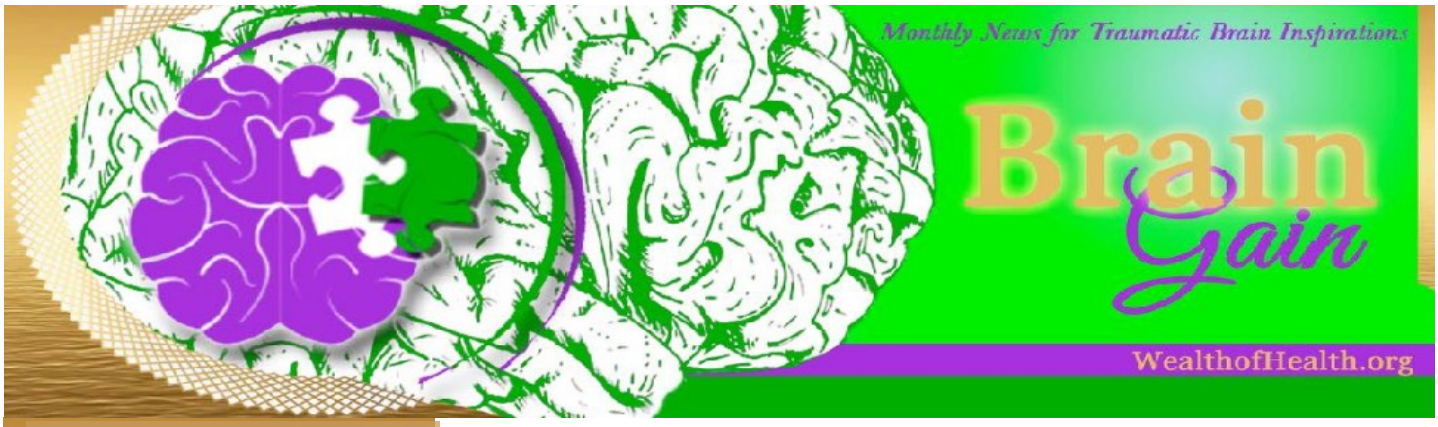

IN THIS ISSUE

NICER Solutions
Connecting the Pieces
Meet the Board
In the News
Did you Know
Support Group News
Fun Fundraising Event
Thrivers Contribution
Caregiver's Corner
Brain Storming

CONTACT
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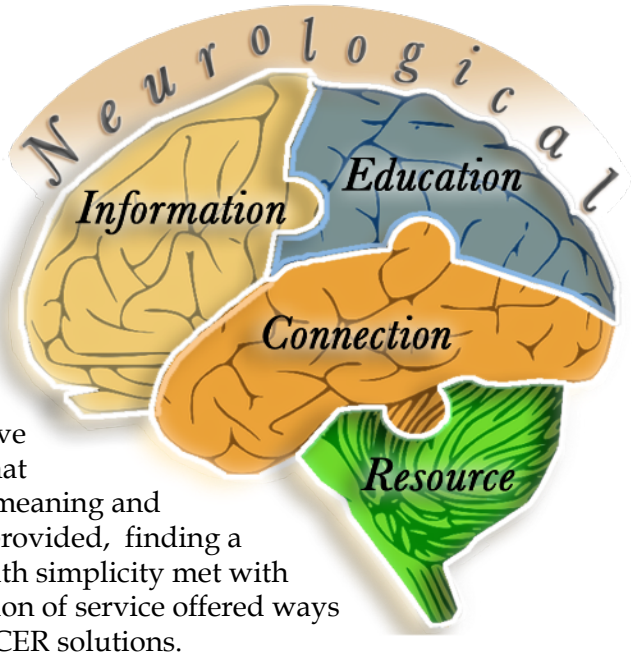
NICER *Solutions*



The growth of this Nonprofit continues to evolve service to turn brain injury into brain inspiration.

As the mission and vision statement improve to offer an expression that defines and directs the meaning and purpose of the service provided, finding a way to communicate with simplicity met with creativity in an integration of service offered ways to improve utilizing NICER solutions.

- **Neurological**
  Relating to the anatomical central nervous system of the brain and spinal cord.
- **Information**
  Identifying and integrating information Initial stage of brain injury.
- **Connection**
  Creating support and advocacy in a community for a better community.
- **Education**
  Programs, training, activities, and events for evolving brain health.
- **Resources**
  Research, Studies, News, and Networking.

"Our Mission."

We believe life begins anew with brain injury and learning to do more than survive is uniquely every affected individual, family, caregiver and professional's opportunity to discover. Offering neurologically focused information, education, resources, and connection, Brain Injury Solutions, a nonprofit organization in Southern Nevada, provides supportive services to enhance the dignity and quality of life as fractured pieces come together for a new and unique fit of realized abilities.

Support Group Meetings

Bi-Monthly Support
1st & 3rd Thursday
Neuro Restorative
2785 S. Rainbow Suite 130
Las Vegas, NV 89146
5-6:30pm
Meetings: Aug 1 & 15
Sept 5 & 19
Oct 3 & 17
Nov. 7 & 21
Dec 5 & 19

Monthly Support
3rd Wednesday
Dignity Health
Rehabilitation Hospital
2930 Siena Heights Dr
Henderson, NV 89052
6-7:30pm
Meeting: Aug 14
Sep. 18
Oct. 16
Nov. .20
Dec 18

Connecting the Pieces

Our mission and vision have taken a wide sweep to encompass the greater capacities of our abilities to serve the brain injury community in the past month. We not only want to help in the different ways we can use service to profile individuals, their families and caregivers, we also look to provide an education for professionals to grow so that everyone is uplifted.

We can realize that we are not here to merely help put the pieces back together, with what dynamic individuals we continue to encounter, we have realized that we are here to appreciate those unique pieces for what they offer and to appreciate how they can come together to create a better new reality after brain injury. We won't be able to return to where we were, because we are different and have championed life tremendously. It stands to reason that those pieces are now different, unique and when we adjust our thinking and acting, our outcomes aim that way too.

Each of us comes together in this collective to add to each other. When we appreciate all those unique pieces, the puzzle is not a problem but a complete and whole picture of possibilities to explore.

Who we are in the uncommon hours is what truly defines who we are.

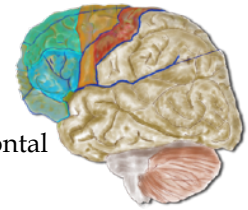
Meet the Board

The first Board Meeting in July inducted the initial Five Board Members. *Pictured Left to Right*

Mary Langdon , CoFounder and President
Christine Essex, CoFounder and Vice President
Gary L. Reynolds , Board Member
Martha Sullivan, Secretary
Lynda Tourloukis, Treasurer

Ricky Essex, Board Assistance (not pictured)
Dave Sullivan, Board Assistance. (not pictured)

Did you Know?



Active memory resides in our prefrontal lobes.

In 1956 Cognitive Psychologist George Miller discovered that the average individual can only retain up to seven pieces of information in our working memory. Since that time, scientists have realized the type of information is also relevant to how much we can retain.

Photo Credits: Pancrat [CC BY-SA 3.0 (https://creativecommons.org/licenses/by-sa/3.0)]

Stay Hydrated!

75% of your brain is made of water.. Dehydration puts the brain in peril.

In the News

Challenging and Championing

The Recent article of the Challenger News for Health, Rehabilitation, Seniors, and People with Disabilities for August will soon be released. Our effort and support are included in an article with Vernon Fox. Pick up a copy at the support group meetings.

View it at WWBDTV.com

Interviewing…

Sharing the origins, purpose and putting the good word about brain injury support with an interview on WWDBTV By CoFounders Mary and Christine with Ricky.

Support Group News

In July the new Brain Injury Support Group at Dignity Health's brand new Rehabilitation hospital opened its doors for our expansion.

The Dignity Health group became a circle of sharing for the evening. In hearing the ways brain injury touches so many lives, we will profoundly be changed for the better the more we hear what people can do and less of what they cannot.

The support group at Neuro Restorative presented the ever-informative Julie Dendy, a physical therapist who navigates the neuro field of ability with agility.

Julie Dendy, Aging with Power
JKDendy@agingwithpower.org
702.222.0550

Miracle-Gro for the Brain…. BDNF

Julie Dendy activated our brain cells with an insightful presentation that offered us a simple way to improve our brain's function and overall wellbeing. BDNF, Brain Derived Neurotrophic Factor, is a protein that is produced inside the nerve cells. She shared that the more BDNF in the brain, the better the brain will function.

It matters because it helps your brain adapt and learn and improves *all forms* of plasticity. It builds and maintains brain circuits, improves the rates of learning, and propels the growth of new cells. With lower levels we are at risk for depression, anxiety, learning difficulty and more stress. The good news is that we can build it with exercise, sleep, nutrition and stress reduction.

Any reduction in sedentary behavior improves BDNF and simple daily exercise may be the easiest way to add more into our day. Intensity workouts offer the best results with short intervals of intense activity during exercise. *Julie's Motto:*

Do the thing today that your future self will thank you for.

Fun Fun(d)raising Event
Sings a Happy Tune

The goal was to have fun, offer a little respite for caregivers and mingle with new memories in meeting new faces and reconnecting with familiar ones. It didn't matter if you couldn't sing, Karaoke seems to provide a way to express yourself with the spirit of acceptance and amusement rolled into good times.

Many thanks to those that came out to MidTown and joined in the festivities. Special thanks for your donations as our funds were designated to fund the print materials that are offered at our events and group meetings. Donated prizes were raffled, Pizza was enjoyed and happy neural pathways were stepping to a happy beat!

Where Survivors become Thrivers

Phil Cisneros has championed his long rehabilitation by sharing the value of movement and exercise with others. Teaming with the Park District, he helped organize and sustains the recumbent bike program that allows those that thought exercise might not be possible, a way to make dreams become fun and healthy too. Each Wednesday and Saturday volunteers like Phil provide a number of specially made bikes at the Barkin Basin Dog Park track located at Tenaya and Alexander avenues.

It is adjacent to the Wayne Bunker family park and offers a circular track that provides a circuit of about 1.25 miles. This has inspired many to begin racing and finding a tremendous workout in riding. For those that show up, a way to ride will be found for everyone. It is a funded program that is free to all in need of exercise, fun and wants to put a new spin on things.

The Brain Nut… Walnut

Just look at a walnut and you might begin to realize it's brain boosting qualities as its resemblance to the brain offers it up as a wonder-source of nutrition for brain and body development. Consider these healthy facts and you just might go a little nuts for this brain-building addition that can offer a wealth of improvement and function.

- Walnuts are loaded with vitamin folate and electrolyte minerals calcium, potassium, magnesium, and phosphorus that are essential to our nervous system function.
- Containing antioxidant and anti-inflammatory plant-based phytochemicals, essential proteins, energy-boosting carbohydrates, and melatonin, the neurotransmitter for sleep.
- A healthy source of Omega 3 and 6, provide the healthy fatty acids your brain requires to stabilize nerve cell membranes and maintain plasticity.
- Improvement in interneuronal signaling within the brain, Walnuts also increase neurogenesis formation, the process of forming new neurons in the brain.
- Walnuts are by far the best nut for a brain injury to consume with a host of benefits for the body's well being too. Just a handful of nuts can make for an easy way to optimize your brain.

The Caregivers Corner

The role of the caregiver is essential in the provision of care for another. It is so easy to forget in the busy engagement and concern for our loved ones, to take a moment to reengage and remember what fuels your passion and offers the adjustment that is often called for when it seems least available in time or energy.

Many wonderful tips offer us simple ideas and techniques to breathe for a moment, rest as time permits, engage and share what gives you pleasure, and to stay in touch with others and communicate to reboot with the little moments that fill your heart. It's easy to say, yet heartfelt for your soul to remember.

Here are seven simple reminders that might help to take the small steps of self-compassion daily, knowing you are not alone.

On Monday: Accept Compliments
Accept the compliments that come in smiles, hugs, simple touches, acknowledgments, agreements, and appreciation.

On Tuesday: Love your Flexibility
Realize your versatility, bend to receive what is given freely, Notice how you don't get bent out of shape, Note your expansive qualities.

On Wednesday: Revel in Gratitude
Realize the thanks in an action, Appreciate the small appreciations, Notice a great fullness of what you have in any moment. Receive all.

On Thursday: Receive the Kindness
Smile as doors open for you, note the way your heart softens, hear the sounds that bring something nicer, recognize your own kindness

On Friday: Notice your Forgiving Nature
Appreciate what you release, Notice how you not what is important. Recognize how you expand when you give better than before.

On Saturday: Cultivate your Curiosity
Just for today, notice how you wonder. Acknowledge your creativity. Relate the ways you relate to the little things. See your abilities.

On Sunday: Love how you Love
Feel your own sense of love and where it blankets your surroundings See the effects of the ways you love. Look at how love bounces back.

When you begin with Self Compassion
All that you surround yourself becomes
compassionate too.

Community Projects

There are many ways we can help ourselves and in doing so help others. Allow this supportive community to find ways to rebuild your abilities while you support the places that help you build, cultivate and grow with your abilities too.

What if we created something together that could support all of us with something we are already doing. Sharing is caring. Let's build a healthy cookbook together.

Bring your recipes to a support group meeting or send them by email to brininjurynv@gmail.com

Project: The BI Cookbook

Part of the care of TBI is with healthy nutrition that stimulates activity in the brain and body.

One great way to be of support to other individuals and families similarly afflicted is to share what has worked.

Beginning this month, we are collecting your tried and true favorite healthy recipes for all to benefit by in the creation of a healthy and nutritious TBI Cookbook.

Share your recipes in person at our support group meeting or via email to: brininjurynv@gmail.com

Brain Injury to Inspiration Ideas

Got a great idea of something that has helped you?

Take a moment and write down what it was, how it helped and why it might help another. When we help another, we help ourselves find more of what we are capable of.

Bring your ideas or send them to brininjurynv@gmail.com

Caregivers Tips, Techniques and Ideas

Help another Caregiver or share an idea you use that could help another.

In the spirit of remembering that we are not alone, share your simple ideas, no matter how small, they can go a long way to making a big difference for another.

Bring your ideas or send them to brininjurynv@gmail.com