

Brain Injury Press

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

November 2016, Issue 239 Serving brain injury survivors and their families since 1983

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Save The Date

A Day of Art

Friday, December 9,
 10 am—2:30 pm
 See page 9 for details

HOLIDAY PARTY

Saturday, December 17, 2016
 10 am—noon,

Joyce Beers Community Center,
 3900 Vermont Street,
 San Diego, CA 92103
 Come join the fun and
 celebrate the holidays.

SDBIF volunteers will be recognized.

surviveHEADSTRONG

Walk for Recovery,

Saturday, March 18, 2017

Mission Bay Park,
 De Anza Cove,

Build a Team and register on line
www.sdbif.org/2017walk

32nd Annual SDBIF Golf Classic

April 24, 2017

StoneRidge Country Club

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

INTRODUCING OUR NEW BRAIN INJURY GUIDE FOR FAMILIES

We are proud to introduce the new and improved JOURNEY TOWARD RECOVERY: A Brain Injury Guide for Families and El Camino Hacia La Recuperacion: Una guía sobre lesiones cerebrales para familias, written and produced by the San Diego Brain Injury Foundation.

This guide, available in both English or Spanish, was specifically written for anyone touched by a brain injury – survivors, caregivers and service providers. It outlines information and resources to help all involved navigate the process from time of injury to beyond the time when medical professionals deem the survivor recovered and all points between.

Each section of the Guide follows the recovery process. It describes the challenges that can arise at each stage, along with information and resources to help those involved live and cope more effectively.

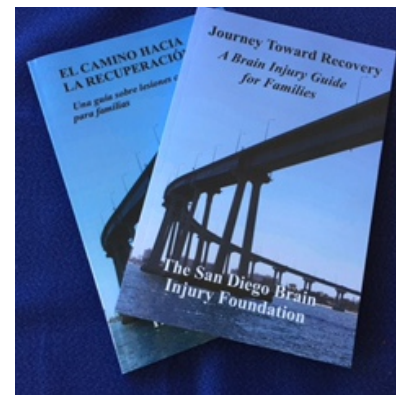
This new version of the Guide includes expanded information on services and service providers (e.g., military insurance coverage), as well as new sections describing mild traumatic brain injury and special challenges faced by children with brain injuries and their families.

The Guide is set up in an easy to use fashion so that readers can locate what they need, when they need it.

“To say that it 'took a village' to put together this guide is an understatement. It is the collaborative product by survivors, family members and service providers. The content has been read, re-read, edited and written to be understandable to anyone who flips through its pages,” said Teresa Dwight, President of the Board of Directors for the San Diego Brain Injury Foundation and Guide contributor/editor. “With the information it delivers, we hope it creates a foundation of understanding to help the reader through the brain injury journey.”

Books are available for purchase online
<https://www.createpace.com/6496467> (English version) and
<https://www.createpace.com/6561942> (Spanish version) or at SDBIF events.

Books are also available in bulk for fundraising, outreach, and education. Please contact Stephanie at 619-294-6541 or stephanie@sdbif.org for more information on bulk orders.



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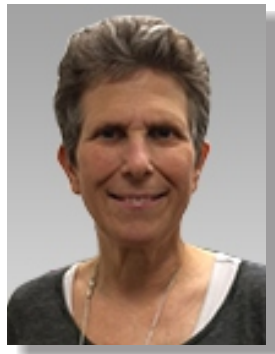
A publication that reports on what's going on in San Diego and around the country in support of brain injury survivors and their families. We welcome suggestions and articles by readers.

SDBIF, PO Box 84601, San Diego, CA 92138
E-mail: info@sdbif.org Fax: 619-294-2911
Phone: 619-294-6541 www.sdbif.org

FOUNDATION NEWS:

THE BOARD OF DIRECTORS WOULD LIKE TO WELCOME REGINA ELDRED AS A NEW BOARD MEMBER

For the last eight years Regina has been the social worker for the Sharp Community Re-Entry program, working closely with brain injury survivors, their caregivers and their family members. She served as chair on a committee to explore the possibility of establishing a Club House for brain injury survivors in San Diego and has been assisting with the "Day of Art Program." We are excited to have Regina on our board.



After serving on the SDBIF board of directors for over two years and Treasurer for the last year, David D'Cruz will be leaving the board to move to the Pacific Northwest. David started assisting SDBIF after meeting the father of a brain injury survivor and playing in the annual golf tournament for many years. For the past 3 years, David served as chair of the golf committee. With his business background, David also served on the Financial Committee for SDBIF. David will be greatly missed.

TOP-RATED NONPROFIT FOR 2016



We are excited to be named a Top-Rated 2016 Nonprofit by Great Nonprofits. The award is based on the large number of positive reviews received by volunteers, donors and clients. Thank you to all of you who wrote a review! Read our great reviews and add your story. Go to greatnonprofits.org/org/san-diego-brain-injury-foundation

Law Offices of
**Catharine
Kroger-Diamond**
— Attorney at Law —

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MENSA EDUCATION AND RESEARCH FOUNDATION CELEBRATES SAN DIEGO BRAIN INJURY FOUNDATION



The Mensa Foundation presented its Laura Joyner Award to the San Diego Brain Injury Foundation for their work in improving the quality of life for brain injury survivors and their families living in San Diego County. The award was presented at the Foundation's annual Colloquium held at the Town and Country Resort and Convention Center.

Susan Hansen and Stephanie Bidegain attended the event and accepted a check for \$500.

As we head into this holiday season, we want to thank all of you who have so generously donated your time and offered your financial support to help make this such a successful year.

We wish all of you a joyous holiday season. If you would like to make an end of the year donation, you can contribute on line at sdbif.org or send your check to SDBIF, P.O. Box 84601, San Diego, CA 92138

FRIDAY NIGHT LIBERTY JOIN US AT LIBERTY STATION, 2730 HISTORIC DECATUR RD. BARRACKS 16, # 205, SAN DIEGO, CA 92106

On December 2, The San Diego Brain Injury Foundation office will be open at Liberty Station for Friday Night Liberty from 5–8 pm. Barbara Bates will be our featured artist. Barbara is a brain trauma survivor who overcame adversities since birth and then was struck by a motor vehicle while riding her bike 16 years ago. She finds pleasure in many different forms of art from hand-made bound journals to origami boxes and books and also creates beaded jewelry.

We will not be open in January for Friday Night Liberty.

On February 3, 2017, Debra Consaul will be our featured artist. Deborah is a brain injury survivor who has been in several automobile accidents and later suffered a severe fall from 12 feet. She struggles with post-concussion chronic migraine headaches and chronic pain.

If you are looking for that special Valentine, Deborah will have a display of unique cards for purchase.



IT'S TIME FOR YEAR-END GIVING

During this holiday season, you can touch lives and provide greater hope for people with a brain injury by supporting programs, services, advocacy, and research. Your tax-deductible gift allows us to sustain the vital programs that help us achieve our mission: to improve the quality of life for brain injury survivors and their families living in San Diego County.

To make a donation, click on the link:

www.sdbif.org

HELP SDBIF DOUBLE OR TRIPLE YOUR GIFT AT NO EXTRA COST TO YOU.

You can increase your gift to SDBIF without any cost to you if your company has a Matching Gift Program. Ask your Human Resources department for the necessary form (retirees, also) fill it out and mail to:

SDBIF, P.O. Box 84601,
San Diego, CA 92138
or call the office at 619-294-6541
for more information.

Shopping for gifts for the Holidays? Remember to use smile.amazon.com and select San Diego Brain Injury Foundation as your charity. 5% of your purchase will go to SDBIF.

SPECIAL THANKS TO ALL OUR FRIENDRAISER SPONSORS

Hidden Valley Ranch Rehabilitation Services, Inc.
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Richard Giometti
Kathy Munroe



*Elite Sponsor, Frank Keane,
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THANKS FOR THE CONTINUED SUPPORT OF OUR HONORARY COMMITTEE

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THANK YOU TO OUR FOOD & WINE SPONSORS

Honig Vineyard & Winery	Souplantation, Point Loma
South Coast Winery	Panera, Grossmont
Maurice Carrie Winery	Long Island Mikes Pizza

THANKS TO OUR FEATURED ARTISTS

Agustin Albarran
Barbara Bates
Deborah Consaul
Queta Czerniewski
Christina Hardy
Heidi Lerner
Alana Martin
Kurt Rotzinger
Michelle Schaefer
Rhonda Torr



SPECIAL THANKS TO:

The musicians, Jeff and Herb
Jay Wilson, Executive Director,
Mission Trails Regional Park
John and Sabine from Dryadflutes
Ian Richenbacher and Kiel Zielke
George Varga of the S.D.
Astronomy Association
Volunteers from the SDSU
National Student Speech
Language Hearing Association
Mike Simonetti and Carlos Arias



Thanks to all those who
donated and attended
this year's Friendraiser.

Save the date for next year:
Saturday, September 16, 2017.



SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am - noon

January 21, 2017: *The ABC's of Special Needs Planning Made Easy*—What will future caregivers need know to look after a loved one? A volunteer from the Special Needs Education and Advocacy Project will be discussing the government benefits you are entitled to plus the California ABLE Act.

February 18, 2017: *Finding Employment with Assistance from the Department of Rehab*—Esther Bazalaki, M.S. in Vocational Rehab Counseling, Department of Rehab. Esther will be discussing the process of working with the Department of Rehab from the intake session to closure in finding a job after a brain injury.

March 18, 2017:
**Survive HEADSTRONG
Walk For Recovery**
To Register, visit www.sdbif.org/walk

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 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

January, 2017: THERE WILL BE NO MEETING THIS MONTH

February 11, 2017: *The ABC's of Special Needs Planning Made Easy*—What will future caregivers need know to look after a loved one? A volunteer from the Special Needs Education and Advocacy Project will be discussing the government benefits you are entitled to plus the California ABLE Act.

March 18, 2017:
**Survive HEADSTRONG
Walk For Recovery**
To Register, visit www.sdbif.org/walk

Location: Our meeting location is 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 760-753-6501.

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.

THERE WILL BE NO SATURDAY MEETING IN MARCH

JOIN US
SATURDAY MARCH 18, 2017
FOR THE 10TH ANNUAL
surviveHEADSTRONG –
Walk for Recovery
Mission Bay Park, De Anza Cove

Fundraise, build a team
and register online at
www.sdbif.org/2017walk

Holiday Party: December 17, 2016

Join us for the Holiday Party at the
Joyce Beers Community Center in Hillcrest.

SDBIF Volunteers will be recognized.
Entertainment will be provided by the San Diego Mannskor
and the Sharp Players under the direction of
Richard Green, LCSW, Sharp Allison deRose Rehabilitation Center.
Come join the fun and celebrate the holidays with us!

FRIENDS OF THE SDBIF THANK YOU FOR YOUR DONATION!

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Jacqueline & Jeryl Wilson
Hede & Joachim Wolff
Mary Zachos

IN MEMORY OF

Garret Chesney by Wendy & Kent Chesney
Steve Easterly by Chris & Anne Kip
David Logan by Linda Solway
Colin Montgomery by Cynthia Goodwin
Rose Plocar by Nancy Gerrish

IN HONOR OF

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Ronald Ruff, Ph.D. by Dr. Christine Baser
Kevin Smith by Tom & Maryanne Miller
Daniel Whitekettle by Wilson & Marilyn Whitekettle

A special thank you to Christopher and Stephen Yang for organizing the fundraising concert with musicians from the San Diego branch of the Alliance of Youth Leaders of the United States.
Their efforts brought in \$1000 for the S.D. Brain Injury Foundation

Thank you to survivor, Jacalyn Leigh for organizing a garage sale with her friend Michella Dresselhuys.
They made a donation of over \$1200 to SDBIF and helped raise awareness about brain injury in the community.



LAW OFFICE OF DAVID L. GOLDIN, A.P.C.

Please call David Goldin for a free consultation.

Phone Toll Free: 866/headlaw

- JD Stanford Law School
- MBA Stanford Business School
- Member SDBIF since 1984
- Highest legal ability and ethical rating by Martin Dale-Hubbell Legal Directory continuously since 1984
- Specializes in litigation with emphasis on serious brain injury cases
- Personal concern for brain injury survivors and their caregivers

Brain Injury



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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, December 9, 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.

San Diego Disability Law Group

*Helping brain injury survivors and their families
for over 35 years*



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.

To receive a free case review from an experienced attorney, please call:

Toll free: (888) 503-6473 Phone: (619) 338-9000

San Diego Disability Law Group
1901 First Ave., Ste. 104, San Diego, CA 92101
www.sddisabilitylawgroup.com

Meet Mike Simonetti:

SDBIF volunteer, father of grown twin girls, 23-year Navy veteran, graduate student at SDSU training to help those with brain injuries, and brilliant inventor.

We are honoring Mike this month not just because he is always available to help SDBIF with programs and representing the organization at events, but also because he is so passionate about making a difference in his community that Mike inspires others to do the same.

Mike is currently working toward his Master's degree in Vocational Rehabilitation Counseling and hopes to work directly with brain injury survivors after he earns his degree. As part of his Master's program, Mike, along with a fellow veteran, developed a life changing product for lower limb amputees that they hope will change quality of life for so many.



Q: Why did you choose this Master's Program?

MS: I've always enjoyed helping people, whether in the military or as a civilian. I am especially interested in helping my fellow veterans. My VA counselor believed I would make a good counselor and recommended the program to me. It has been nothing but a positive experience so far.

Q: What is your interest in brain injury?

MS: Because of the life shattering consequences of brain injury, whether it is from a vascular problem in the brain, an automobile accident, or a blast from combat experience, the idea of helping these people regain their former lives is a greatly rewarding experience.

Q: How did you get connected with SDBIF?

MS: Faculty at SDSU recommended I talk to SDBIF because they needed assistance with their monthly meetings and other awareness campaigns. I have the time and they have the experience in exposing me to this small but challenging group who work through their individual brain injury challenges.

Q: How did you come up with the idea for your product?

MS: As part of my Master's Degree in Vocational Rehabilitation Counseling, I am also working on getting a certificate in Assistive Technology as I wish to design prosthetics. Frank, my co-inventor, is a friend with a lower right leg amputation and through the use of a matching-person-to-technology survey we discovered that the single worse part of his day is trying to bathe standing on one leg in the shower. From that research and through trial-and-error we came up with an innovative device that allows him to once again shower standing on two legs in safety and comfort.

Q: Can you provide the link to the news story about you and your product?

MS: Here is a link to the KGTV Channel 10 two-minute interview with Frank Jones and me that explains our invention and the motivation behind it. <https://www.youtube.com/watch?v=rySqMiMPygQ>

Editor's Note: Mike has volunteered at most of our fundraisers over the last three years and is a regular volunteer at the Saturday Support group meeting which meets at Joyce Beers. We are lucky to have his help and support!

CELEBRATE THE 10TH ANNUAL



Mission Bay Park - De Anza Cove
SATURDAY, MARCH 18, 2017

Every year, SDBIF hosts the largest gathering and celebration of brain injury survivors in San Diego.

With survivors, family, friends, caregivers and professionals all in attendance, we join together to honor the strength, effort and courage it takes to overcome the challenges of brain injuries; as well as celebrate and inspire those who are on their journey towards recovery.

Join us & make our 10th Annual walk the biggest and best one ever!

Do you or your company want to do more?
Be an EXHIBITOR or SPONSOR!

Visit sdbif.org/2017walk, email us at walk@sdbif.org or call us at **(619) 294-6541** for information on being an exhibitor or sponsor.

Various sponsorship levels are available starting at \$500.

Start Building Your Team Today!

classy.org/2017SDBIFWalk

Save the date for the 10th Annual San Diego Brain Injury Walk during Brain Injury Awareness month, on March 18, 2017!



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surviveHEADSTRONG
Walk for Recovery
Saturday, March 18, 2017
Mission Bay Park, De Anza Cove,
Build A Team & Register Online!

How to Become A Member of SDBIF

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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