



ILC OFFICE IN SIOUX FALLS

Brain Injury Focus on South Dakota

February
2018

ILC Services in Eastern South Dakota

Name – Jenny Hallan, Director of Independent Living Services

Services/Facility – Independent Living Choices

Location - Sioux Falls, Aberdeen, Brookings, Chamberlain, Huron, Mitchell, Watertown, Yankton. Each office covers a number of counties (43 total) on the Eastern side of South Dakota.



1. What does your service/facility provide for individuals with brain injuries?

ILC provides the following services:

- Advocacy
 1. Consumer advocacy, where staff works with individuals with disabilities to obtain necessary support services from other agencies.
 2. Community advocacy, where staff, board members, and volunteers initiate activities to make changes in the community that make it easier for all individuals with disabilities to live more independently.
- Independent Living Skills - provides training to assist individuals with disabilities to live independently. The individualized program is developed to include such skills as cooking, cleaning, scheduling appointments, organizing, and budgeting, etc.
- Information and Referral - provides information and referral services to anyone having questions related to independent living. Staff members are available to answer questions, refer to appropriate resources, and make presentations about independent living and the services that Independent Living Choices provides.
- Peer Support - opportunity for individuals with disabilities to gain understanding and information from others

who have gone through similar life experiences. Peer Support volunteers have received training in communication, listening skills, and confidentiality. Also monthly support groups for individuals with any type of disability, their friends and family members. The groups have monthly speakers or activities.

- Transition- facilitates the transition of individuals with significant disabilities from nursing homes and other institutions to home and community-based residences, with the necessary supports and services. The goal of Transition is to help an individual live in a more independent and integrated setting.
- Assistive Daily Living Services (ADLS)- maintains a directory of potential personal attendants and provides training to individuals with disabilities in hiring, scheduling and managing attendants through the ADLS waiver program.
- Community Living Services - assists individuals with disabilities to access services within the community. Assistance may include, but is not limited to, housing, transportation, financial entitlement programs, and finances.
- Home Modification & Adaptive Devices - assists low-income individuals with disabilities to purchase adaptive devices (i.e. ramps, roll-in showers, widen doorways, remodel bathroom and kitchen, repair stairs,

and other architectural modifications) to make the premises accessible.

- Telecommunications Adaptive Devices - program will purchase and distribute telecommunications devices (i.e., speaker phone, cordless phone, emergency phone dialer, etc.) to make telephone services accessible for individuals with disabilities.

- Americans with Disabilities Act - provides education and training to individuals with disabilities, businesses, public service entities, and public accommodation providers in order to implement the ADA.

2. **What qualifications does someone need to receive your services/facility?** A person only needs to qualify with a disability (mental/emotional, physical, medical, or cognitive/intellectual). We will assist the person with obtaining the appropriate documentation to be made eligible for services.

3. **Who do we contact to receive services?** Sioux Falls is our main office. Each office covers numerous counties on the eastern side of South Dakota. If you are unsure which office to contact, depending on what county you live in, please call our Sioux Falls office and we will get your referral to the correct office for services. Website: <http://www.ilcchoices.org>

4. **Are costs covered through Medicare or Medicaid?** There is no cost to receive services with ILC. We only take income and resources into consideration when assisting participants with Home Modifications or Adaptive Devices. If a participant qualifies financially for services, there is still no cost to them to receive the modifications or devices they need to live independently.

5. **How many people currently utilize your services?** We serve an average of 2,000 individuals per year, approximately 40 of those individuals are a person with a brain injury.

6. **Tell us about your educational background.** Bachelor's degree in Human Development and Family Studies with a graduate degree in Nonprofit Management and Organization.



Wedding Supports BIASD

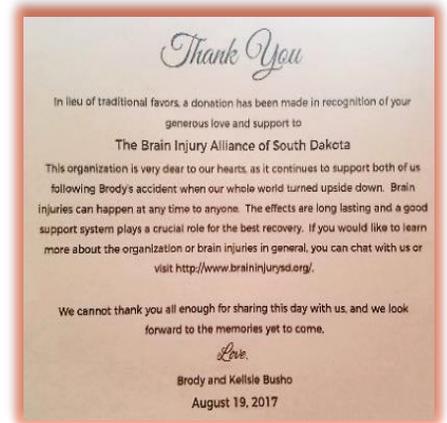
In 2017, Brody Busho wrote the following letter and he has given us permission to publish it again:

So March is Brain Injury Awareness Month... last Sunday happened to be the one year anniversary of an accident that has changed my life... Well, our lives. Brain injuries affect families, not just individuals. I received a traumatic brain injury among other things after an ATV I was riding in decided it wanted to try acrobatics. It was ill-advised.

I'm going to share my story in the hopes that it may reach somebody that needs help coping with the struggles of a brain injury. Mind you, my injury isn't on the severe side of things.

The first thing I remember was waking up in a hospital bed and not knowing exactly what happened. Everything was a blur of tears and questions. For the first couple days, the sound of people talking was enough to induce vomiting and cause me to pass out. For the next two weeks I would sleep 18+ hours a day while not being able to hold a conversation longer than 30 minutes. For the first month, no tv, no radio, no being able to function longer than two hours at any given point. I was able to start talking with people, just not groups of them and not very long or people I didn't know.

The second month included a slew of doctors visits, hospitals, and a nose surgery



(unfortunately making me handsome was beyond modern medicine). I'd rarely be able to leave the house except for the 2hrs I'd try to work, the short walks or huge visits to a local state park. As soon as I stepped into a vehicle, I'd pass out due to too much information being processed. Holding conversations was still difficult let alone being able handle going to the grocery store.

Months 3-6 saw a little of my personality return with new additions of high anxiety, continued memory loss, and emotional imbalance. Migraines went from being something I never understood to a huge part of my life. This was also the month that uncontrolled anger and steep depression hit like a hurricane. I've never known the depths a person could sink to want to take their life until then. These were the darkest of days. It meant making a plan of how to take my life, deciding on the day, then realizing I hated losing and this pain wasn't going to beat me. I may not be me anymore but I sure as hell am not a loser. It's not in my blood.

Months 6-9 meant holidays and sleeping through most of them as the excitement was overwhelming. Sleeping in the car any time we went anywhere, continued rage, learning tools to combat memory and sleeping issues, and re-learning how hard I could push my mind. It was also when I realized how much the people in my life mean to me.

Months 9-12 have seen me get engaged, buy a house, and continue to push my boundaries. I still combat rage, sleeping issues, memory loss, anxiety that keeps me away from people, migraines, depression, and medications. However, every day is a beautiful thing. It's a chance to learn, to grow, to meet new people, try new things. I'm not back. I may never be the person I was again. At this point I'm at peace with that. I

can only look forward and try to make today better than yesterday.

I honestly believe I wouldn't be here if not first and foremost for my relationship with God, Kellsie and my loving family, and the amazing people that have been placed in my life. The wonderful people at Brookings Area TBI Support Group have been an enormous help to Kellsie and me. My case is not severe and the effects are mild compared to what others are battling.

If you or anyone you know has received a brain injury, please reach out to me if you need anything, any time, day or night. I'm not doing this alone and nobody should have to. brody.busho@gmail.com

Hearing Loss and Traumatic Brain Injury

Written in 2016 by Kellsie Dieser, student at University of Minnesota

Findings indicate TBIs may affect higher sound frequencies. Individuals with TBI experiencing tinnitus also reported worse memory function. An audiological evaluation should be included in medical care following TBI and an audiologist can be a beneficial member on the medical team. Further information on this subject may be available from this research paper by contacting Kellsie at kellsie.busho@gmail.com

A March Snowstorm by Jerry Abrahamson, Desmet, SD (member of Brookings area Brain Injury Support Group)

It's in the low 20's today
Another chilly morning
And we are looking at
Another winter storm

Will it miss us
Like most of the ones before
Or will we finally get
Hit with some snow that we need

For it seems that
We need the snow
For our spring rains
And our growing seasons

So, I guess that we have
To put up with snow
And all that it brings
To have a good summer

Joke by Travis Peters, Brookings
(member of Brookings area Brain Injury Support Group)

At a wedding a little boy was walking down the aisle. Every few steps he'd turn to the person sitting there and go, "Grr, grr!!" People in the pews kept laughing at him. When he got to the front the little boy was in tears because of all the laughter. Someone asked him what he was doing. Through his tears he said, "I'm the ring bear!!"

How MN is helping to Solve Concussion Epidemic Through Research and Innovation by Amy Zellmer, Huffpost 1-12-18

Below is a small segment of the article.

Ben Utecht

Ben Utecht is best known for his role as Super Bowl champion tight end for the Indianapolis Colts, playing alongside quarterback Peyton Manning. In addition to his football career, he is also a gifted musician, author, motivational speaker, and loving husband and dedicated father to four beautiful girls.

Utecht told me that at its core, his book is a memoir, an opportunity for him to chronicle his football story, as well as the story of meeting his wife and the births of his daughters—so he has a way to tell his daughters about it, in case one day he no longer remembers any of it.

"I am not a bitter man, I love football. I want to see it done the right way, at all levels. I want to tell a story that makes people consider, for the first time maybe, how critical their mind is to their identity. If that shifts as a culture, that will have a great impact on the brain health of athletes," said Utecht.

His message to parents is simple:

1. Educate yourself fully, understand what a concussion injury and its symptoms are, and what to do if it happens to your child.
2. If you want your children to play sports, build a relationship with a neurologist and get a baseline assessment of your child.
3. Understand that between the ages of 2-12 is when your child's brain is going through the most growth and developmental changes. Don't enter your child into sports until after age 12.

Utecht hopes that sharing his story will help spread a message on the importance of our memory and brain health. Speaking and

giving leadership programs has become his passion, saying, "Speaking is about influencing just one. It's not about how many people you're in front of, it's the impact your words can have, even if it's just one person—because that one person could turn your message into something for millions. You never know when you're going to be the miracle for somebody."

Up-coming classes/workshops

- **South Dakota Special Education Conference** March 13-14, Sioux Falls Sheraton and Convention Center [Free Parents' Night Session on March 13](#)
- **New Paradigms in Mental Health Care** March 23, Rapid City Journey Museum Co-sponsored by The Brain Injury Rehabilitation Center Focus is for professionals and advocates.
- **Yoga Session** for individuals with a brain injury. May 3, Brookings Hospital following Support Group meeting from 3-4 pm. Led by Steve Heidenreich from Denver, Colorado, who acquired a brain injury, in SD Sports Hall of Fame, and All American World Record.



- **Brain Injury Alliance of Colorado Professional Conference**, early November in Denver.

Introduction to a Board Member

by Mary Tommeraasen



1. How did you become involved with Brain Injury Alliance of SD (BIASD)?

I have been employed for 27 years in the vocational unit—SD Vocational Resources—at the SD Rehabilitation Center for the Blind, as the Employment Skills Supervisor. I work with Vocational Rehabilitation clients who have a variety of difficulties and strengths. I assess their employability, train new skills, and help them transition to employment, if feasible. I have worked with individuals

who sustained brain injuries throughout these years, and have been impressed with their desire to push forward through all they knew and remembered, and on to a new challenge of a new kind of life.

I became involved with the Sioux Falls Area Brain Injury support group because I felt these individuals needed to be connected with each other. I became a facilitator for the support group over 10 years ago and encourage individuals who sustained a brain injury to attend for themselves, their families, and for the others in the group.

I was contacted by another board member's daughter regarding BIASD. Mary Ohman's daughter, Michelle, worked with some of my clients through another agency. She thought I might be interested in being on the board; I accepted the offer and was voted in.

2. Tell about an activity BIASD has done during your term of service.

Being on the board has been a very good experience. I am forever thankful for the opportunity to be serving with a group of people who have a passion for assisting individuals who sustained a brain injury, their families, and communities. As a group with varied backgrounds and experiences we are able to pull our heads together to assist others. Taking calls regarding resources and ideas has been a valuable activity we have all assisted in for people in our communities in SD.

3. What do you want to see in the future of BIASD?

In the future, it would be wonderful to have funding available to assist more individuals with their various needs. Housing and day activities come to mind as requests we have heard; these are very limited in SD and would appear to be money well-spent.

4. What do you want readers to know about Brain Injury.

I am sure our readers know every brain injury is different. What they may not realize is that they are not alone. Many of our individuals share similar circumstances. Attending a brain injury support group assists individuals and their families to connect with others who understand them; they all help each other by providing information and developing friendships.

5. Tell us about your life beyond being a board member for BIASD.

I love being the Employment Skills Supervisor at work. I learn from each person which then encourages me to keep learning. I became a Certified Brain Injury Specialist 5 years ago. I participate in a brain injury work group through the Center for Disabilities. We developed a resource pamphlet and are currently developing a brain injury manual for individuals and our communities. I participate in the Sioux Empire Stroke Support Club. I participated in the Memory Forum for 2 years for people with early onset dementia and will continue to do so in the future. Learning and connecting people is very important to me.

[March is Brain Injury Awareness Month!](#) What can you do ?

- Write a letter to the editor or to this newsletter about concussions and brain injuries
- Wear green and/or use green lights on your garage or entry way
- Share your story with others
- Join a brain injury support group
- Donate money to BIASD, 4304 S. Glenview Rd., Sioux Falls, SD 57103

Brain Injury
Alliance of
SD
Newsletter
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