

# Brain Injury Press

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

June 2015, Issue 235 Serving brain injury survivors and their families since 1983

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## Save The Date



### 15th ANNUAL FRIENDRAISER

Hors d'oeuvres, wine,  
 survivor art, entertainment  
 & silent auction  
 Saturday, September 19,  
 6:00—8:30 pm,  
 Mission Trails  
 Regional Park

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

## THE MIRRORS ARE BACK! 15TH ANNUAL FRIENDRAISER

Come join us Saturday, September 19, from 6—8:30 pm for an evening under the stars with wine-tasting, music with "Jeff and Herb", hors d'oeuvres, a silent auction and art and crafts provided by brain injury survivors. Many of you may remember from past Friendraisers the beautiful



mirrors created by local artists for our silent auction. This year many of the artists will be returning with their unique creations. Brought back by popular demand, stargazing activities on the terrace of the Mission Trails Regional Park Information Center will be provided by the S.D. Astronomy Association.

This event became known as a "Friendraiser" 15 years ago when Michael Harris, a former board member chaired the event. It has grown over the years and has become the one time so many members of the brain injury community—medical professionals, attorneys, rehab counselors, family members, friends and survivors --come together to catch up and enjoy time together.

The cost is \$50 in advance, and \$60 at the door. To register, call 619-294-6541, look for your invitation in the mail or go to [www.sdbif.org/2015-fundraiser](http://www.sdbif.org/2015-fundraiser). Proceeds will be used to provide support and services to brain injured survivors and their families living in San Diego County. If you would like to be part of the planning committee, call the office at 619-294-6541.



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 619- 294-6541. Sponsorships begin at the \$300 level. All major sponsors will be recognized at the Friendraiser, on our website with a link to your business and in the newsletter.

**We hope to see you all there!**

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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](http://www.sdbif.org)

## FOUNDATION NEWS:

### Congratulations to Heather Berner

on her graduation from SDSU in the Masters Program for Rehab Counseling. Heather is a brain injury survivor, a Sharp Hospital Victory of Spirit Winner and a member of the San Diego Brain Injury Foundation Board of Directors.

### SDBIF Announces First Scholarship Recipient

SDBIF is pleased to announce their first winner of the SDBIF Scholarship Program. Kimberly Thurman is the recipient of a \$500 scholarship. She plans to attend Mira Costa Junior College in the Fall of 2015. Kimberly wrote the following: "I feel that I am the best candidate for this scholarship because I am a driven, motivated person who doesn't let obstacles stop me from reaching my goals. They might slow me down but I will do what is necessary to overcome them and push forward. I have a strong desire to return to the workforce and I need to further my education in order to do so. Working with a Department of Vocational Rehabilitation counselor we have come up with a plan to help me accomplish this goal. I also have been attending the Acquired Brain Injury Program at Mesa College and have been taking classes such as "organization and time management" and "study skills" in preparation for my return to college in the fall of 2015.

The accommodations that I intend to utilize are note-takers, the use of a scribe or computer for tests, having textbooks available on computer, recording lectures and discussions, sitting in the front of the class and extended time on tests in a quiet room."

The SDBIF Scholarship Program is a new program offered by the San Diego Brain Injury Foundation for high school students and survivors entering college after acquiring a brain injury. 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. Eligibility is based on applicants who demonstrate adaption and accommodation from their injuries and want to enter college or trade school. For more information, call the office at 619-294-6541.



On June 5, Michelle Schaefer was our featured artist at Friday Night Liberty at Liberty Station. Micky is a survivor of a Traumatic Brain Injury sustained just prior to her second year in Medical School at UC, Irvine, during the summer of 1992. She spent almost 7 months in a coma, and a total of 11 months in the hospital. She was never able to return to Medical School. With the help of the San Diego Brain Injury Foundation, her family and her tremendous determination, every challenging day continues her road moving forward. Micky has created amazing artwork her whole life. With her incredible talent, she now finds her new purpose in life through her creations. Micky will be one of our featured artists at the 15th Annual Friendraiser on Saturday, September 19, at Mission Trails Regional Park.



## SDBIF CELEBRATED BRAIN INJURY AWARENESS MONTH

March 21, 2015 marked the day of the San Diego Brain Injury's 8th Annual, "Survive HEADSTRONG, Walk for Recovery," with over 600 people at Mission Bay.

Everyone who participated is a hero—survivors and family members came together to share their experiences, unite, celebrate their achievements and help to build awareness in the community about brain injury and how it affects the whole family.

There were so many inspiring stories of how survivors have persevered and with the help of their family and friends have met extremely challenging goals in their recovery.

A special thanks to Dani Grady and Jason Morris for emceeing the event, to Windmill Farms for providing the snacks, to Gomez Trial Attorneys for sponsoring the give away backpacks, to Oliver Rhodes for leading everyone in stretches before the walk and to Derlin Hsu for leading the group in a drumming circle as survivors finished the walk. Thank you to the Smolin Family for providing a very generous donation for raffle prizes. Thank you to our photographers: Meredith and Hope Murray and to the students from Kaplan College for staffing the medical tent.

Thanks to all the exhibitors, the volunteers from the National Student Speech Language Hearing Association at SDSU, the physical therapist students from St. Augustine, and the students from CAL State San Marcos.

The San Diego Brain Injury Foundation would like to thank all of those who participated this year and to the following sponsors, exhibitors and teams who helped to make this event such a success.



### 2015 Walk Sponsors:

Gomez Trial Attorneys • The Smolin Family • Rainer & Donna Metz  
Oasis Equipment Company • Bradford Bates • CareMeridian  
The Duoos Family • Grace Care Management • Lee C. Johnson •  
Learning Services • Kaplan College • Liberty Fiduciary Services, Inc.  
San Diego Chapter of the California Physical Therapy Association

### 2015 Walk Exhibitors:

Acquired Brain Injury Program, SDCCD • BrainSpa Neurofeedback  
Defense and Veterans Brain Injury Center • Farm Fresh to You  
FreakingBrainInjury.com • Gray Matters  
Guiding Hand Finances of California, Inc. • Healthy Within Inc.  
LifeLine Care at Home • ResCare HomeCare  
Saladmaster-Wellness & Prosperity, Inc. • South Bay Rehab Center/SDRI  
Street Therapy • Therapeutic Approach to Growth

**Teams:** Comebackers, CSUSM NSSLHA, Gomez Trial Attorneys, Hidden Valley Ranch Rehabilitation Services, Inc., Hiking Vikings, James Lewis, Learning Services, Patsy's Peeps, Sharp Community Re-Entry Program, TEAM ABI, Team Alex, Team Amanda, TEAM DARBI, Team Howard House, Team Kaplan, Team Kayla, Team Kindred, TEAM PETE, Team ResCare, Team Sroka, Team Strong Minded, Team Tim, Up and At'em's Brainers, and WALK'N FOR TOMMY.

**Editor's Note:** We were saddened to learn of the passing of Thomas Johnson whose family formed the team, "WALK'N FOR TOMMY." Thomas died of complications while at Sharp Hospital about a week following the walk. On behalf of the board of directors and the brain injury community, we offer our condolences.

### Thank you to the walk committee for a wonderful event!

Heather Berner, Stephanie Bidegain, Dannielle Chimitz, Leah Dawson,  
Teresa Dwight, Nancie Glidden, Susan Hansen, Paige Hargis,  
Heike Kessler-Heiberg, Marc Jacobs, Meredith Murray,  
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## 2015 GOLF TOURNAMENT ~ 30 YEARS OF GOLFING

In 1985, Mikhail Gorbachev becomes Soviet Union leader. Later that year, President Reagan and Gorbachev meet to step up nuclear arms control talks. The median household income (in current dollars) is \$23,618. The San Francisco 49ers beat Miami in Super Bowl. Madonna launches her first road show. Rock Hudson dies of AIDS. The Record of the Year was "What's Love Got to Do With It?" by Tina Turner.

And in 1985 Bill and Dee Smith host the first golf tournament for SDBIF to help raise money for Howard House, a home in Escondido for six brain injured people who need care 24 hours a day. Their son Kevin, who suffered a ruptured brain aneurysm, was a Howard House resident until recently.

SDBIF's 30th Annual Golf Classic was held April 27, 2015 at the StoneRidge Country Club. It included 80 golfers, as well as several sponsors, individual donors & volunteers, all of whom contributed to the successful event which raised \$38,000.

"We owe a great deal to both Bill and Dee," says CEO Sue Hansen. "They stood up at a time when not many others did to call attention to brain injuries and how they affect families. Over the years, well over one million dollars have been raised from the golf tournament."

Marv Gilbert is a close friend of Bill and Dee. "I knew about their son's injury, so my son and I helped paint Howard House to get it ready for people. I couldn't be happier the way things turned out."

When Jerry Hall was asked why he golfs in the tournament, he says, "This is the kind of issue that could happen to anyone. The organization assists families so I'm glad to be involved."

"My son Gregory fell down an elevator shaft, and suffered a TBI," says golfer Don Eoll. "We worried—where's he going to live, who'll take care of his needs? But we've received unbelievable support from Stephanie, Susan and Beth, who runs Howard House. That's why I'm here."



At the dinner program, which followed golf, Bill received a standing ovation for his years of dedication and service. Everyone who had participated in the first golf tournament 30 years ago gathered for a group photo.

Golf tournament funds are divided equally between Howard House and the SDBIF. If you didn't golf, and would like to offer financial support, there are several ways to do that. See [www.sdbif.org](http://www.sdbif.org) or contact Stephanie at 619.294-6541 or [stephanie@sdbif.org](mailto:stephanie@sdbif.org).

Thank you to all of the volunteers and the golfers and sponsors who have been with us for so many years. Your loyalty is much appreciated!

**We depend on our sponsors who help make this a successful event! Thank you to the following:**

### **PLATINUM SPONSOR** TOMLINSON FOUNDATION

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### **Thank You to the Committee Members:**

Fred Baranowski, Stephanie Bidegain, David D'Cruz, Marty & Teresa Dwight, Susan Hansen, Stephen McDonald, Don Rowean, Bill & Dee Smith, Don Strom, Joe Zakarian





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for brain-injured individuals, operated by the non-profit  
San Diego Brain Injury Foundation.

**For more information, call:  
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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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www.sddisabilitylawgroup.com**

## SDBIF SATURDAY MEETINGS

### Joyce Beers Community Center

10 am—noon

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

**August 15, 2015:**

#### *The ABI Program—*

Nicole Thomason, S.D. Community College District. What is the Acquired Brain Injury Program? Nicole will lead a discussion with a panel of survivors who attend the ABI program at Mesa College. Find out if this program could help you.

**September 19, 2015: THERE WILL BE NO MEETING THIS MONTH**

**October 17, 2015:**

#### *Changes in Medi-Cal Because of Managed Care—*

Todd Higgins, Advocate, Disability Rights California. What is Medi-Cal Managed Care? How will my medical care change because of Medi-Cal Managed Care and how can I appeal a decision once enrolled in Medi-Cal Managed Care?

**November 21, 2015:**

#### *Punching Holes in the Darkness—*

Tom Behr, Attorney at Law, Specializing in Private Fiduciary Services. Tom will describe the roles of private fiduciaries in providing compassionate and professional care of the personal and financial needs of their clients. The roles include being a client's conservator and/or trustee of their trust.

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

10 am—noon

**October 10, 2015:**

#### *Neurologic Music Therapy—*

Holly Mead, MT-BC. Rehabilitation, Palomar Health. Music Therapy can help in pain management; relaxation and stress management; physical rehabilitation and personal growth. In this participatory session, Holly will demonstrate techniques used in music therapy to enhance recovery after a brain injury.

**November 14, 2015:**

#### *Redefining the Self After Brain Injury—*

Tracy Teregis, M.S. and Kim Chartrand, R.N. Holistic Brain Health. Following a brain injury, one frequently experiences a loss of identity. Tracy and Kim will share strategies to help build and discover one's new identity.

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, AUGUST OR SEPTEMBER IN NORTH COUNTY**

BRAIN Technologies:  
Mapping the Path to the Cure  
A Symposium for the Public

On the BRAIN Initiative and the prospects for new developments in mapping, diagnosing, and treating brain disorders and brain injury. Speakers will include scientists, clinicians, and survivors.

Saturday Sept. 12, 9am to 4pm  
Sanford Consortium Auditorium  
2880 Torrey Pines Scenic Drive®  
La Jolla, CA 92037

Sponsored by the Center for Brain Activity Mapping of the Kavli Institute for Brain and Mind at UCSD, the San Diego BRAIN Consortium, and Cal-BRAIN

### **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](mailto:susan@sdbif.org).

### **SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ACQUIRED BRAIN INJURY**

The Support Group for Parents of Children with Acquired Brain Injury is for parents of children from infancy through 18 years of age who are seeking a supportive, educational environment to enhance their understanding of the cognitive, emotional, educational, and life changes resulting from an acquired brain injury (ABI) during childhood. Guest speakers will offer support and education at these monthly support group meetings. Meetings will be held at Rady Children's Plaza on the first Monday of each month. They are free and open to the public. Contact Kathy Munroe at 858-966-5401 or [kmunroe@rchsd.org](mailto:kmunroe@rchsd.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.

### **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](mailto:susan@sdbif.org).

## FRIENDS OF THE SDBIF

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Jody DeMeules by Robert Thompson

## IN HONOR OF

Erik Brazier by Ellen Brazier

## GRANTS

The San Diego Brain Injury Foundation would like to thank Maureen O'Connor for her very generous donation to SDBIF. Thank you to the Satterberg Foundation for matching funds that the ABI students brought in at the SDBIF walk and awarding the San Diego Brain Injury Foundation with a very generous grant of \$25,000.



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Brain Injury



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