

# Brain Rehabilitation Newsletter

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## A Fond Farewell

By Dr. Thomas Bergquist

Many of us are attracted to rehabilitation medicine generally and brain rehabilitation in particular given the opportunity to work with a team of diverse, but like-minded professionals, with the goal of helping patients and families make meaningful changes in their lives. While no one person on such a team is truly indispensable, every team needs some individual to act as a cheerleader, ask the hard questions which challenge the status quo and challenge the group to collectively get out of their comfort zone and do even better. Anne Moessner has been that individual for many of us. Beyond being highly competent in her discipline, Anne has encour-

aged us all to think outside of the therapy gym, office or clinic and advocate for those persons whom we are serving. This is not just talk. Anne has served and chaired a countless number of committees, task forces and groups at the local, state and even national level to be that advocate of change. I don't know if she always knew what she was getting into, but she always seemed to enjoy the ride and served each group with distinction. Besides working very hard and challenging the team, Anne has always had a well-developed sense of fun. While she was the first person to encourage us to get involved in some way which was outside of

our comfort zone, she was also the first person to schedule a happy hour in celebration of surviving a hard week at work, or getting a major grant application done. So, as Anne leaves us for Oregon and greener pastures, we lift a glass to toast her many years of service to so many and reluctantly say goodbye.

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## Deschutes River Oregon

Oregon photos courtesy of

Anne Moessner



## So Long, Farewell, Auf Wiedersehen, Good-bye...

**Diane Malone** retired in December 2014. She was a long-time supervisor in the therapy department, spending her last few years treating patients in the brain practice.



*Mount Bachelor*

*Anne asked to share the following parting words with the Brain team:*

*-Ain't nobody better....thanks for "embracing the chaos" with me!*

*-I am so sincerely and entirely grateful for the incredible opportunities I've had, and the support to spread my wings when I felt the need to*

*-Thank you for tolerating my inclination to "do" vs "talk about"*

*By Anne Moessner*

After years of threatening as much...she finally did it. **Anne Moessner** moved. West. To Central Oregon. Bend, Oregon to be exact. In addition to 300+ days of sun per year, an average temperature of 42° in January, and the ability to ski, bike, kayak, and golf on the same day, she believes the

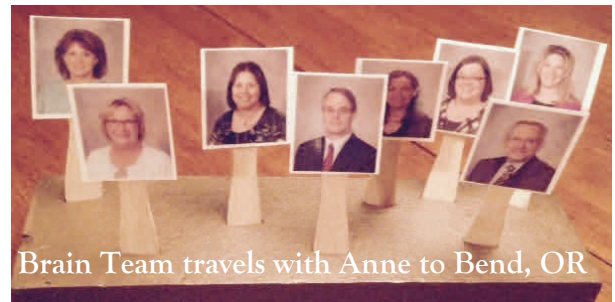
*-And for granting forgiveness when I "occasionally" forgot to ask permission before launching off on some new mission*

*-To each and every one of you....I acknowledge and publicly offer my total ap-*

pictures of Bend will clear up any residual mystery as to "why" she moved.

Anne spent her entire career in PM&R at Mayo, starting as a staff nurse in 1985 when she was randomly assigned to Rehabilitation despite her request to "go where the action was", that being the ICU or ED. Little did she know what "action" she would find when soon thereafter she settled onto the Brain team. She worked on the inpatient unit for six years before assuming the RN Coordinator position in the Brain Injury Outpatient Program in 1992. Somewhere along the way she and

Dr. Jim Malec wrote a grant proposing the concept of medical and vocational care coordination for patients with TBI; thus were born the TBI CNS and Vocational Coordinator positions. Anne remained in the TBI CNS position for eons, until one day Dr. Brown exclaimed for all to hear "hey, we need a mid-level in the Brain Rehab Clinic" after which Anne shifted into this well-loved position until her recent departure. Since 1998 Anne has also worked on the TBI Model System Center research grant, she is fortunate to be able to continue in this role in Oregon, as a Mayo teleworker.



*preciation for your fine brains, creative problem solving, humor, persistence, intellect, professionalism, patience, and devotion to the cause.*

*Wow.*  
*-A special shout out to **Kathy Kendall** and*

***Marsha Huse** who oriented me 29.7 years ago, commrades to the end!*

*-Another shout out to **Al Brown** and **Tom Bergquist**, my trusted mentors, I look forward to continuing the journey.*



*One way to get the most out of life is to*

*Deschutes River*

*look upon it as an*

*adventure.*

*Wm. Feather*

introduce yourself. She will orient to her new position over the next several weeks under the guidance of Anne Moessner, Lisa Beck, and Billie Schultz. Kari is looking forward to increased patient/family contact and to returning to rehabilitation! Welcome home!

## New Staff...Hello Again!

**Kari Bottemiller, MS, APRN,** accepted the position as midlevel provider in the Brain Rehabilitation Clinic, replacing Anne Moessner. You may remember Kari from her three years as a staff nurse on the Rehabilitation unit, where



she started her career at Mayo Clinic in 1998. From there she spent time as an RN educator and ICU nurse. Since 2003 she has served as a Clinical Nurse Specialist in Neurology for the Stroke Center. Kari brings a wealth of experience in nursing practice, systems change, program

development, data driven practice, education, quality, accreditation, and leadership.

Kari is married to Kraig, an engineer at HGST. They have two daughters, Brooke (10) and Mallory (7). In her free time she enjoys spending time with her family, photography and traveling.

Kari will take up residence on 1 Domitilla,

## Upcoming Meetings

**March 5 and 6, 2015** - 23rd Annual Best Practices in Brain Injury Services Conference: "Making a Difference When Everything is Different" West Des Moines, IA



**27th Annual Wisconsin Conference on Brain Injury** presented by Brain Injury Alliance of Wisconsin

**"Mind, Body, & Spirit in Brain Injury"**  
May 4-5, 2015  
Kalahari Resort, Wisconsin Dells





## March is Brain Injury Awareness Month

Mark your calendar for Brain Injury Awareness Day:

**March 18, 2015**

The next Brain Rehabilitation Newsletter will be out Spring of 2015. You may start sending information to feature anytime between now and end of May 2015.

To feature your ideas, stories, or requests, please contact the Brain Rehabilitation Newsletter Editor:

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*Brain Injury Coping Skills (BICS) Group is gearing up for two sessions to start in early April 2015*



### Upcoming Mayo Clinic Brain Rehabilitation Meetings

#### January

6—Brain Rehab Leadership  
19—Brain Rehab Clinic Scheduling  
21—Brain Division  
21—Quarterly Brain Rehab Practice Group

#### February

3—Brain Rehab Leadership

#### March

3—Brain Rehab Leadership

#### April

14—Brain Rehab Leadership  
15—Quarterly Brain Rehab Practice Group  
TBD—Brain Division

#### May

12—Brain Rehab Leadership

#### June

2—Brain Rehab Leadership

