

# New resources lend support to brain injury survivor, family

A traumatic brain injury isn't visible, like a broken leg or the loss of a limb. Yet the effects of such an injury can impact physical, cognitive, emotional and behavioral functions and bring life and lifestyle changes for the survivor and his or her family.

A survivor of traumatic brain injury may have difficulty communicating effectively, performing basic life skills, maintaining independence – driving can be an issue – or returning to work, said Deb Sellers, K-State Research and Extension specialist on adult development and aging.

With falls as the leading cause of such brain injuries, Sellers said that she sees traumatic brain injury as an emerging issue in the U.S. because of its aging population. One out of three older adults ages 65 and older, is expected to fall within the course of a year, she said.

Children also can be vulnerable, and so can teens, who tend to engage in more risky behaviors, said Sellers, who cited examples such as playground, sports, bicycle, auto and farm accidents.

Injuries from improvised explosive devices also have become the 'signature' injury resulting from conflicts in Iraq and Afghanistan, she said.

Sellers said the Brain Injury Association of America defines a traumatic brain injury as an alteration in brain function or other evidence of brain pathology caused by an external force.

It is different than a stroke or other types of internal injury to

## Recovery support offered

No one plans to have an accident or suffer a life-changing injury, but it can happen and catch us unaware – and unprepared.

In developing support materials for survivors of traumatic brain injuries and their families and communities, Deb Sellers, K-State Research and Extension specialist on adult development and aging, provides tips to also support recovery and rehabilitation in a variety of circumstances:

- Use person-first language, by speaking about the person rather than an injury or disability. Example: "I'd like to introduce you to my friend David, who is recovering from a traumatic brain injury," rather than "Meet David, a brain-injured person."
- Be respectful. Speak in a

natural tone, and be patient when awaiting a response.

- Limit distractions that hamper communications by choosing a quiet spot, turning off the television, and setting aside other electronic devices.
- Provide extra cues, such as making a note of appointments or to-do lists.
- Ask questions as needed, and provide gentle reminders, if needed.
- Be specific when offering to help: Can I take you to physical therapy next Tuesday?
- Model acceptance.
- Volunteer.

Information about supporting rehabilitation and recovery from a traumatic brain injury or other accident or illness is available at [www.TBIOptions.ksu.edu](http://www.TBIOptions.ksu.edu) and [www.ksu.edu/aging](http://www.ksu.edu/aging).

the brain, she added, because it has an external cause, such as a bump, jolt or blow to the head or penetrating injury.

Rehabilitation and recovery vary because no two injuries are alike, she said.

Most who experience the injury are unfamiliar with it and often at a loss to know how to locate resources for rehabilitation and recovery.

Sellers teamed with Jane Mertz Garcia, professor and speech language pathologist, communic-

aion sciences and disorders in the School of Family Studies and Human Services at Kansas State University, to apply for grant funding. The result is a resource guide named "TBIOptions."

With funding from Kansas' Social and Rehabilitation Services and the help of K-State Research and Extension agents across the state, the two worked with 28 communities which helped identify medical and community-based support services in four categories: community support; finan-

cial; health and related concerns; and treatment and rehabilitation.

Sellers and Garcia pooled the information to compile a list of community-based resources and create a website, including an interactive map for survivors, families and caregivers to match their needs to resources within their area.

They also sought grant funding to develop an educational program and materials called "TBIOptions" Promoting Knowledge.

The educators interviewed 14 traumatic brain injury survivors, families and caregivers and developed fact and tip sheets, available at K-State Research and Extension offices and online at [www.TBIOptions.ksu.edu](http://www.TBIOptions.ksu.edu) and [www.aging.ksu.edu](http://www.aging.ksu.edu). The site includes videos.

The resources are intended to promote understanding among the general public and community members, and encompass three key topics:

- Create change through knowledge about traumatic brain injury.
- Create positive differences for people who experience traumatic brain injury.
- Create a supportive community for people who experience traumatic brain injury.

For survivors, the ultimate goal can be returning to work, said Sellers, who noted that rehabilitation can be a slow process, but one worth working on – and supporting.

Information about the project is available at: [www.joe.org/joe/2012april/iw4.php](http://www.joe.org/joe/2012april/iw4.php).

## Power outage map now available online

In an effort to share electric outage information during storms and promote transparency, Midwest Energy recently added new features to its web page, allowing customers to view outages on its webpage, as well as track customer satisfaction metrics.

"As outages occur, customers can use the outage viewer to determine the extent of outages, and track restoration progress," said Pat Parke, Midwest Energy's vice president for customer service. "The map allows users to zoom in to get a sense of the affected area, but for security reasons it does not identify affected customers."

Additionally, Midwest has added a "performance dashboard," allowing customers to see recent customer satisfaction

scores, how many customers participate in optional programs such as Midwest Customers Care and e-billing, a 12-month average of energy coming from renewable sources, and more.

"Sharing these metrics reflects the quality of our interaction with customers, while reinforcing our identity as a customer-owned cooperative," Parke said. "Members wanting to know about their cooperative's performance won't have to wait on the next annual report; it is updated monthly and available anytime in a user-friendly format. We welcome customer suggestions for additional content."

Links to the outage viewer and performance dashboard can be found on Midwest Energy's website, [www.mwenergy.com](http://www.mwenergy.com).

## Sorghum Checkoff seeks board members

The United Sorghum Checkoff Program Board will have four positions become vacant in December, with two of those positions available to Kansas-based sorghum growers.

The Kansas Grain Sorghum Commission, Kansas Grain Sorghum Producers Association and Kansas Farm Bureau are searching for sorghum producers interested in appointment to the board. The term for these seats will expire at the board's winter meeting in December 2016.

Anyone interested in being nominated must be a sorghum producer and complete and submit the U.S. Department of Agriculture's Form AD-755 – Ad-

visory Committee Membership Background Information, and the Nominee's Agreement to Serve Form along with a cover letter outlining their interest to serve on the board. Application forms may also be found at [www.ams.usda.gov/ismarketingprograms](http://www.ams.usda.gov/ismarketingprograms) by selecting the "Sorghum Program."

For consideration, completed applications must be received at the office of the Kansas Grain Sorghum Commission ([jill@ks-grainsorghum.org](mailto:jill@ks-grainsorghum.org)), Kansas Grain Sorghum Producers Association ([sschulte@ksgrains.com](mailto:sschulte@ksgrains.com)) or the Kansas Farm Bureau ([nelson@kfb.org](mailto:nelson@kfb.org)) office by 5 p.m. Friday, May 3.


## Indiana man reports himself as drunk driver, gets arrested

ROSELAWN, Ind. (AP) – A northern Indiana man who called 911 and told dispatchers he was driving drunk and needed to be taken off the road got his wish when a sheriff's deputy arrived.

State Police say 24-year-old Matthew Devore of Logansport was arrested early Monday along Interstate 65 in Jasper County. Police said Devore had a blood-alcohol level of .09, just over Indiana's legal limit for driving. He

was being held at the Jasper County Jail on a driving while intoxicated charge.

State Police say Devore lost control of his car and it ended up in a grassy median with a flat tire.

*Make a Difference - Please Recycle* 

# BUSINESS DIRECTORY

To have your ad placed in the Business Directory call Kathryn or Sharon today at (785)462-3963

Looking for a better return?



If you have CDs about to mature or other assets to invest, consider all of your options. Not only do our fixed annuities offer you a competitive return, they also offer you flexibility, security and guarantees.

To see how simple it can be to save for your future, contact us today.



**Schad Barnett Construction, LLC**  
Licensed & Insured General Contractor

- New Construction
- Concrete Work
- Roofing & Siding
- Doors & Windows
- Additions, Garages, Decks
- Remodels

**785-673-3343**  
2650 Co. Rd Z  
Grinnell, KS 67738

Serving NW Kansas  
15 Years

Building today for a better tomorrow - No job too small.

**Langer Industrial Service**

2022 County Road 11 • Levant, KS 67743 • 785-586-2208  
Monday - Friday 8 a.m. - 5 p.m.

**We pay cash up to for all scrap metal\***

Brass • Copper • Aluminum • Batteries • Electric motors • Cars  
• Combines • Farm Equipment • Prepared/Unprepared Iron and Tin  
• Container Service • Off site baling and car crushing  
• Limited pickup service available

Schedule deliveries after normal business hours by appointment when necessary.  
\* Some Conditions Apply

**KANSAS Insurance INC**  
Formerly THOMAS County INSURANCE AGENCY



**Dennis Tubbs**  
dtubbs@kansasins.com

490 N. Franklin  
**785-462-3939**

- Home & Auto
- Farm & Crop
- Business Insurance
- Boat, Motorcycle, RV

**Nationwide Agribusiness**  
On Your Side®

[www.kansasins.com](http://www.kansasins.com)

**BEE THRIFTY**  
**BUSINESS HOURS**  
TUE-FRI 2-6 PM  
SAT 12-5 PM  
ACCEPTING CREDIT AND DEBIT CARDS  
1745 Taylor Ave., Colby  
(170 EXIT 53)  
785-269-7751  
[facebook.com/beethrifty](https://facebook.com/beethrifty)

**Buffalo Bill Cultural Center**  
**785-671-1000**

We're booking Graduation, & Wedding Receptions.

Call us to book your next business meeting!

 Follow us on Facebook!

**Dr. Tom Barlow**  
**DENTIST**

**785-460-7538**

Appointments Readily Available

505 H N. Franklin, Colby

**Mobile Home Lots for Rent**

\$175 Month  
(includes water, sewer & storage shed)  
FREE Month with approved application

**Friendly Acres Mobile Home Park**  
1150 S. Franklin, Colby  
Call 785-462-6445

**NOW OPEN**  
**New 2U Thrift Store**  
165 E. 4th • Colby

Mon. Tues. ....11 - 6  
Wed. ....11 - 5  
Thurs. ....12 - 6  
Fri. Sat. ....11 - 6

Accepting Donations 785-443-2588  
**Save 25% • Bring in Ad**

**TRIPLE J TRUCKING, LLC**  
**James E. Meyers**

Liquid & Dry Bulk Tankers  
Specialized OD & Heavy Hauling  
Temperature Controlled

785.675.2196 or 785.675.1737  
[FrwhInjm@ruraltel.net](mailto:FrwhInjm@ruraltel.net)

**High Plains RV Resort**  
Live at the resort in your RV Oakley/Colby!  
Live in your RV at the #1 rated RV resort in Kansas.  
\$450 monthly rent - includes water, sewer & cable TV!  
Swimming pool, hot tubs, clean restrooms, Propane available, clubhouse and laundry room, and store!  
We only have a few sites available for monthly guests, so call us now.  
High Plains RV Resort • (785)672-3538 • [www.HighPlainsCamping.com](http://www.HighPlainsCamping.com)  
We sell PROPANE PROPANE PROPANE!

**James DesRoches | High Plains Plumbing**  
**785-672-5032 Available 7 days a week**



We offer a large range of quality service, repair & new construction in the residential & commercial market.

Gas Certified • Water Treatment & Filtration • Water Heaters  
Solar • Service & Repair • Home Addition • New Construction

High Plains Plumbing | 462 US Highway 83, Oakley, KS 67748  
[www.highplainsplumbingks.com](http://www.highplainsplumbingks.com) | Email: [highplainsplumbingks@gmail.com](mailto:highplainsplumbingks@gmail.com)

**HINKLE TERMITE & PEST CONTROL**  
1-800-536-2704  
[www.hinkletermite.com](http://www.hinkletermite.com)  
JOE HESKETT • OWNER • 785-545-6868 (CELL)

  
**HOXIE STATE INSURANCE, INC.**  
824 Main, PO Box 378  
Hoxie, KS 67740  
(785) 675.3263 – Fax (785) 675.3721

115 S. State St.  
Winona, KS 67764

**A-1 CHIMNEY SWEEP & Dryer Vent Cleaning**  
**620.397.2854**  
Dighton, KS

CSIA Certified Professional  
(Chimney Safety Institute of America)  
No Mileage within 85 Miles



Licensed Sweep • Inspector • Dryer Exhaust Technician

**New Dawn Rentals & Management Team**  
Apartments • Homes • Commercial  
**CALL 785-443-2010**  
Experienced and Referenced  
We also contract Maintenance & Cleaning Jobs

