforced the need for mindfulness.

Connie Cudnohowski is a registered yoga teacher (RYT) with training in yoga therapy, mindfulness and embodied awareness. She currently is studying Integrative Yoga Therapeutics with a psychologist/ yoga therapist to gain a better understanding of the mind body network. Her life was impacted by TBI recently when her husband was in a car accident. The accident both challenged her practice and reinforced the need for mindfulness.
Anniversaries creep up on us but rarely catch us off guard, especially when the anniversary is of the day that our lives were changed forever. The day that brain injury became a part of our lives.

Anniversary is defined by Merriam-Webster.com as “the annual recurrence of a date marking a notable event.” For some, the anniversary of a brain injury is anticipated with a heavy heart, recognizing that the anniversary of the day that life as we knew it ended is approaching. For others, the anniversary is like a re-birthday, a second chance at life.

There are often mixed feelings experienced with the anniversary. There are feelings of happiness over the progress made since the injury or since the last anniversary. There may be feelings of frustration over how slow the brain heals. There may be feelings of loss because goals and dreams have changed. There are many more feelings that accompany an anniversary. How you respond to these feelings is important.

What follows are a few recommendations for making it through the anniversary:

1. Plan for the day. Plan a dinner to celebrate survival, plan a re-birthday party, or plan some time alone for reflection.
2. Give yourself permission to grieve over the life-changing day. Grieve the losses but also recognize the gains.
3. Journal about your feelings. If you will feel better to throw away your journaling afterward, it is okay to do so. Just getting your feelings out can make a tremendous difference.
4. Take time for you. Go for a walk, take a nap, read a book, or listen to music.
5. Talk about the anniversary to someone you trust, to someone who will just listen and not try to “fix” how you are feeling.
6. Appreciate how far you have come, the progress made, and the fact that healing continues.

Following these recommendations may make the anniversary of your brain injury a little easier to respond to and the day a little easier to handle.

However, as the anniversary nears or if it has just past and you are feeling a sense of overwhelming sadness that is present for several days, you may need to seek medical attention. Trauma has the capability of taking over thoughts and feelings, and professionals may need to be involved. This is not a sign of weakness, but a healthy step in processing the changes you’re experiencing.
What has BIAW been up to?

- Planning the 11th Annual Walk for Thought & Picnic, expanding to Green Bay this year. The event is Saturday, October 4, 2014. A complimentary picnic will follow the Walk for all registered walkers.
- The Youth At-Risk Conference in Mequon was in early August and was attended by educators, special educators, at-risk program administrators, etc. BIAW exhibited at this conference and provided information about brain injury to this group. Increasing awareness about brain injury is important within this group because brain injury is often overlooked as a contributing factor in the challenges faced by at-risk youth.
- Toured the MCFI NexDay Brain Injury Rehabilitation Center in Milwaukee in mid-August, the newest sub-acute facility in Wisconsin.
- Development of updated Support Group Facilitator training which will be offered in 2015 at various locations around the state.
- Preliminary plans are being made to hold Certified Brain Injury Specialist training during Brain Injury Awareness Month, March 2015.
- Planning has begun for the 27th Annual Wisconsin Conference on Brain Injury which will be held May 4 & 5, 2015.
- Planning for the 2015 Golf Outing is currently underway.
- We are watching legislative activity as it pertains to brain injury and will keep you posted on what you can do to advocate for change.

**BIAW Happenings**

**Friendship Study**
Maggie Flynn, a graduate student in the lab, is studying friendships of people with and without TBI. The study includes completing a brief interview and answering questionnaires about friendships. Participation takes about an hour and you will be paid $25.

**Reading Study**
Haley Dresang, an undergraduate student in the lab, is studying sentence reading in people with and without TBI. The study takes from 30 minutes to one hour and participants will be paid $12.50 for every 30 minutes.

For individuals interested in participating or who wish to receive more information about either study, please contact Maggie Flynn at maflynn3@wisc.edu or 608-262-6904.

**RESEARCH OPPORTUNITIES:**
Department of Communication Science and Disorders - University of Wisconsin- Madison
Brain Injury Alliance of Wisconsin extends sincere appreciation to the following individuals, families, and/or organization who supported the Alliance through new/renewal memberships and/or donations during the last year.

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**Memorial Donations:**
- Donation made in memorial tribute to Steven Multerer
  By: AXA Advisors
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  - Grace Lanzetta
  - Susan McMahon
  - Patricia Multerer
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- Brady Wolfe
  By: Morrie’s Chippewa Valley Mazda

We apologize for any omission or errors in our list and request that you contact the Alliance office to report any oversight.
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