

Brain Injury Press

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

February 2015, Issue 234 Serving brain injury survivors and their families since 1983

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Save The Date

Survive HEADSTRONG - Walk for Recovery

Saturday, March 21, 2015

Registration: 8 am

Walk: 9:15 am

Mission Bay Park,

De Anza Cove

Build a Team

and register online!

30th Annual Golf Classic

Monday, April 27, 2015

StoneRidge Country Club

CELEBRATING BRAIN INJURY AWARENESS MONTH:

Join the San Diego Brain Injury Foundation as we honor the strength, effort and courage it takes to overcome the challenges of brain injuries. Let's UNITE and CELEBRATE as a community as we share in the ACHIEVEMENTS of those who are on their journey towards recovery. What better way to celebrate Brain Injury Awareness Month. Survive HEADSTRONG-Walk for Recovery is built around helping survivors and their families right here in San Diego.

The 2015 walk will be the 8th annual walk event hosted by SDBIF. It will be held on Saturday, March 21, 2015 at Mission Bay Park - De Anza Cove. We expect a record attendance of 800 + participants. Registration starts at 8 am. You will have a chance to pick up your T-shirt and get a team photo before the walk which is scheduled to begin at 9:15 am. The registration fee for adults is \$25; persons with a brain injury can register for \$15.

Oliver Rhodes, a recreation therapist and past board member of SDBIF will lead us again in stretching exercises to get us in the spirit of things. Exhibitors from various groups involved with brain injury will provide information and local resources. Following the walk, **Derlin Hsu**, Neurologic Music Therapist will lead people in drumming sessions and there will be a drawing for fabulous raffle prizes following the walk.



To be a major sponsor or an exhibitor at the event or to register for the walk, go to <http://sdbif.org/event/2015-surviveheadstrong-walk-for-recovery/>. You can design your own fundraising page and send it out to all of your e-mail friends. One may also register by calling the office at 619-294-6541.

This event is especially fun because it can involve your whole family, friends, and neighbors. It is a short walk (1.5 miles each direction) and any kind of walking is acceptable—with a walker, a cane, or being pushed in a wheel chair! No dogs or balloons are allowed. Service dogs are okay.

Hope to see you there!

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



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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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Foundation News:

The Board of Directors met Saturday, January 10, for a full day of designing the Strategic Plan for 2015. Following the mission: *to improve the quality of life for brain injury survivors and their families living in San Diego County*, the board focused on five major issues: promoting Spanish speaking support groups in South Bay for survivors and families; video-taping some of the Saturday Support group meetings for website use; publishing a new edition of the Brain Injury Guide for Families to include sections on children, sports injuries and the military; exploring the possibility of developing a Clubhouse in San Diego for brain injury survivors; and offering two \$500 educational scholarships targeting one high school and one adult survivor.

SDBIF Receives

The Richard Patterson Advocacy Award
The San Diego Brain Injury Foundation was selected to receive, "The Richard Patterson Advocacy Award" at the 4th Annual International Santa Clara Valley Brain Injury Conference held Friday, February 6, 2015. Cindy Pahr, SDBIF board member accepted the award.
Richard Patterson was employed by the Rehabilitation Research Center in San Jose. He was the Clinical Support Coordinator for Persons with Traumatic Brain and Spinal Cord Injuries since 1995. He was a tireless advocate for individuals with disabilities. Richard died unexpectedly from a stroke in June, 2011.

Matching Gifts:

Did you know that one in 10 companies match employee donations?

If you haven't already done so, by simply completing a matching-gift form from your company, you may be able to double-or even triple-the impact of your donation to the San Diego Brain Injury Foundation without any added cost to you! For example, your contribution of \$50 may be matched with an additional \$50.00, thus making a total of \$100 available to support the mission of the San Diego Brain Injury Foundation to improve the quality of life for survivors and family members living in San Diego County. Most employers include spouses and retirees in their matching-gift program.

Thanks for checking to see if your company offers these programs!

Pledge for Recovery:

Join an increasing number of people who are making a recurring donation.
Make a monthly pledge at SDBIF.ORG/PLEDGE4RECOVERY. Any amount you are able to give will help. By donating online, you can help make a difference—no matter how big or how small. Every penny counts and helps us continue to provide survivors of brain injury with opportunities to continue their recovery to their greatest potential; and to be welcomed back into the community.

CALLING ALL GOLFERS!



Thirty years ago Bill and Dee Smith hosted the first golf tournament for SDBIF in an attempt to raise money for Howard House, a home in Escondido for six people with brain injuries that need 24 hour care. Kevin, their son who had experienced a ruptured brain-aneurysm while attending San Diego State University, was one of the residents.

Each year the tournament grew. This event over the years has raised over one million dollars. Today, money from the golf tournament goes to both the operation of Howard House and the Foundation. For many years Tom Tomlinson has been a major sponsor for the event. In 2004, Don Strom established the Don Strom Scholarship Fund with the help of his SAE Fraternity Brothers from the University of Washington. They have not only raised thousands of dollars over the years, but have also awarded a brain injury survivors with a scholarship to play in the annual golf classic.

Gary Cook, Mike Peters, Joe Zakarian, Marv Gilbert and Michael Graves are among some of the players who have participated in the tournament from nearly the very beginning. Friendship, loyalty and the desire to help brain injury survivors make this golf tournament special.

The success of this golf classic has come through the efforts of the sponsors—those sponsoring golf holes; those who make merchandise contributions; those who make cash contributions; and especially those who pay money and play year after year along with all the volunteers who spend countless hours making the event a success. **Join us Monday, April 27 at StoneRidge Country Club.**



If you would like to be a major sponsor or a hole sponsor, please contact the office at 619-294-6541 or stephanie@sdbif.org

**Join us Monday, April 27 at StoneRidge Country Club.
Let's honor what Bill and Dee started 30 years ago.**



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Please call David Goldin for a free consultation.

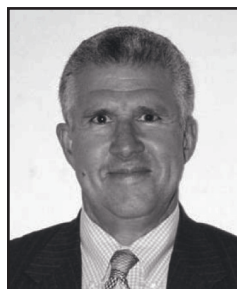
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- Specializes in litigation with emphasis on serious brain injury cases
- Personal concern for brain injury survivors and their caregivers

Brain Injury



Is Not An Illusion



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WHERE DOES THE MONEY GO THAT ABI MAKES FROM THE WALK?

The San Diego Community College District's Acquired Brain Injury (ABI) Programs have been involved with the annual Walk for Recovery every year since its inception; in fact, we have consistently been the largest team and one of the top fundraisers for the SDBIF, raising over \$100,000 since 2008! In recent years, the Foundation's Board has been incredibly supportive of our efforts to help survivors by voting to allow Team ABI to keep a portion of the monies our team raises, which we then add to other smaller donations in our "ABI Trust Fund."

In the past two years, we have been able to put this trust money to very good use. Most recently, we purchased 35 roller backpacks for our students to help prevent potential injury and body misalignment problems. In 2015, plans are in the works to fund a neuro-optometric evaluation for a student in need and to also pay for home visits to help another student with home organization. With the money we raised last year, we were able to provide a student survivor with a \$1,000 scholarship to continue on to nursing school and were also able to pay for two guest speakers in our summer session.

We are especially excited about our upcoming field trip to the new Central Library later this spring, which will involve chartering buses and transporting the entire student body downtown from the Mesa campus. Students will be led in small tour groups through the library, with special emphasis on the library's disability and vocational resources

Every amount of donated money is carefully considered in terms of providing the maximum benefit for either our program as a whole or for our students with very limited resources. The staff and students at the three ABI Programs are appreciative of the work that the SD Brain Injury Foundation does and we look forward to participating in and supporting the Walk again this year!

SDBIF ANNOUNCES SCHOLARSHIP OPPORTUNITIES

SDBIF is pleased to announce a new scholarship opportunity for high school students and survivors entering college after acquiring a brain injury. Traumatic brain injury (TBI) is the leading cause of disability and death in children and adolescents in the U.S. According to the Centers for Disease Control and Prevention, the two age groups at greatest risk for TBI are age 0-4 and 15-19. (Brain Injury Association of America, 2012) Survivors returning to school post-injury are provided support based on their level of need to assist their completion of high school. It requires tremendous effort on the part of the students to complete their high school education. Many students want to continue their training and the hard work of ongoing recovery by pursuing further education.

SDBIF wants to honor the hard work of children and survivors who have taken on this challenge and are ready to transition to college. Many organizations offer scholarships for college but none specific to brain injury. SDBIF will be awarding two \$500 educational scholarships starting next fall.

Applicants eligible are those who demonstrate adaption and accommodation from their injuries and want to enter college or trade school. For applications, call the office (619) 294-6541. Applications will be due June 30, and awarded in August, 2015.

THANK YOU TO ALL OUR VOLUNTEERS!



Sara Adams, Bastien Atterbury, Vincent & Dee Bartsch, Silver Becerra, Donna Benson, Heather Berner, Cressa Bigham, Kyle Bowen, Sarah Bretz, Rob Brown, Dannielle Chimits, Deb Cool, Kyle Coopridner, Cheryl Edwards, Richard Green, Evan Guetz, Chuck Hansen, Christina, Anika & Kat Hardy, Vanessa Hurtado, Pamela Hyatt, Kim Letendre, Donna & James Lewis, Nicole & Justin Locker, Steve McDonald, Mike Murphy, Meredith Murray, Hope Murray, Taylor & Zach Ramos, Cecilia & Andrea Romo, Fernando Sanchez, Michelle Schaefer, Karen Scheck, Courtney Sheck, Tracey Slonim, Steve Svitak, Mike Simonetti, Jason & Suzanne Gendrolius, Dan & JoAnn Stoll, Don & Jane LaFazio, Judy Tesone, Crystal Velasco, Darryl Weiss, Matt Wilder, Bridget Winandy



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San Diego Disability Law Group

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



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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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SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER

10 am—noon

April 18, 2015: Balance 101 and Exercise Nutrition—Greg Jankowski, CPT, TRUMOVE Fitness. Greg will demonstrate three simple balance exercises and three simple strength exercises that you can safely perform at home. Tips on food/snack options to consider when participating in an exercise program will also be shared. You are welcome to participate in a free 30 minute mini balance class from noon—12:30.

May 16, 2015: Leisure from a Cognitive Perspective —Ronda Stempien, M.S., RTC, CBIS, REConnect! For survivors of TBI/ABI, establishment and support of leisure and recreational goals is an essential component of recovery. Ronda will discuss how to improve physical wellbeing, cognitive efficiency, and social relationships, all vital components for successful community reintegration and retention.

June 20, 2015: Sports, Recreation, and Wellness—Debbie Moore, MA, CTRS, RTC, SHARP Rehabilitation Services. Keeping active with healthy, therapeutic recreational programs can enhance a person's recovery after a brain injury. Debbie will share resources, programs, and activities available for brain injury survivors.

July, 2015: THERE WILL BE NO MEETING THIS MONTH.

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

April 11, 2015: The Power of Play—Oliver Rhodes, M.S., USN Ret., President of Corporate Health Dynamics. Play is hailed to enhance brain function and add happiness to your daily life. This will be an interactive hour of fun, excitement and challenges that will get you on the path of rediscovering passion in your recovery.

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 free parking structure. For additional directions, call 760-753-6501.

THERE WILL BE NO MEETING IN JUNE, JULY, OR AUGUST IN NORTH COUNTY

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. Meets the second Sunday of the month for potluck and discussion. For more information, call 619-294-6541 or e-mail us at susan@sdbif.org.

UPCOMING SUPPORT GROUP FOR PARENTS OF CHILDREN AND ADOLESCENTS WITH TBI

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 information on issues related to brain injury, offer strategies and techniques, and provide support as you navigate through this new and unfamiliar journey of raising a young person with a TBI. Meeting other parents with similar challenges and

frustrations as well as having the opportunity to share ideas, solutions, and hope for the future will help to empower everyone.

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

FRIDAY NIGHT LIBERTY 5—8 pm.

Join us the first Friday of every month at Liberty Station to honor a featured brain injury survivor artist. Deborah Consaul was featured in February, and Kyle Coopriider will be showing his work on March 6. On May 1, Janine Kelly will be displaying her jewelry along with Barbara Bates who makes paper boxes and hand bound journals. On June 5, Michele Schaefer will be showing her sculpture and paintings. 2730 Historic Decatur Road, Barracks 16, # 205, San Diego, 92106

Volunteer Opportunities

If you would like to volunteer at various organizations and non-profits at Liberty Station, please call the office at 619-294-6541 or contact susan@sdbif.org.

BILINGUAL (ENGLISH/SPANISH)

South Bay Support Group for individuals with a brain injury, family and friends meets at the Scripps Well Being Center, 237 Church Avenue, Chula Vista, CA 91910 Spanish speaking 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.

THERE WILL BE NO SATURDAY MEETING IN MARCH, Join us Saturday, March 21, for Survive HEADSTONG, Walk for Recovery

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Thank you for your Donation!

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- Toni Biggs



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**Survive HEADSTRONG,
Walk for Recovery**
Saturday, March 21, 2015
30 th Annual Golf Classic,
Monday, April 27, 2015

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Membership: Brain Injury Survivor first year is free. Family/Friend/Student:
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LEVELS OF GIVING

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Angels	\$20

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