



Since 1986, Restart, Inc. has given support to persons with brain injury and related disabilities to achieve their highest level of independence through programs and independent living skills services in community living and outreach environments.

## Summer 2013

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Brian with Fritz the cat

## A WHOLE LOT OF JOY

BY BRIAN WENE

Hello. My name is Brian Wene. I am thirty years old and I have a Brain Injury. I was blessed with this gift on May 30th, 2007 due to a bicycle accident. Further details are unknown. I know this because that day is tattooed on my chest. Seriously. I started my Restart life in the 5550 Girard Ave. house and I was going through some real attitude and control problems. I am not proud of some certain situations, but, gladly, I am living at the Villa in downtown

Minneapolis now and life couldn't be better!! That's right I double exclamation-ed that sentence. It's that good. I am very happy with the services provided here; I get to set my meds which gives me a big sense of independence and I get to cook for myself which I wasn't able to do at the Girard house. We also get our dinners made fresh in the community room every night and there are breakfast food items for us to grab on the go. We are able to sit, like families, and catch  
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## A LETTER FROM THE DIRECTOR

Hopefully by the time you read this we will have enjoyed at least a few nice days of summer and that the dreary days of early June are behind us. Despite the weather, we have many pleasant moments to relate throughout Restart as we continue to build on our operational success and your donations to help our residents and clients' journey to their maximum level of independence. We can report the weight loss and improved physical conditions of those that have used our ACCESS Scholarship to join a gym and receive personalized training assistance. We can report on those that have found employment at the front desk at Restart to begin their steps to gainful employment out in the community. We can report on the community garden at 614 that Restart residents are helping to plant and maintain for fun and good eating. We can report on the front boulevard area at Kathy's Place that a longtime resident has decided to create and sustain with daily efforts as he matches skills with the next door neighbor who has had hers up for over 15 years. We can report on the number of our folks that received free tax return assistance by a Restart volunteer. We can report on our residents and clients who are able to get their lives stabilized and move to more independent living situations due to the efforts of our employees, our volunteers, and the programs we have established as we continue to live out the Restart mission. These and many other opportunities that we can report on are made possible by your donations and the ongoing supervision of our superb staff. Please be very aware that our future success remains contingent on the support we get from the community as the funding for our services continues to be reduced. While our actual services are in growing demands, the authorization for these services continues to be reduced as well. We truly believe that we will remain committed in providing quality programming and housing and maintain our focus on our residents and clients as we have since 1986. Your assistance gives us the edge we need to keep our commitments. With your continued support we will see sunnier days in both the weather and in the ongoing delivery of care that has made Restart Inc a wonderful organization for the past 27 years. Thank you all and have a very pleasant Minnesota Summer.

- JIM JASPER  
EXECUTIVE DIRECTOR

## A WHOLE LOT OF JOY

*(Continued from page 1)*

up with other residents and chat over a cup of coffee.

I am also really happy due to the presence of an animal in my life. I have a cat, Fritz, and he's brought and is bringing me a whole lot of joy in my present life. He's the brother I never had, as I am an only child. Please refrain from the Spoiled Child jokes, as I probably have heard it before. I feel that living in the Villa has brought a whole new level of contentment to my life. I am also volunteering at the Hennepin County Library which is located downtown so it is easily accessible from the Villa.

Theatre is also a very large part of my life, so much that I got a Post-Grad from a respectable college in London, England and I volunteer for various festivals and a company called Dangerous Productions. We are funded mostly by the Irrigate grants which specify that the piece must be performed or shown on the University Corridor, which is mostly dug up for the construction of the light rail into St. Paul. This is a very exciting scenario for my interests. I also volunteer with the Fringe Festival, a large festival of local and national companies who congregate in Minneapolis and celebrate the art of Theatre. I love it!

I am very happy with the goals of Restart as it centers on the progress of the residents. Restart is not here for the endgame but as a vehicle for the next phase. To me, that is a very encouraging goal of each of our residents.

## ANOTHER STEP CLOSER



Restart is proud to announce that to-date 21 individuals have been awarded with the ACCESS Scholarship. Established in 2012, the ACCESS Scholarship was developed to assist our clients with purposeful participation in community based activities such as higher education, music and art lessons, physical fitness and more. The scholarship is 100% funded by our amazing donors. Because of you, our clients have joined the YMCA, participated in bowling leagues, taken dance, piano and guitar lessons, learned new computer skills and more. It is so rewarding to see the smiles on their faces while participating in their chosen activity.

It gives many a new sense of purpose and allows them to gain back the independence that was lost due to injury. Daniel, who recently participated in a bowling league says "it has sent me out into the community to interact with other people and get my game on. I recently bowled my highest game ever which was a 225!" Zach was able to join the YWCA. "I felt proud of myself and felt like I was getting stronger."

Access to many of these activities would not be possible if it wasn't for your support. We are excited to see what new dreams and goals come true as they move one step closer on the journey to independence.

# RIDE FOR RESTART

## BIKE SAFETY AND BRAIN INJURY AWARENESS

Mayor R.T Ryback recently proclaimed that Saturday, June 22, 2013 was Brain Health Awareness Day. The goal was to raise awareness for brain disease and the importance of supporting research to find cures. "As an avid biker, I believe that wearing a helmet is key in protecting your brain. Our hope is that Minnesotans will take this simple step in maintaining their brain health." he states.

Did you know that cycling is the top sport for head injuries? According to the American Association of Neurological studies, bike accidents contribute to more sports-related head injuries than any other activity. 90% of bicyclists killed in the United States in 2009 were not wearing helmets.

Due to these startling facts, Restart is increasing our efforts to raise awareness for bike safety and brain injury prevention and we need your help! This summer and early fall two Restart Board members and their teams have committed to ride nearly **800 miles** wearing Restart bike jerseys to support this cause and our organization. Here are just a few ways that you can get involved as well:

- #1: Help us raise \$5,000 by considering a donation pledge per mile to sponsor the Rides for Restart.
- #2: Start your own Ride for Restart bike fundraising event.
- #3: Order a Restart bike jersey! The jerseys are eye-catching to motorists and pedestrians and will enhance your visibility and safety while promoting this cause.
- #4: Sign up to be a sponsor on the Restart cycling jersey. The jersey's are worn all over the country by dedicated cyclists.

Visit us at [www.restartincmn.org](http://www.restartincmn.org) to follow these amazing cyclists on their adventures and to learn more about how you can get involved.



Order a Restart bike jersey today and show your support for bike safety and brain injury awareness!!

Price: \$80 plus shipping and handling  
 Sizes: Men's and Women's XS-XXL

To order or for questions please contact Sara Brown  
[sarab@restartincmn.org](mailto:sarab@restartincmn.org) or 612-735-7130

## START YOUR ENGINES!

### 2ND ANNUAL

# RESTART RALLY

SATURDAY, AUGUST 24TH

SHAAR'S BLUFF WEST SHELTER  
 HASTINGS, MN

\$25 SINGLE RIDER - \$35 WITH PASSENGER

#### SCHEDULE OF EVENTS

10:30AM - REGISTRATION OPENS

12:00PM - RIDERS DEPART

STOP #1 - FREE LUNCH AT THE NAUTI HAWG

STOP #2 - B WELLS IN FRONTENAC, MN

4:00PM - RIDERS RETURN AND RAFFLE

Join us for a 90 mile scenic motorcycle ride along the St. Croix and Mississippi Rivers.

Don't ride? No problem! Join us at the park for summer treats. Cost is \$10.

All proceeds directly benefit programs and services that allow adults with brain injury to lead happy and productive lives in our community.

For more information on sponsorship or registration call Jessica Mathias at 952-767-3350 x 14 or visit [www.restartincmn.org](http://www.restartincmn.org).

Pre-Register online today!

SPONSORED BY



## BLACK TIE IN THE BALLPARK

Thank you to our incredible sponsors and guests who attended our Black Tie in the Ballpark gala on Saturday, March 9th at Target Field. Together, we raised over \$80,000 to benefit adults living with brain injury and related disabilities. Now that's what we call a home run!

We are already planning another exciting event in March 2014 and hope you will join us!

Special thank you to our Home Run Sponsors



## BOARD OF DIRECTORS

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## GET INVOLVED TODAY!

Here are few simple ways you can make a big difference:

**Donate** - visit us online at [restartincmn.org](http://restartincmn.org) to find out how.

**Volunteer** - join our volunteer program to assist clients in daily living activities.

**Join our Board** - we are looking for experience in all fields.

**Help plan an event** - Join our gala committee and help plan our premiere fundraising celebration or other events.

## FOLLOW US



Do you want to learn more about the Restart Community? Follow us on Facebook, Twitter, LinkedIn or YouTube today! Watch how Restart is impacting the lives of adults living with brain injury and related disabilities.

Read client success stories, learn about our programs and services and get up to date information on brain injury in the news.



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