



March is Brain Injury Awareness Month!

Each year, March is recognized nationally as Brain Injury Awareness Month. The North Dakota Brain Injury Network wants to partner with YOU to help promote brain injury awareness in your community. Our website provides you with a toolkit of information to help you come up with ideas, here are just a few to get your wheel spinning:

Host a movie screening some examples of movie's include: "The Crash Reel", "The Rider" and "Every 21 Seconds". Community activities such a "Bowling for Brains" are also a great way to spread information and have the community participate. If you need hand-outs to provide at the bowling alley, please contact us.

Brain Injury Playing Cards

Entertaining way to spread awareness

We are very excited to announce our brain injury playing cards have arrived! Hosting a game night is a perfect way to recognize Brain Injury Awareness Month. See the ndbin.org website to order your free deck!

North Dakota Brain Injury Network playing cards are intended to help families, providers, and survivors learn new facts, open dialogue and aide in the recovery of individuals with brain injury.

- Family and friends better support their loved ones when they know more about brain injury
- Education about brain injury is important for everyone
- Learning about brain injury assists survivors to understand their own recovery

Games work on skills in a fun, interactive way

Card games may sound like child's play, but they are helpful tools in recovery and rehabilitation. Research shows that playing games like cards, puzzles, or board games are good ways to practice skills and exercise the mind.

- Playing games can trigger forgotten skills and make practice fun
- Cards are a simple and inexpensive way to take recovery anywhere
- Multiplayer games help with communication and social skills



**Each card includes a fact about
brain injury**

Game Suggestions

Card Sorting works on motor skills, concentration, sequencing and attention. Cards can be sorted many ways! By suit, odd/even numbers, black/red, every other even/odd, etc.

Solitaire Games helps with sequencing, math skills, concentration and visual memory.

Memory/Matching Games develop recognition, recall, spatial memory, attention, and concentration. Start simple with limited number of matches and work up to more complex variations.

War helps with focus, attention, speed, recognition, categorization and reaction time.

Golf works on social skills, math skills, visual memory, recall, recognition, and short-term memory.

Kings in the Corner develops socialization, sequencing, recognition, visual memory, attention and focus.

Gin Rummy helps with reading social cues, sequencing, recognition, visual memory, attention and focus.

Hearts enhances socialization, attention span, concentration, memory and logical reasoning.

Join Us March 26 at the Capitol!

From 8:00-1:00 you can see...

- Governor Doug Burgum signing the Brain Injury Awareness Month proclamation
- Cristabelle Braden, a national advocate for brain injury, performing in Memorial Hall at noon. Braden's inspirational music has a message of confidence, identity, and survival
- The Unmasking Brain Injury project and other exhibits with brain injury information



From 6-8 on March 26 at HIT Inc in Bismarck

- Meet and greet Cristabelle and Amy Zellmer
- View Amy's presentation (6:30-7:15)
- Following the presentation there will be time for a research survey and photographs

Mind Matters Conference 2019!

When: March 27 & 28, 2019

Where: Baymont Inn & Suites, Mandan

Why: Learn about innovative approaches and new systems of care for individuals living with a brain injury

Who: Individuals with brain injury, their families and various professionals are invited to attend this unique conference

To register go to:

<https://www.ndbin.org/events/mind-matters>

Tell Us Your Story

We would love to hear your inspirational stories. There is a link on our website where you can take some time to tell your story and hopefully inspire other going through similar issues, as well as educate others on brain injury and all that comes with it.

<https://www.ndbin.org/share-your-story>

For more information about social and recreational events, contact NDBIN staff.

**1.855.866.1884 • info@ndbin.org
ndbin.org**

Brain Injury Support Groups

Grand Forks

Brain Injury Support Group

Sharon Lutheran Church

1720 South 20th Street

Last Tuesday of the month 7:30 - 9:00 pm

Contact Rebecca Quinn 701-777-5200

rebecca.quinn@und.edu

Devils Lake

Brain Injury Support Group

St. Olaf Lutheran Church

601 6th Street NE.

Second Thursday of the month 5:30 - 7:00 pm

Contact Nickie Livedalen 701-317-4172

nicole.livedalen@und.edu

Bismarck

Dakota Center for Independent Living

Brain Injury Support Group

3111 E. Broadway Ave.

Fourth Thursday of the month 4:00 - 5:00 pm

701-222-3636

www.dakotacil.org

Bismarck

Brain Injury and Stroke Support Group

Sanford Health – sixth floor

Contact 701-323-6696 for upcoming dates

Dickinson

Traumatic Brain Injury Survivor Support

Hawk's Point

1266 Signal Butte

Second Tuesday of the month 7:00 pm

Contact Shannon Binstock 701-260-0098

prairiepen@ndsupernet.com

Fargo

Onword Together

Hope Lutheran Church

2900 Broadway

Third Thursday of the month 4:30 - 6:00 pm

Contact Nan Kennelly 701-364-5433

www.onwordtherapy.com

Sanford Brain Injury Support Group

1720 S. University

Second Tuesday of the month 6:00 - 7:30 pm

Contact John 701-280-4769

Mind Matters Support Group

Progressive Therapy Associates

1150 Prairie Pkwy. West Fargo

First Thursday of the month 6:00 - 7:30 pm

Contact Jodi Hedstrom or Janet Grove

701-356-7766

info@progressivetherapyassociates.com

www.progressivetherapyassociates.com

**Are you interested in having a
Brain Injury event in your area?**

*We would love to partner with you to help
educate and promote awareness for brain injury.*

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