

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 2015, Issue 236 Serving brain injury survivors and their families since 1983

In This Issue

Huge Crowd	1
Foundation News	2
Special Thanks	4
Saturday Meetings	7
Friends of SDBIF	8
Key Sponsor	10

Save The Date



surviveHEADSTRONG

Walk for Recovery,
 Saturday, March 19, 2016,
 Mission Bay Park,
 De Anza Cove,
 Build a Team
 and register on line!
www.sdbif.org/2016walk

HOLIDAY PARTY

Saturday,
 December 19, 2015
 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.

HUGE CROWD AT FRIENDRAISER

Over 200 guests enjoyed a beautiful evening at Mission Trails Regional Park on September 19, for the 15th Annual Friendraiser. We were excited to have South Coast Winery there along with San Pasqual Winery and wine donated by Barons Market, Eric



James Vineyards, Honig and Maurice Car'rie. Jeff and Herb provided the music and guests began to stargaze with the help of George Varga from the San Diego Astronomers Association as the sun set.



Thirteen artists who are brain injury survivors were featured. Each one had an inspiring story to tell and has used expressive arts in some way as part of their recovery.

Thanks to all those who donated and attended.

Over \$21,000 was raised and will go to provide services that promote our mission: *to improve the quality of life for brain injury survivors and their families living in San Diego County.*

Thank you to everyone for making this year's event such a success. Mark your calendar for next year's Friendraiser, Saturday, September 24, 2016. Hope to see everyone there!



Board of Directors

Angela Basham
Heather Berner
Ben Coughlan, Esq.
Vice President
Ruth Curran
David D'Cruz
Teresa Dwight
President
Chris Gervasi
Heike Kessler-Heiberg
Glynnis Hubbard
Cynthia Pahr
Cecilia Romo
Patsy Sholders
Treasurer
Cathy Van Vechten
Secretary

Professional Advisory Council

Dan Gardner, M.D.
David Goldin, Esq.
Ralph Greenspan, Ph.D.
Amy Magnusson, M.D.
Mark McDonough, Ph.D.
Barbara Schrock, Ph.D.
Jerome Stenehjem, M.D.
Walter Strauser, M.D.
Barbara Welsh-Osga, Ph.D.
Kevin Yoo, M.D.

Staff

Susan Hansen
Chief Executive Officer
Stephanie Bidegain
Chief Financial Officer
Beth Anderson
Howard House Director

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

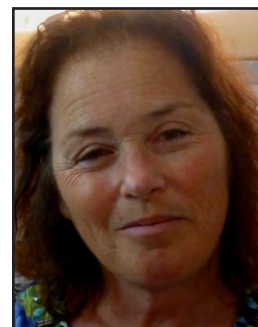
FOUNDATION NEWS:



The Board of Directors would like to welcome Angela Basham, as a new board member.

Angela is a Certified Health Education Specialist and the Regional Education Coordinator for the Defense and Veterans Brain Injury Center at Balboa Naval Hospital. Angela has worked in the field of brain injury for almost four years, and is passionate about helping others improve their health. She works to educate both military and civilian families affected by brain injury. We are excited to have her join the Board of Directors of SDBIF.

We regret that Kathy Munroe, a Speech-Language Pathologist from Children's Hospital has resigned from the board having completed her first three year term. As her responsibilities at the hospital are expanding, it is difficult for her to continue on for another term. While serving on the board, Kathy wrote a chapter on pediatric care for the 30th Anniversary edition of our *Brain Injury Guide for Families* and founded the free support group for parents of children with an acquired brain injury that meets on the first Monday of each month at Rady Childrens Plaza. We will definitely miss her presence on the board, but will continue to collaborate together.



The board would also like to welcome Ruth Curran as a new board member.

Ruth has more than 28 years of experience as a strategist, business development executive and organizational behaviorist. She is equally versed in the for-profit and nonprofit world. Eleven years ago she had a brain injury that changed her life. Since then, she has been studying, writing and developing methods to improve the brain. She is the author of the book, *Being Brain Healthy*. She will be a speaker next year at one of the Saturday Support groups and is looking forward to advocating for brain injury. We welcome Ruth to the board!



We are excited to be named a Top-Rated 2015 Nonprofit by Great Nonprofits. The award is based on the large number of positive reviews received by volunteers, donors and clients. Read our great reviews and add your story.

<http://greatnonprofits.org/org/san-diego-brain-injury-foundation>

Bookclub, A No Reading Required Book Club

The San Diego Brain Injury Foundation and Brain Based Solutions introduces **Bookclub, A No Reading Required Book Club** for Adults With Mild Acquired Brain Injury.

Join educator and cognitive coach Tracy Teregis, M.S. and author, speaker, and brain injury survivor Ruth Curran, M.S. for **Bookclub**.

This six-week program is a curriculum-based, on-going series of discussion, interaction, and reflection. Explore compensatory strategies in note-taking, reading comprehension, and memory techniques. Build confidence and heal in a supportive environment through bibliotherapy.

Each **Bookclub** session is:

- 90 minutes
- once a week for six weeks

Cost for a six-week session is \$120 and will include a copy of *Being Brain Healthy* by Ruth Curran and all other supplies. Sessions begin the third week of January.

Times, days, and location will be determined based on interest.

For more information email: Bookclub@brainbasedsolutionsinc.com or call 714-651-8822 (Tracy) or 303-503-0264 (Ruth). Space is limited.

A generous portion of the proceeds will go to support SDBIF.

Join us at Liberty Station
2730 Historic Decatur Road
Barracks 16, # 205
San Diego, CA 92106

On December 4, the S.D. Brain Injury Foundation office will be open at Liberty Station for Friday Night Liberty from 5–8 pm. Barbara Bates and James Balmer will be our featured artists. Barbara is a brain trauma survivor who overcame adversities since birth and then was struck by a motor vehicle while riding her bike 15 years ago.



Barbara Bates

She finds pleasure in many different forms of art from hand-made bound journals to origami boxes and books and is currently learning how to create beaded jewelry.

James Balmer was in a severe car crash in 2006.



James Balmer

During his long stay at the hospital, his mother would bring him a big bag of roasted pecans that had always been a holiday treat. James loved them and eventually came up with the idea of making his own business selling these nuts. He called them, "My Mum's Nuts," which he now sells at local coffee shops and markets.

Stop by and do some early holiday shopping!

SDBIF has been involved over the past year with a planning committee exploring the idea of forming a Clubhouse. A need's assessment has been done and clearly indicated the need and interest on the part of brain injury survivors and their families living in San Diego County for such a project. Any family members who could benefit from respite care and would like to be part of this planning committee should contact

Regina Eldred at regina.theclubhouse@gmail.com
Watch for updates on the clubhouse, by visiting the San Diego Brain Injury Foundation on Facebook.

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.classy.org/checkout/donation?id=20373.

SPECIAL THANKS TO OUR FRIENDRAISER SPONSORS

The deRose Foundation
Jerry & Jill Hall Charitable Fund at
The San Diego Foundation
Hidden Valley Ranch Rehabilitation Services, Inc.
Mary & Stephen Lewis
San Diego Neurosurgery, Dr. Kevin Yoo
The O'Neil Family
San Diego Rehabilitation Institute at Alvarado
Hospital
Bill & Dee Smith
The Westreich Foundation

THANKS FOR THE CONTINUED SUPPORT OF OUR HONORARY COMMITTEE

Christine Baser, R.N., Ph.D.
Kyle Coopridier
Daniel Gardner, M.D.
David Goldin, Esq.
Ralph Greenspan, Ph.D. & Dani Grady
Tom & Maureen Hanifin
Catharine Kroger-Diamond, Esq.
Amy Magnusson, M.D.
Kathy & John Munroe
Ronald Ruff, Ph.D.
Jerome Stenehjem, M.D.
Walter Strauser, M.D.
Lorie Van Tilburg,
Southern Caregiver Resource Center
Barbara Welsh-Osga, Ph.D.

THANK YOU TO OUR FOOD & WINE SPONSORS

Barons Market
Honig Wine
Souplantation, Point Loma
South Coast Winery
Eric James Vineyards
Maurice Car'rie Winery
San Pasqual Winery
California Pizza Kitchen, La Jolla
Panera, Grossmont Center
HomeTown Buffet;
Santee, El Cajon, University Ave., S.D.



Jeff and Herb



San Pasqual Winery



South Coast Winery

THANKS TO OUR FEATURED ARTISTS AND MIRROR ARTISTS

MIRROR ARTISTS

Andy Hein
Virginia Sumner
Jill Hall
Devon Hedding
Thia Nevius
Terri Bryson
Betty Marshall
Louise Campagn
Shirley Coburn



Art by Alana Martins

FEATURED ARTISTS

James Balmer – “My Mum's Nuts”
Will Barton – mouth-painter
Barbara Bates – handmade bound journals & origami
Deborah Consaul – handmade cards
Ruth Curran – author, *Being Brain Healthy*
Queta Czerniewski – gift tags and recycled cards
Christina Hardy – blown glass
Heidi Lerner – author, *Gray Matters*
Alana Martins – painting mandalas on vinyl
Kurt Rotzinger – oil and watercolor paintings
Micky Schaefer – oil paintings and sculpture
Rhonda Hughes-Tor – oil paintings

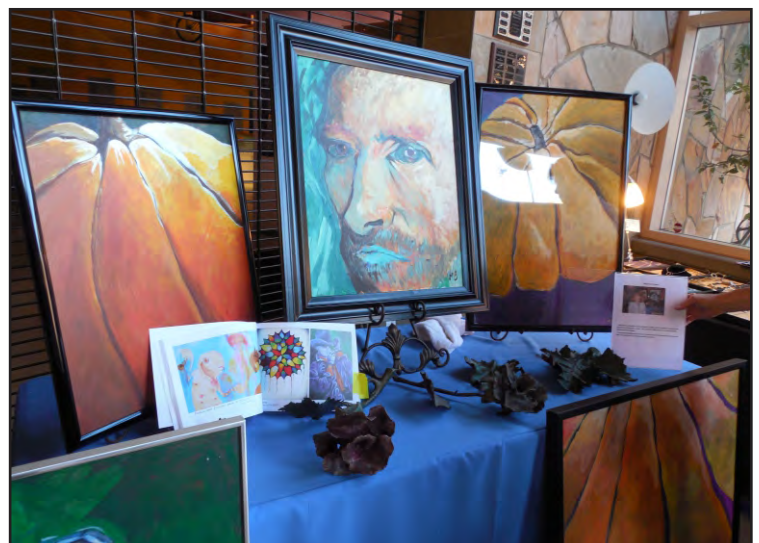


Art by Deborah Consaul

SPECIAL THANKS TO

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

**SDBIF would like to thank all the other friends,
board members and volunteers who helped
with this event.**



Art by Michelle Schaefer

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

**PERSONAL INJURY
& ACCIDENTS**
Automobile • Cycle
Pedestrian • Slip & Fall
Brain Injury

Free Consultation • No Recovery, No Fee
Serving our community for over 25 years

Poinsettia Village
7220 Avenida Encinas, Suite 203
Carlsbad, CA 92011
(760) 931-2900

Mission Brewery Plaza
1775 Hancock Street, Suite 180
San Diego, CA 92110
(619) 682-5100

www.ckdpilaw.com

A Professional Corporation



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

Please call David Goldin for a free consultation.

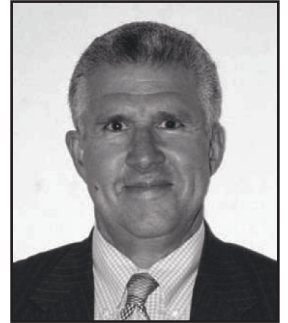
Phone Toll Free: 866/headlaw

- 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



Is Not An Illusion



750 B Street, Suite 3300
San Diego, CA 92101
goldin@headlaw.com
www.headlaw.com
phone: 619/235-6344



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

SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER
10 am—noon

January 16, 2016: *Opportunities for Growth from an OT Perspective*—Chris Vinceneux, OTR/L Therapeutic Approach to Growth. Chris will discuss success based interventions using “just right level of challenge,” and effective ways of providing directions and prompting creating opportunities for growth for individuals with a brain injury. His ability to think holistically and outside the box has often led to improved quality of life for his clients.

February 20, 2016: *Being Brain Healthy*—Waking Up Your Senses—Ruth Curran, MS. Explore the world of sensory experiences and dive into a way to wake up your brain through experiencing each moment more fully and maybe even finding a bit more joy.

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.

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.

NORTH COUNTY
10 am—noon

January 9, 2016: *Neurofeedback for Traumatic Brain Injuries*—Mario Mancini, OMD, LAc, CNS, QME. Dr. Mancini will provide attendees information on significant advancements occurring in the field of Neurofeedback technology for traumatic brain injuries. Neurofeedback can optimize brain self-regulation in improving symptoms of PTSD, insomnia, anxiety, panic attacks, depression, weakness/fatigue, concentration/memory problems and mood swings following a traumatic brain injury.

February 13, 2016: *Healing from the Heart*—Andrea Schwarb, LCSW, Community Programs Coordinator, Brain Injury Day Treatment Program Outpatient Rehabilitation Services, Scripps Hospital, Encinitas. Recovery is a process and takes time. It can be long and frustrating. Andrea will explore ways for you the survivor and your caregiver to find ways to nurture yourself in the process toward 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.

Holiday Party: December 19, 2015

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 residents of Learning Services 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!

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ACQUIRED BRAIN INJURY

Free support group for parents of children with an acquired brain injury that meets on the first Monday of each month from noon–1 pm at the Rady Childrens Plaza, Suite 201, 3665 Kearny Villa Road, San Diego, 92123. To register, contact Kmunroe@rchsd.org or call 858-966-5401.

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. 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 19, 2016
FOR THE 9TH ANNUAL surviveHEADSTRONG-Walk for Recovery
Mission Bay Park, De Anza Cove
Fundraise, build a team and register online at www.sdbif.org/2016walk

Ken Archer
Melody Bacha
Tom & Trudy Balestreri
Tani Barbour
Angela Basham
Donna Benson
Toni Biggs
Richard & Claire Blezard
Tom & Donna Bloomer
Thomas & Rita Bongard
Dianne & Richard Buchanan
Barbara & Bill Byers
Anne Campbell
Doreen Casuto
Ruben Ceballos
Wendy & Kent Chesney
Rita Collins
Bob & Gail Conrad
Lori & Elias Contreras
Kyle Coopriders
Ben Coughlan
Donna M. Crowley M.D.
Kathleen Derzipilski
Cynthia Dix
Lynn & Tim Duoos
Teresa & Marty Dwight
Regina Eldred
Kathleen Estabrook
Sally & David Ewald
Esme Farb
Ted & Margaret Faris
Vincent Felice
Susan Fox
Shelly & James Frasco
Cynthia Goodwin
Bob Gotham
Charles Gough
James & Pat Hansen
Loretta & Jerry Heiser
Edvard & Barbara Hemmingsen
Laurie & Chuck Herzog
Lifeline Care at Home
Megan & Bob Hurley
Janet Judge
Patricia Keim
Mary Kough
Christine & Robert Kowalski
Donna Lewis

Larry Lewis
Lorraine Lawrence & Lloyd Lewis
Tracey (Tortorelli) Lilly
Olya Losina
Gary & Andrea Matthews
Jim & Pat McBride
Kathy McCann
Mark McDonough, Ph.D.
Mike Michaelis
Mia Miyatake
Claudine Moss
Deborah Nelson
Dr. William Nelson
Maureen Neumayer-Fischbeck
Thia Nevius
Kathy & Scott Olsen
Mike Orlik
Adelle & Chryssa Owen
Nancy & Thomas Patterson
Darbi Peters
Julie Pludow
William Reynolds
Jim Rice
Danette Roberts
Robert & Katie Schell
Stephen Shushan
Megan Slipper
Jim Smart
Marlene & Milton Smith
Linda Solway
Tamara & Sigurd Stautland
Dan & JoAnn Stoll
John & Mary Jayne Stoll
Bob & Kathy Sullivan
Seth & Lorraine Surnamer
Doug & Mary Swenson
Cheryl Tall
Merri & Mike Tersolo
Diana Brotherton-Ware
& Richard Townsend
Lynn Urquhart
Susan and William Vacca
James & Marilyn Wellnitz
Wilson & Marilyn Whitekettle
Jacqueline & Jeryl Wilson
Hede & Joachim Wolff
Kevin Yoo M.D.
Joe Zakarian

**LOOKING FOR LONG OR SHORT-
TERM RESIDENTIAL CARE?
HOWARD HOUSE HAS OPENINGS**



Howard House is a 24-hour, long & short-term Adult Residential Facility for brain injury survivors, male and female, ages 18-60 years old. We are owned & operated by the San Diego Brain Injury Foundation.

This lovely 6,000 square foot home is tucked away on one acre of land in a tree-lined neighborhood in Escondido.

Residents enjoy:

- Private rooms
- Specialty trained staff
- Care Coordination
- Exercise room
- Swimming pool
- Transportation for day trips and medical appointments
- Regular weekly outings
- Nourishing meals
- A harmonious, family environment



2033 Oro Verde Rd., Escondido, CA 92027

Contact: Beth Anderson, Director
beth@sdbif.org

Phone: 760-480-7468....Fax: 760-741-6037
www.sdbif.org



2015 FRIENDRAISER CASH DONERS

Julie Barbour	Donna Duchow	Kris Lavery	James Schick
Bruce Baumann	James Frasco	Patrick Marten	HW Schneider
Rita Bongard	Marv Gilbert	Sven Osen	Peter Schulze
Bill & Barbara Byers	Richard Giometti	Oren Pollock	John Smart
Gail Conrad	Devon Hedding	Christine Radostits	Jerome Stenehjelm, M.D.
Harry Dirks	Sharon Keith	Dr. Bradley Ross	Don Strom
			Barbara Welsh-Osga

IN MEMORY OF

Leah Aretz by Donna Benson

Garret Chesney by Wendy & Kent Chesney

Candice Lindsay by Carol Lindsay

Daniel James Whitekettle by W.K. & Marilyn Whitekettlen

IN HONOR OF

Ronald Bongard by Rita & Thomas Bongard

Christopher Buckner by Kathleen McCann

David D'Cruz by Joe Zakarian

Chuck Hansen by Christine Radostits
& Doug & Mary Swenson

Jerry Heiser by Loretta Heiser

David Logan by Linda Solway

Mike Orlik by Sue Smith

Chryssa Owen by Adelle Owen

George Pacheco by S P Pacheco

Edward Pollock by Nancy Patterson

Kurt Rotzinger
by Trudy & Tom Balestreri

Merri Tersolo by Mike Tersolo

Kirk Wolff by Hede & Joachim Wolff

GRANTS

The San Diego Brain Injury Foundation would like to thank the following people and organizations for their very generous grants:

Carstarphen Family Charitable Fund

Rotary of Escondido serving the youth, the military, the aged, or disabled

Gold Diggers concerned with members of the community with special unmet needs

Robert & Carolyn Roden Fund at the San Diego Foundation

The Country Friends supporting human care agencies—
“helping people to help themselves”

Torrey Pines Kiwanis funding programs for those with disabilities.

SPECIAL THANKS TO OUR KEY SPONSOR FOR THE YEAR!

We would like to give a special thanks to our key sponsor for the year, the **GOMEZ TRIAL ATTORNEYS**, who have participated in all three of our major fundraisers this year.



**GOMEZ WALK TEAM,
SURVIVE HEADSTRONG 2015**

**GOMEZ FIRM,
FRIENDRAISER 2015**



**GOMEZ FOURSOME,
SDBIF GOLF CLASSIC**



2016 surviveHEADSTRONG

Walk for Recovery

ACHIEVING MORE TOGETHER

MISSION BAY PARK - DE ANZA COVE

SATURDAY, MARCH 19, 2016



Save the date for our next **surviveHEADSTRONG Walk for Recovery**.

March is Brain Injury Awareness Month and we will be celebrating with our walk on Saturday, March 19, 2016.

*If you are an exhibitor that would like to have a table at the event as part of our Health Fair or an individual or business that would like to be a major sponsor, please contact the office at **619-294-6541**. Sponsorships begin at the \$300 level. All major sponsors will be recognized at the walk, on our website with a link to your business and in the newsletter.*

Every year we have about 600 people—survivors, friends and family that gather at Mission Bay Park, de Anza Cove for this event. It is a wonderful way to celebrate everyone's achievements and build awareness in the community about brain injury.

START NOW BUILDING YOUR TEAM!



P.O. Box 84601
San Diego, CA 92138-4601

Return Service Requested

Nonprofit
Organization
U.S. Postage
PAID
Permit No. 2456
San Diego, CA

surviveHEADSTRONG
Walk for Recovery
Saturday, March 19, 2016
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

Your contribution is tax deductible as allowed by the law. The Foundation is a 501(c)3 non-profit organization. Our federal tax ID number is 33-0072774. Please 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!

Would you like to receive the SDBIF Brain Injury Press via e-mail?
Email info@sdbif.org to receive a pdf file.

Reach more than 4000 brain injury survivors, family members, professionals and associated agencies with your message
business card \$75 per issue
1/4 page \$150 per issue
1/2 page \$250 per issue
full page \$400 per issue

WANT TO ADVERTISE?