

Brain Injury Press

Our Mission is to improve the quality of life for brain injury survivors and their families living in San Diego County.

July 2016, Issue 238 Serving brain injury survivors and their families since 1983

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Save The Date



16th ANNUAL FRIENDRAISER

Hors d'oeuvres, wine, survivor art,
 entertainment & silent auction
 Saturday, September 24,
 6:00 –8:30 pm,
 Mission Trails Regional Park.

Garage Sale to Fund SDBIF

Saturday, July 30,
 7 am -- noon
 8816 Capricorn Way, S.D. 92126
 THANK YOU TO JACALYN
 AND HER
 FRIENDS AND FAMILY

A Day of Art

Friday, August 19,
 10 am –2:30 pm
 See page 7 for details

16TH ANNUAL FRIENDRAISER



Saturday, September 24, marks the date of our 16th Annual Friendraiser to be held again at the Mission Trails Regional Park. This is always a wonderful evening for professionals in the brain injury community to come together with survivors and families and enjoy the beautiful sunset, wine-tasting, hors d'oeuvres, a silent auction and shopping for unique gifts showcased by artists who are brain injury survivors.

Music will be provided by *Jeff and Herb*. Later, guests can stargaze with the help of George Varga from the San Diego Astronomy Association.

Sponsorships start at the \$300 level which will entitle you to two free tickets and recognition at the event. Beginning at the \$500 level, sponsors will receive 2 free tickets, recognition at the event and be listed on our website. Sponsors over \$1000 will receive all of the above plus a link to their website. If you are an individual or business that would like to be a sponsor for this event or know of someone who is interested, please contact the office at 619-294-6541 or go online www.sdbif.org/event/2016-sdbif-friendraiser.

The cost of this event will be \$50 in advance if purchased by July 31. Prices go up to \$60 on August 1. No tickets will be mailed. Online registration is available at www.classy.org/2016friendraiser.

Proceeds from this event will be used to provide support and services to brain injured survivors and their families living in San Diego County.

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The Brain Injury Press

A publication that reports on what's going on in San Diego and around the country in support of brain injury survivors and their families. We welcome suggestions and articles by readers.

SDBIF, PO Box 84601, San Diego, CA 92138
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Phone: 619-294-6541 www.sdbif.org

FOUNDATION NEWS:

**THE BOARD OF DIRECTORS
WOULD LIKE TO WELCOME
TRACY TEREGIS AND
LEAH DAWSON AS
NEW BOARD MEMBERS.**



TRACY has served individuals with acquired brain injuries and their families for over three decades, formerly as a professor from Coastline College's ABI Program and now through her private cognitive retraining practice in San Diego. Her primary goal is to educate the family, collaborate with other like-minded professionals and implement a Cognitive Rehabilitation Program that is unique to each individual. Tracy explained, "I truly enjoy impacting and educating the lives of survivors and their families."

LEAH manages and supports all charitable, community and marketing efforts of Gomez Trial Attorneys. She is dedicated to making a difference in her community and loves to volunteer. Leah has worked incredibly hard for SDBIF over the last two years. She has served on three different committees and devoted countless volunteer hours to the organization. She emceed our 9th Annual Survive HEADSTRONG Walk for Recovery and has not missed a Friendraiser or Golf Tournament in the last two years. Leah has had several concussions due to sports injuries and can relate to the brain injury population. As she explained, "My heart goes out to brain injury survivors, family and friends."

**BIG THANKS TO
RETIRING BOARD MEMBER,
PATSY SHOLDERS**



After almost fifteen years of service to the San Diego Brain Injury Foundation, **PATSY SHOLDERS** has resigned from the Board of Directors. After serving two terms on the SDBIF board, she became a member of the Board of Directors for BIACAL and also participated on the CA TBI Advisory Board in Sacramento. In 2010, Patsy came back on the SDBIF Board and served as President for two years, then as Vice President and treasurer. A survivor herself, Patsy's dedication and service to the brain injury community have been invaluable. During her years of service, she has seen the organization grow from about 400 members to over 4000. She has watched the term, "TBI" change from a relatively unknown concept to an everyday household term.

**The board would like to thank Patsy
for all her years of service to the
organization.**

SDBIF CELEBRATED BRAIN INJURY AWARENESS MONTH

On March 19, more than 600 people showed up at Mission Bay Park to mark brain injury awareness month. This event recognized and celebrated the strength and effort it takes to overcome the challenges of brain injuries as well as celebrate and inspire those who are on their journey toward recovery. In addition to the walk there was food, music, and 15 booths/tables providing information and resources for survivors, caregivers, and families.

Achieving More Together, the theme of the 9th annual surviveHEADSTRONG Walk for Recovery, was evident with every step and at every turn on the route. Participants walked or rolled (in wheelchairs) their way through the 3.5 mile course and were greeted along the route with cheering and words of encouragement.



"Seeing how each individual was working so hard to overcome challenges while supported not only by loving 'teams' but also by each other was inspiring," one first time walker remarked.

Team ABI, Team Amanda, Given is Livin, and Team Alex led the way in team fundraising securing an impressive total of \$22,850. The Satterberg Foundation provided matching funds to support Team ABI's stellar efforts.

Participants, individually and as teams, raised \$71,436 to support SDBIF's mission work to improve the quality of life for brain injury survivors and their families living in San Diego County.

2016 EXHIBITORS - SPONSORS FOR THE WALK

2016 Exhibitors

Acquired Brain Injury Program, SDCCD
Expressive Arts
Farm Fresh to You
FreakingBrainInjury.com
Function Factory
Gemini Games LLC – BIT by BIT games
Gray Matters
Healing Nurses
Lifeline Care at Home
MediPal Inc.
MusicWorx
The Music Therapy Center of California
NeuroEx
Pukka Pilates & Physical Therapy
ResCare HomeCare
Ryan's Reach
South Bay Rehabilitation Center & San Diego Rehab Institute

2016 Walk Sponsors

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Neuropraxis
CareMeridian

Speacial Thanks to

Our Photographers

Hope and Meredith Murray

Thank you to the Walk Committee for a wonderful event!

**Stephanie Bidegain, Dannielle Chimits, Leah Grace Dawson, Teresa Dwight, Susan Hansen,
Heike Kessler-Heiberg, Cecilia Romo**

SDBIF AWARDS TWO SCHOLARSHIPS



The San Diego Brain Injury Foundation is pleased to announce that they will be awarding two \$500 scholarships to individuals who have survived brain injuries and are pursuing their education.

Kimber Thurman just completed an AA degree in Psychology and graduated from Mira Costa College. In 2006, an undiagnosed heart issue caused Kimber to suffer a stroke after surfacing from a scuba dive. In October, she will be attending Cal State San Marcos majoring in Social Science-Psychology.

Alexis Van Pelt will also be attending Cal State San Marcos in the fall. In September, 2014, Alexis suffered a brain injury as a goal keeper on the soccer field. With a lot of hard work and perseverance, Alexis was able to graduate from high school.

We wish both Alexis and Kimber the best and are happy to be able to award each of them with a scholarship.

Please read their inspiring essays on our website.

*Every year
brain injury affects
more than 11,000
people in
San Diego County alone.*

FEATURED ARTISTS FOR FRIDAY NIGHT LIBERTY AT LIBERTY STATION

2730 Historic Decatur Road,
Barracks 16 #205
San Diego, CA 92106
5—8 pm.

August 5: **Rhonda Torr** suffered an aneurysm in September, 2013. She had enjoyed painting long before her injury, and after inpatient and out-patient rehab, has been able to continue to paint. Rhonda finds painting meditative and believes it helps her in her recovery.

September 2: We will not be open for First Friday

October 7: **Kurt Rotzinger** suffered a stroke in 2003. Before his injury, he was an architect. The stroke left him with severe aphasia and paralyzed his right side. Since then he picked up a love for painting and has been using his left hand. Kurt explains, "It is still difficult for me to communicate, so my art helps me express myself."

November 4: **Kyle Coopridier** suffered a brain injury following an automobile accident in Germany in 1989. Since his injury, Kyle has discovered his gifts as an artist. He is known as. "Kyle, with a Smile," or "Vincie Van Kyle."

PLEASE DONATE TO OUR GARAGE SALE FUNDRAISER TO SUPPORT TBI

Jacalyn suffered a closed head injury in a car accident in February of 2008. She has come a long way since the day of her accident through years of steadfastness by working on attention deficits, memory loss, motor planning, executive functioning, and developing a sense of self.

She continues her recovery with some residual difficulties but returned to school and is now a recent graduate from the occupation therapy assistant program at Grossmont College. Her goal now is to help others recover and rehabilitate from traumatic brain injuries.

This fundraiser is an important part of her journey to helping others and spreading awareness. All proceeds will go to the SDBIF.

**Date: Saturday, July 30, 2016
7 am – noon**

**Location: 8816 Capricorn Way,
San Diego, CA 92126**

**Contact Michella at 858.226.7200 or
Jacalyn at 619.632.3204 if you have
questions or things to donate**



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**I'VE WALKED THE WALK,
NOW LETS YOU AND I TALK.**

2016 GOLF TOURNAMENT

The Annual SDBIF Charity Golf Classic celebrated the 31st year of support for the brain injury community by golfers and their fundraising efforts.

More than 80 golfers came out to the Stoneridge Country Club in Poway to enjoy a spectacular day of golf, food, and fundraising all in support of SDBIF's efforts.

The event raised \$38,000 through entry fees, donations, raffle tickets, auctions (both live and silent), and long list of dedicated sponsors.

The packed day began with a putting contest and lunch. A noon, shotgun start kicked off a Shamble style tournament and a great time.

Golfers who purchased the Super Card, filled with bonuses, this year enjoyed the benefits of mulligans (golf's version of a "do-over"), a free toss on any hole, and tee box on one of the holes that knocked 150 yards off the total hole making this both a competitive and fun event for all.

Golf was followed by dinner, drinks, and two auctions – one live with big ticket items including two timeshares in Mexico and a custom putter signed by Scotty Cameron.

Thank you to all the golfers who joined us and supported our event.

A huge thanks to volunteers and sponsors who made this yet another successful event for SDBIF!



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Capt. Bud Taylor, USN (retired)
Joe Zakarian & Lomas Santa Fe Golf Club

Special thanks to Bob Serrano
at Round Table Pizza, Escondido
for the printing of our raffle tickets.

Lunch Hosted By:

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Burger King ~ Dessert

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Thanks to our great committee:

Fred Baranowski, Stephanie Bidegain, Ruth Curran, David and Gail D'Cruz,
Marty & Teresa Dwight, Susan Hansen, Rick Keating, Don Rowean, Bill & Dee Smith,
Don Strom, Joe Zakarian

SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am - noon

July, 2016: THERE WILL BE NO MEETING THIS MONTH

August 20, 2016: *Laughing is the Best Medicine*—Darren Snapper, Certified Laughter Yoga Teacher. Darren will lead us in a combination of gentle breathing, playful stretching and laughter exercises. Without using jokes or comedy, participants will learn how to initiate genuine laughter.

September, 2016: THERE WILL BE NO MEETING THIS MONTH

October 15, 2016: *Why Can't I Stay Organized?*—Joann Pichurko-Duncan, M.S., CCC, SLP, Sharp Allison deRose Rehabilitation Center. Many of us have good intentions when it comes to controlling the amount of clutter in our lives. But sometimes life gets in the way and things go awry. Joann will have some ideas to get back on track.

November 19, 2016 : *Holiday Stress –Busters*— Martha Rañón, Director of Education & Programs, Southern Caregiver Resource Center. There are plenty of things to love about the holiday season, but the inevitable sense of stress isn't one of them. Martha will give us some tips to help stay calm, rested and healthy this holiday season.

Location: We meet at the Joyce Beers Community Center in Hillcrest, 3900 Vermont St., which is part of the Uptown District Shopping Center (Ralphs & Trader Joes) near Interstate # 163, north of University Avenue in San Diego, 92103. If you get lost and need additional directions call the Uptown District Shopping security guard at 619-419-4787.

NORTH COUNTY 10am - noon

July 9, 2016: *Restoring Quality of Life after a Brain Injury*—Christine Weaver, MAS, OTR/L, CBIS, CLCP and Derlin Hsu, Neurologic Music Therapist, NeuroPraxis. This presentation will cover the changing long-term needs of a brain injured individual and managing their long-term needs to ensure good quality of life.

August 13, 2016: *Brain Injury: Peer To Peer Approach vs. Medical Approach –Working Together to Maximize Learning Experiences*—Queen Mateo, RN, Clinical Director and Eldercare Consultant, Lifeline. New approaches and strategies will be discussed focusing on client's strengths vs. impairments while integrating peer based feedback into community resources.

September 10, 2016: *Creative Recovery*— Olya Losina, Art Director Losina Art Center, Inc. Olya is an artist and also a brain injury survivor. She will be sharing information about her injury and the challenges she faced in pursuing her goals and starting her own business. She will also talk about strategies she uses and lead us in an art activity.

October, 2016 : THERE WILL BE NO MEETING THIS MONTH

November 12, 2016: *Vision and Brain Injury: Self Help Techniques to Aid Recovery*—Dr. Karen Love, OD,FCOVD, Daniel and Davis Optometry. Impaired vision is frequently a problem after a brain injury. Dr. Love will discuss how vision is involved in our daily recovery from brain injury and specific tools and techniques that can be used at home to improve vision function and overall recovery.

Location: We meet at the Conference Center at Scripps Hospital, Encinitas. The hospital is located west of Interstate # 5 at 354 Santa Fe Drive, Encinitas, CA 92024. Enter the main driveway to the hospital and park in the parking lot on the right or the free parking structure. For additional directions, call 760-753-5601

COUPLES GROUP FOR BRAIN INJURY SURVIVORS

Connect with others who are experiencing the same emotions. Share information about new research and medication. Develop new friends. For more information, call 619-294-6541 or e-mail us at susan@sdbif.org.

BILINGUAL (ENGLISH/SPANISH) SOUTH BAY SUPPORT GROUP

Individuals with a brain injury, family and friends meet at the Scripps Well Being Center, 237 Church Avenue, Chula Vista, CA 91910. The Spanish speaking group meets on the second Monday of the month; English on the fourth Monday. For more information, contact: Rosa Gibson at 619-862-6611 or Cecilia Romo at 619-254-5119.

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ACQUIRED BRAIN INJURY

SDBIF wants you to know that you are not alone in facing the challenges associated with raising a child or adolescent with a TBI. We are interested in starting a parent group to provide and support you as you navigate through this new and unfamiliar journey of raising a young person with a TBI. This is in the beginning stages and could also include children of all ages.

If you are interested in joining a group and meeting other parents, call the SDBIF office at 619-294-6541.

A Day Of Art

The San Diego Brain Injury Foundation and San Diego Writers, Ink are partnering to present, "A Day of Art" at Liberty Station, 2730 Historic Decatur Road, Suite # 204, San Diego, 92106.

MARK Your Calendar for FRIDAY, AUGUST 19, 10 am–2:30 pm for this free event

Artists will be working with brain injury survivors exploring written and visual art; no artistic talent is necessary. Bring an open heart and positive attitude and a sack lunch.

SDBIF staff and social workers experienced with brain injury will be available for consultation during this event for survivors or caregivers.

*Space is limited.
To RSVP or for more information please call the SDBIF office at 619-294-6541.*



Attorney Aline I. Gaba, Esq.

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Attorney George C. Heppner, Esq.

Personal Injury

If you or a loved one has suffered a traumatic brain injury, you may have legal remedies available to you. These can include money for medical expenses, long-term medical care and rehabilitation, lost wages, pain, suffering and emotional distress. Brain injuries are often difficult to prove, and they require the experience and expertise of a qualified brain injury attorney.

Social Security Disability

Social Security Disability is governed by complicated rules and regulations. To understand these rules and regulations, you need to speak the language of the Social Security Administration. We understand how important it is to present a claim correctly from the outset, and your chances of obtaining benefits improve with the help of an experienced disability attorney.

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Brain Injury



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By simply shopping through smile.amazon.com and selecting **San Diego Brain Injury Foundation** as your charity, Amazon will donate 0.5% of your purchase to SDBIF!

Step 1: Go to **SMILE.AMAZON.COM** and sign into your account or create an account

Step 2: Go down to the area where you type in the charity and type in **"San Diego Brain Injury Foundation"**, then click search and select the first option that is listed

Step 3: Check off the box that says, "Yes, I understand I must always start at smile.amazon.com to support SDBIF"...then **START SHOPPING!**

Always make sure that you start your Amazon shopping by going to smile.amazon.com so your purchases will support SDBIF. THANK YOU!

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You Can Make a Difference



Any Monthly Pledge, No Matter How Big or How Small, Will Help

It is because of you and your generosity that the San Diego Brain Injury Foundation has remained a pillar of strength in the brain injury community for decades. Please help us continue to achieve our mission to provide resources and support to the brain injured community in San Diego with your monthly donations.

Pledge 4 Recovery is a monthly campaign where our patrons can pledge smaller amounts to be donated each month rather than a larger lump sum. Those who make donations will be recognized at the end of the year and will be given a special "Thank You" gift.

It is super easy to Pledge4Recovery!

STEP 1

Click the button below to be taken to the StayClassy donation page.

STEP 2

Enter an amount to pledge per month (either custom or pre-selected amount)

STEP 3

Enter dedication info for whom this is in honor of and your billing info

STEP 4

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in honor of survivors or family members at our walk.*

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16th ANNUAL FRIENDRAISER
Saturday, September 24,
6:00 –8:30 pm,
Mission Trails Regional Park.

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Name: _____
Company: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Amount: \$ _____
E-mail: _____

Membership: Brain Injury Survivor first year is free. Family/Friend/Student:
\$30. Professional: \$50. Organization: \$100.

LEVELS OF GIVING

Miracle Workers	\$10,000 plus
Stars	\$5,000
Champions	\$2,500
Olympians	\$1,000
Heroes	\$250
Angels	\$20

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send your check to: SDBIF, PO Box 84601, San Diego, CA 92138-4601. You may
also contribute online by visiting www.sdbif.org. Thank you!

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