

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 2017, Issue 242 Serving brain injury survivors and their families since 1983

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Save The Date

A Day of Art

Friday, December 8,
 10 am – 2:30 pm
 See page 2 for details.

HOLIDAY PARTY

Saturday, December 16, 2017
 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.

Survive HEADSTRONG

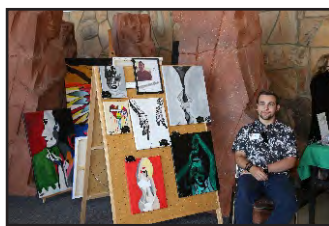
Walk for Recovery
 Saturday, March 10, 2018
 Mission Bay Park
 DeAnza Cove,
 Build a Team and register on line
<https://give.classy.org/2018SDBIFwalk>

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

SDBIF Looks Back Over 2017

As the year draws to a close, it's time to reflect on our accomplishments for 2017. This year has been filled with wonderful support from survivors, family members and professionals who have helped us achieve our mission. In addition to the free monthly support groups for survivors, couples, family members and professionals; our telephone helpline averaging about 4000 calls/year; Howard House, our residential care facility, and the Brain Injury Press which goes out to about 4000 people; we have continued to feature and promote a brain injury survivor who is an artist at our monthly celebrations of Friday Night Liberty at Liberty Station.

This has led to a wonderful partnership with the Liberty Public Market (LPM) where we now have three survivors represented. Alana Martins recently sold a large painting from her collection and Kurt Rotzinger currently has two pieces hanging at the Public Market. Ryan Olson is the newest addition to the group. LPM is open 7 days a week and averages 10,000 visitors a week. Be sure to visit the market and check out the art work.



Ryan Olson

SDBIF has continued to promote collaboration with other Liberty Station residents and in 2017 was able to offer four Days of Art, which are free events to 10–12 survivors. San Diego Writers, Ink has provided their space for the day along with artists and Kristen Fogel, the programs director who leads the group in creative writing exercises. WeaveLife, another non-profit, offered survivors an opportunity to participate in weaving and plans are in the making to offer weaving classes for survivors on an ongoing basis.

In addition to the above, we have supported the formation of a new group, "Beyond Concussion," for individuals whose lives have been touched by concussion; helped to promote research for the Research Center of Southern California; attended numerous health fairs for local hospitals and the military; distributed our revised *Brain Injury Guide for Families* to all local hospitals; maintained and continued to expand our website—answering an average of 3600 e-mails/year plus provided two \$500 scholarships to brain injury survivors who were advancing their education.



Alana Martins



Kurt Rotzinger

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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.

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E-mail: info@sdbif.org Fax: 619-294-2911
Phone: 619-294-6541 www.sdbif.org

FOUNDATION NEWS:

SDBIF ADDS MEMBERS TO THE PROFESSIONAL ADVISORY COUNCIL

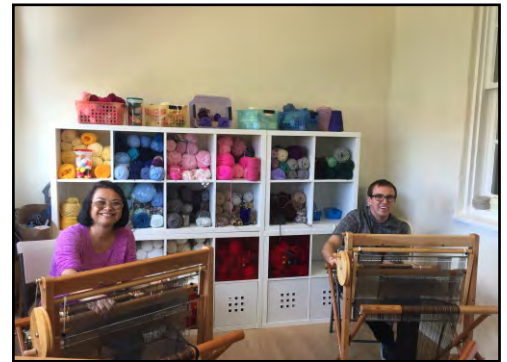
The SDBIF Professional Advisory Council is a group of professionals who aim to support and further the mission of the San Diego Brain Injury Foundation. They are a diverse group of physicians, attorneys, and community leaders who strive to make significant contributions to the community of brain injury. Some of the most recent additions to our Advisory Council are-- Mohammed Ahmed, M.D., Gerard Arcilla, M.D., Jason Bailie, Ph.D, Mike Bomberger, Esq., Sanjay Ghosh, M.D., Carl G. Hillier, OD FCOVD, and Harish Hosalkar, M.D. You can check out their bios on our website at <https://sdbif.org/sdbif-group/pac/> We are excited to have their support and look forward to partnering together.

JOIN US FOR THE SDBIF HOLIDAY PARTY



On Saturday, December 16, SDBIF will be celebrating the holidays and recognizing all of our wonderful volunteers. Entertainment will be provided by the San Diego Mannskor, the residents of Learning Services and Howard House; Richard Green and the Sharp Players; and a concert by Christopher and Stephan Yang. This is always a fun event with lots of raffle prizes, good food and music. We hope you will be able to join us!

DAY OF ART



September's Day of Art's full house of survivors experienced two new offerings this quarter. In addition to writing activities led by San Diego Writers, Ink's, Kristen Fogle, morning activities included weaving facilitated by Suzanne Person from WeaveLife, a fiber arts studio.

SDBIF intern, Eric Meier started the afternoon by leading survivors through a set of coping strategies that have helped him and that others have found useful as well. Eric's talk led into the afternoon visual art activity led by Ruth Curran. Participants created collage boards that represented how each felt about their healing journey and how coping strategies fit in their life.

**The next Day of Art will be
December 8, 2017.**

**SPACE IS LIMITED AND ONLY
THOSE REGISTERED WILL BE
ALLOWED TO PARTICIPATE.**

VOLUNTEERS IN THE SPOTLIGHT

What started in 2015 with a visit to one of our support group meetings, led to a wonderful relationship with Stephen and Christopher Yang that included working with brain injury survivors, advocating for services for brain injury survivors and their families and fundraising for the San Diego Brain Injury Foundation.

The topic of the Saturday meeting was music therapy and how it can be used in recovery after a brain injury. One of the survivors there was Annie and her mother Lucy. In 2003, Annie had been involved in a boating accident where she lost much of her blood and suffered several strokes. She lost much of her vision and much of her body was paralyzed.

Because both Stephen and Christopher played in the S.D. youth orchestra, they offered to work with any survivors that would be interested in help with playing the piano. Annie took them up on their offer and began to work with the Yangs.

Now, two years later, she has regained motor capability in her right wrist and fingers, can move both of her arms, and can play melodies on the piano. She continues her improvement every day.



In the summer of 2016, Christopher and Stephen along with members of the Alliance of Youth Leaders in the United States put on a concert to honor Annie and her mother and to raise funds for SDBIF. The proceeds of that concert brought in a \$1000 donation. Stephen and Christopher performed that year at the annual holiday party at Joyce Beers with a concert of holiday music. At the beginning of 2017, they began a fundraising program which included a garage sale among other things and last July, contributed another donation of \$1000 including gift cards to Target which are given as raffle prizes at our Saturday meetings.



After several meetings with Susan Hansen, CEO, the brothers began another push to become involved politically and advocate for SDBIF. They set up a meeting in the office of Scott Peters to discuss the importance of health coverage for survivors who need ongoing care; the lack of housing available in San Diego for brain injury survivors; and the importance of continuing to

fund the TBI Act of 2014 which provides protection and advocacy programs for TBI survivors.

The San Diego Brain Injury Foundation would like to thank Christopher and Stephen Yang for their involvement with the organization and all the hours of service they have given working with brain injury survivors, fundraising and advocating for the needs of brain injury survivors and their families.

Be sure to join us this December at our annual Holiday Party to see Christopher and Stephen perform again.



SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am - noon

January 20, 2018: *Brain Injury Lawsuits: What to Expect*—Mike Bomberger, Esq. Mike has tried brain injury cases against hospitals, schools, companies, municipalities and individuals, and has many interesting and relevant stories to share.

February 17, 2018: *The Myths and Realities of Stroke Recovery*—Matthew Audia PT,DPT,CCMP, Audia Physical Therapy. Matthew will discuss ways to form your best path for complete recovery after a stroke or brain injury.

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.

THERE WILL BE NO SATURDAY MEETING IN MARCH.

**JOIN US SATURDAY,
MARCH 10, 2018 For
Survive HEADSTRONG,
Walk for Recovery
at Mission Bay Park,
De Anza Cove.**

Register on line at
<https://give.classy.org/2018SDBIFwalk>

**Start building your team
and fundraising now!**

NORTH COUNTY

Watch for e-mails and check the website for news of the upcoming North County meetings to be held at Scripps Hospital, Encinitas on the 2nd Saturday of some months.

BEYOND CONCUSSION -- Support Group Gathering

Join us, Beyond Concussion, in connecting those lives that have been touched by concussions. We understand the struggle in living life with persistent concussion symptoms, and are reaching out to help and listen to those suffering. We aim to support, educate, and raise awareness for concussions. In joining us, you will be offered a safe place to talk and expand your circle of support.

We currently hold two meetings a month, the last Tuesday of every month is reserved for patients and caretakers only, the second Thursday of the month is open to doctors and clinicians along with patients. Please visit our website for meeting information:

**info@beyondconcussion.org
858-707-5991**

We look forward to seeing you there!

Save the Date
BIACAL Med Legal Conference
February 23 & 24, 2018
One day Pre-Conference
February 22, 2018
Hard Rock Hotel in the
Gas Lamp District, San Diego
For more information,
contact BIACAL 661-872-4903

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.

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

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FRIENDRAISER: SUCCESS UNDER THE STARS



On September 16, more than 200 people came together for the SDBIF annual Friendraiser, an evening under the stars at the Mission Trails Regional Park. It was a celebration of SDBIF's work, artists from the brain injury community, professionals serving the community, and the good work done by all.



Attendees enjoyed wine, food, art, music, and star gazing as they shared stories, bid on more than 75 silent auction items, bought raffle tickets, and participated in this year's new fundraiser, "Win the Wine." The raffle, "Win the Wine" raised about \$2000. One lucky participant's \$10 ticket got 31 bottles of wine (all donated by SDBIF's Board of Directors) delivered to her doorstep.



The 2017 SDBIF Friendraiser netted over \$25,000 that will support the organization's good work throughout the year.



SPECIAL THANKS TO ALL OUR FRIENDRAISER SPONSORS

Mary & Stephen Lewis
Hidden Valley Ranch Rehabilitation Services, Inc.
The DeRose Foundation
Law Offices of Catharine Kroger-Diamond
The Westreich Foundation

CareMeridian
Liberty Fiduciary Services, Inc.
Jerry & Jill Hall Charitable Fund
San Diego Center for Vision Care-Optometry, P.C.
Learning Services

THANKS FOR THE CONTINUED SUPPORT OF OUR HONORARY COMMITTEE

Kyle Coopridner
Dan Gardner, M.D.
David Goldin, Esq.
Maureen & Tom Hanifin
Pedro & Kazumi Leon
San Diego Rehabilitation Institute

Southern Caregiver Resource Center
Jerome Stenehjem, M.D.
Walter Strauser, M.D.
Therapeutic Approach to Growth, Inc.
Barbara Welsh-Osga, Ph.D.

THANK YOU TO OUR FOOD & WINE SPONSORS

Honig Vineyard & Winery
San Pasqual Winery
South Coast Winery
Souplantation, Point Loma
Panera, Grossmont

SPECIAL THANKS TO OUR FEATURED ARTISTS

Barbara Bates	Origami, boxes, journals and jewelry
Deborah Consaul	Handmade cards
Donovan Cronkhite	Oil and acrylic paintings
Querta Czerniewski	Handmade cards and jewelry
Heidi Lerner	Book: Gray Matters
Ryan Olson	Acrylic Paintings
Judy Pancoast	Oil and acrylic paintings
Kurt Rotzinger	Oil and watercolor paintings
Micky Schaefer	Oil Paintings and Sculpture
Linda Stamets	Watercolors

SPECIAL THANKS TO:

The musicians, Jeff and Herb
The photographers: Luke Cessna, Alexei Prohoroff and Carly VanVechten
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 and Language Hearing Association
Mike Simonetti, Emory Hingorani, John and Elle Field, Eric Meier, and
our wonderful committee and board of directors!



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

*Save the date for next year:
Saturday, September 15, 2018.*

Editor's Note: We were saddened to learn that Barbara Bates died in her sleep September 30, 2017. Barbara was a very active member of SDBIF and one of our featured artists at the Friendraiser and Friday Night Liberty for many years. She also was a regular participant in the Day of Art. Her cheerful personality and positive attitude will be greatly missed by all who knew her.

FRIENDS OF THE SDBIF THANK YOU FOR YOUR DONATION!

Mohammed Ahmed, M.D.
Yvonne Amrine
Barbara Archer
Ken Archer
Gerard Arcilla, M.D.
Ridge Armstrong III
Melody Bacha
Jason Bailie, Ph.D.
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Tani Barbour
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Wilson & Marilyn Whitekettle
Jacqueline & Jeryl Wilson
Hede & Joachim Wolff
Wendy Yang
Kevin Yoo, M.D.
Joe Zakarian
Bob & Kathy Zeman

IN MEMORY OF

Barbara Bates

by Joann Sandlin, Kathy Kern & Luann Mullikin

In loving memory of Charles and Sue Carstarphen and Gale Carstarphen Bunnell

by the Carstarphen Family Charitable Fund at Schwab Charitable

Garret Chesney by Kent & Wendy Chesney

Steve Easterly by Chris & Anne Kip

David Logan by Linda Solway

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IN HONOR OF

Ronald Bongard *by Thomas & Rita Bongard*

Sarah E. Bretz *by William Bretz & Lesley Barling*

Ronald Bongard *by Thomas & Rita Bongard*

Jessica Casillas *by Andrea Hein*

Frank Cerasoli *by Constance Clarke*

Chuck Hansen *by Jim Schick*

Jean Kendrick *by Ken Archer*

Kevin Long *by June Long*

Jerry Heiser *by Loretta Heiser*

Kurt Rotzinger *by Tomas & Trudy Balestreri*

Edward Pollock *by Nancy & Thomas Patterson*

Bill and Dee Smith *by Joe Zakarian*

George West *by Herbert Schilling*

Kacie & Nicolas's Charity Wedding by

Laurie Martin

Lynne Lasry

Michael Silveira

Matthew Kochalko

Brittney Slack

Evan Chang

Anna Sandler

Bibianne Fell

Kadja Klarreich-Giglio

Katelyn Johnstone

GRANTS

Carstarphen Family Charitable Fund at Schwab Charitable

*Thank you to survivor, Jacalyn Leigh for organizing
a garage sale with her friend Shreece Hopkins.
They made a donation of \$1000 to SDBIF and
helped raise community awareness about brain injury.*

It's that time again!



March 10, 2018

Mission Bay Park de Anza Cove

sdbif.org/walk

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 11th 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/2018walk, 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 \$350.

Start Building Your Team Today!

give.classy.org/2018SDBIFWalk

Save the date for the 11th Annual San Diego Brain Injury Walk during Brain Injury Awareness month, on Saturday, March 10, 2018!



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
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- 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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TOP-RATED NONPROFIT FOR 2017

Thanks to our fans, we are one of the first winners of a 2017 Top-Rated Award from GreatNonProfits! Read inspiring stories about us and add your own! <https://greatnonprofits.org/org/san-diego-brain-injury-foundation>

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: <https://www.classy.org/checkout/donation?eid=152786>



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:

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Survive HEADSTRONG
Walk for Recovery
Saturday, March 10, 2018
Mission Bay Park
DeAnza Cove

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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