

# Brain Injury Press

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

July 2017, Issue 241 Serving brain injury survivors and their families since 1983

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## Save The Date



### 17th Annual Friendraiser

Hors d'oeuvres, wine, survivor art, entertainment & silent auction  
 Saturday, September 16,  
 6--8:30 pm  
 Mission Trails Regional Park

### Garage Sale to Fund SDBIF

Saturday, July 29, 6 am - 2 pm  
 8701 Celestine Ave, S.D. 92123  
 Call/text Shreece at 619-254-0542  
 or Jacalyn at 619-601-6314  
 THANK YOU TO JACALYN AND  
 HER FRIENDS AND FAMILY

### A Day of Art for Survivors

Friday, September 22, 10 am--2:30 pm  
 Liberty Station,  
 2730 Historic Decatur Road, # 204  
 Call to reserve a space: 619-294-6541

## JOIN US FOR A FUN-FILLED EVENING

Saturday, September 16, marks the date of our 17th Annual Friendraiser to be held again at the Mission Trails Regional Park. This is always a wonderful evening for professionals in the brain injury community to come together with survivors and families and enjoy the beautiful sunset, wine-tasting, hors d'oeuvres, a silent auction and shopping for unique gifts showcased by artists who are brain injury survivors.

Music will be provided by Jeff and Herb. Later, guests can stargaze with the help of George Varga from the San Diego Astronomy Association.

We have some exciting new artists—all who have had a brain injury and have used the expressive arts as part of their recovery. They will be sharing their talent and their stories.

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 at 619-294-6541 or go online [sdbif.org/event/2017-sdbif-fundraiser](http://sdbif.org/event/2017-sdbif-fundraiser).

The cost of this event is \$60. No tickets will be mailed. Online registration is available at [give.classy.org/sdbif2017friendraiser](http://give.classy.org/sdbif2017friendraiser).

**Proceeds from this event will be used to provide support and services to brain injured survivors and their families living in San Diego County.**



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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:

### THE BOARD OF DIRECTORS WOULD LIKE TO WELCOME CLAIR JONES AND ANDREA SCHWARB AS NEW BOARD MEMBERS



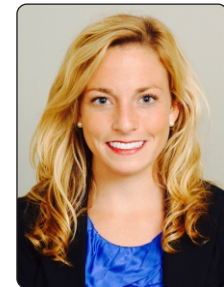
CLAIR comes to the board with extensive rehab strategic and operational leadership including the former System Director of Sharp HealthCare Rehabilitation Services in San Diego, President and CEO of the Rehabilitation Hospital of the Pacific, Honolulu, HI, and Senior Director, Rehabilitation Services, Dignity Health Care Arizona. As a past board member and President of SDBIF and rehab professional, Clair sees SDBIF as a critical player in the recovery and lifespan of persons (and their families) with brain injury.

ANDREA has been a social worker at Scripps Encinitas Brain Injury Day Treatment Program since 2010. She is passionate about helping brain injury survivors and their loved ones to connect with one another, and to thrive. Andrea has been a speaker at our Saturday meetings and has also served on a committee to explore the possibility of establishing a Clubhouse for brain injury survivors in San Diego.

The board would like to thank Heather Berner and Regina Eldred for their service on the board. Heather started serving when she was an intern as a student in the Master's program for Rehab Counseling at SDSU. Regina, a social worker at Sharp Rehab, was very active with the board in pursuing the possibility of a Clubhouse in San Diego and has since been a part of the Day of Art program at Liberty Station.

### SDBIF AWARDS TWO SCHOLARSHIPS

The San Diego Brain Injury Foundation is pleased to announce that they have awarded two \$500 scholarships to individuals who have survived brain injuries and are pursuing their education.



**Megan Sweeney** attended Coronado High School and Boston College where she was a pre-med student. Just as she was in the midst of the lengthy and costly medical school application process, she was struck by a SUV while crossing the street and suffered a traumatic brain injury. Since her injury, she has a stronger desire than ever to pursue a career in medicine, and plans to enter medical school in the fall.



**Tracy O'Halloran** was a cheerleader at Kansas State University and fell during a maneuver, landing on her head onto a thin mat covering concrete. Unfortunately, she went undiagnosed. Although she was able to complete her degree after many years, she has not been able to pursue gainful, long-term employment since that injury. After struggling for many years on her own and seeking medical and counseling help, she was finally directed to the S.D. Community College District's Acquired Brain Injury Program where she attended classes. Last fall, she was accepted into San Diego State's Rehabilitation Counseling graduate program.

**We wish both Megan and Tracy the best and are happy to be able to award each of them with a scholarship.**

**Please read their inspiring essays on our website.**

[sdbif.org/resources/sdbif-educational-scholarships](http://sdbif.org/resources/sdbif-educational-scholarships)

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

### FEATURED ARTISTS FOR FRIDAY NIGHT LIBERTY AT LIBERTY STATION

**2730 Historic Decatur Road,  
Barracks 16 # 205,  
San Diego, CA 92106 • 5–8 pm.**

**August 4: RYAN OLSON** Ryan sustained a Severe Traumatic Brain Injury 2 years ago at age 19 in a motorcycle accident. Ryan's family was told by doctors that he would never wake up from a coma, and if he did, would never walk, talk or have any "Quality of Life". Ryan is the definition of a survivor and with lots of hard work and determination is fighting the odds! He was an artist before the accident. His creativity and passion for art was the one thing he was most grateful to regain over a year after the accident. Art is very therapeutic for Ryan, sharing it with the community is what drives him to keep moving forward. Ryan brings Quality to Lives of many with his paintings!

September: We will not be open for First Friday

**October 6: ALANA MARTIN** In 2009, Alana suffered a few concussions. After months of visits to doctors & questions, she was diagnosed with a TBI. The injury caused severe dizziness, distortion, difficulty processing thoughts, seeing, walking and other issues. She completed Neuro Vision Rehab years ago to help with those symptoms; however, her visual field is still disrupted from optic nerve damage.

Alana is a self-taught artist since 2000. She has done art shows and sold paintings before, yet now it is difficult to paint. Recently, she began painting mandalas on vinyl records because it seemed to put order to the chaos. Alana finds that it is simpler to paint within a calculated space. The grooves in the record help to guide her eyes along.

### NEW GROUP FOCUSED ON BRAIN INJURY LEGISLATION, ADVOCACY & ACTION

Inspired by the actions and successes of brain injury advocacy groups in other parts of the country and a desire to keep those we serve supported in the best way possible, SDBIF is forming the SDBIF Education, Advocacy, and Action Group.

Each time SDBIF becomes aware of a piece of legislation, a rule change, a movement, or an initiative that will affect the SDBIF community, every member of this new group will get an email alert with details about what is going on, where the national and California Brain Injury Associations stand on the issue, and, when appropriate, what each group member can do to make a difference.

**We invite anyone who is interested to sign up to get these alerts as the issues arise.** Go to [sdbif.org](http://sdbif.org) and look for the box labeled Be an Advocate. Click the button to join the Advocacy group. Enter the required information, and verify that you opted in to this list.

Even if you are already signed up to get notifications from SDBIF, you must Sign Up to get these alerts. Thank you for helping us only send Advocacy emails to those who want to receive them.

# AN OPEN THANK YOU LETTER FROM KATE VINCENT

Dear SDBIF:

Some of you may remember me and my TBI affected family. If not, here is some of my story. In 1992, we joined the "brain injury club." Three in my family sustained "TBI status" that year.

After trauma, we floundered in another state trying to find help. Car accidents caused damage to me and my two young kids. Then we migrated south to San Diego. We felt broken, confused and helpless how to recover from TBI. We had balance, vision and cognitive losses. Then SDBIF held out a lifeline to us. We learned San Diego had resources, very caring professionals, support and the excellent ABI program at Mesa College. The Lincs Program (living in natural community settings) provided us with practical ways to function as we struggled to recover.

During my two years at the ABI program, a few of us compiled resources in a manual format. **Brain Injury Guide # 1 Networking Together** and **Brain Injury Guide # 2 Advocating Together** were "born" **Brain Injury Guide # 3 Healing Together** is finally about to emerge.

Still "under construction," this third manual will follow a similar pattern. (Optimism and support can re-ignite recovery.) Interviews with professionals in the TBI community will offer hope and strategies. (TBI tools can help recovery.) Survivor stories will share personal victories and on-going struggles to succeed post injury. (We need to encourage and support each other.) Caregiver Resources will acknowledge the tough road to assist us and give needed encouragement to TBI families and coaches.

Back in San Diego since February 2017, my "creative canvass" is again clean. Please contact me if you'd like. Care of SDBIF. Thank you for the blessing of SDBIF!

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

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# 10TH ANNUAL SURVIVEHEADSTRONG – WALK FOR RECOVERY OVERWHELMING SUCCESS!

On March 18, about 700 people gathered at Mission Bay's DeAnza Cove to run, walk, or roll in the 10th Annual surviveHEADSTRONG – Walk for Recovery – all focused on raising money to provide life-changing resources for San Diegans recovering from a brain injury.

With more than 20 exhibitors, 33 teams, and countless volunteers helping every step of the way this year's event may have been the biggest, most success Walk for Recovery yet.

Each year this walk emphasizes the strength and effort it takes to overcome the challenges of brain injuries as well as celebrate and inspire those who are on their journey towards recovery. Each year the brain injury community – survivors, families, professionals and sponsors – show up to encourage and support each other both individually and collectively!

A portion of the proceeds from the Walk for Recovery goes to the ABI Program at Mesa College to support the invaluable services provided, every day to brain injury survivors in San Diego!



## Thank you to all the teams!

Brightwood Blasters • CareMeridian • Comebackers Neuro Club • Daniel's People • Delsa's ABI Success Climbers  
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## 2017 WALK SPONSORS

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Gomez Trial Attorneys

## 2017 WALK EXHIBITORS

Audia Physical Therapy  
Betty Santohigashi  
Bit-by-Bit  
Farm Fresh to You  
Hands for Life Ocean Beach  
Lifeline Care at Home  
Nurse Next Door  
Pukka Pilates & Physical Therapy  
SaladMaster – Wellness & Prosperity Inc.  
San Diego Community College District-ABI Program  
Scripps Health  
Tracy Teregis/Mandalas and Journaling  
Wounded Warrior Project  
YESS – Sharp Rehabilitation Services

# LOW NUMBERS SCORE BIG



This year's Annual SDBIF Golf Tournament was held on April 24, at Stoneridge Country Club. It was a beautiful day of golf for all, followed by a wonderful cocktail hour and dinner open to non-golfers as well.

Even though fewer golfers participated in the event than in recent years, thanks to the generosity of major sponsors, hole sponsors, sale of raffle tickets, both a live and a silent auction, and fundraising done at the event, the 32nd Annual SDBIF Golf Tournament raised over \$32,000, rivaling or surpassing fundraising for the past several years.

All proceeds support SDBIF's mission-driven activities and commitment to the organization's vision:

- To be the center of information, resources, education and community awareness.
- To be a strong advocate for people with brain injuries and their families.
- To provide selected programs that meet community needs.
- To be financially sound, having the resources to maintain quality services.

**Thank you to all the golfers who joined us and supported our event.**

**A huge thanks to volunteers and sponsors who made this yet another successful event for SDBIF!**



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*Angela Basham, Stephanie Bidegain,*

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*Don Strom, Joe Zakarian*

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**Bob Serrano** at Round Table Pizza  
for the printing of our raffle tickets

# SDBIF SATURDAY MEETINGS

## JOYCE BEERS COMMUNITY CENTER 10am - noon

**July, 2017: THERE WILL BE NO MEETING THIS MONTH.**

**AUGUST 19, 2017: *Bridging the Communication Gap*** – Martha Hernandez, Southern California Outreach Coordinator, Hamilton Relay. Through California Relay Service, Speech-to-Speech (STS) relay service enables people whose speech is difficult for others to understand to communicate by telephone. With this free service, you can make calls by yourself, independent of the availability of your assistant or caregiver.

**SEPTEMBER, 2017: THERE WILL BE NO MEETING THIS MONTH**

**OCTOBER 21, 2017: *Get Answers to Your Questions*** – Pedro Leon, Medical Advocate & Rehab Specialist. Everyone's brain injury is different and everyone's recovery is different. Pedro will personally answer your individual questions to help with day to day problem solving in your recovery. Questions may be submitted ahead of time.

**NOVEMBER 18, 2017: *Brain Injury: Creative Approach to Recovery*** – Queency Mateo, MBA HCM RN, Clinical Director and Eldercare Consultant, Lifeline. New approaches and strategies will be discussed focusing on client's strengths vs. impairments while moving through the recovery process.

**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 Change of Format

Our next meeting will be Saturday, October 14, from 8 am–noon. We are thrilled to have two speakers-Megan Holt and Susan Gallardo. Megan is a registered dietician and will be explaining how our diets play a vital role in both brain development and maintenance of long-term cognitive health. Susan, a social worker and coordinator of Concussion Care Clinic – Camp Pendleton, will be leading the group in a presentation on the practice of mindfulness.

Refreshments will be served. There is no need to make a reservation. For more information, call 619-294-6541.

**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.

### 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 chronic 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.

Please check our website, [www.beyondconcussion.org](http://www.beyondconcussion.org), for the Beyond Concussion support group meeting time and location. We look forward to seeing you there!

Get in touch:

[www.beyondconcussion.org](http://www.beyondconcussion.org)  
[info@beyondconcussion.org](mailto:info@beyondconcussion.org)  
858-707-5991

***Don't ignore the invisible injury,  
defeat it!***

### SDBIF WALKING GROUP

Bob Lothspeich is starting a SDBIF Walking Group. The plan would be to start with short, slow/moderate walks on the flat in various spots in San Diego and, depending on who joins, work up to slightly more challenging walks and maybe even a trip to the Sierra if the group is interested.

Bob has lived his life with mild Cerebral Palsy. He loves to walk and owns a van.

**Call Bob at 858-289-9112 if you would like to get involved.**

### 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)

### 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.

## FRIENDS OF THE SDBIF THANK YOU FOR YOUR DONATION!

Ridge Armstrong III	Ben Emerzian	Terry Oshrin
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### IN MEMORY OF

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Tom Springer by *Catherine Kligman*  
*Tim Springer*  
*Patricia Welterlen*  
*John Springer*

Rainer Metz by *Michelle McGoey*

### IN HONOR OF

Jerry Heiser by *Loretta Heiser*

*A Special thank you to everyone who made a donation  
in honor of survivors or family members at our walk.*

### GRANTS

Escondido Rotary Foundation  
Keith Family Fund  
Satterberg Foundation

*We are sad to report that Rainer Metz passed away in May, 2017.  
He was the brother-in-law of Patsy Sholders and was very much  
the inspiration for Patsy to get involved with SDBIF.  
He and his wife, Donna have donated greatly to the foundation over the years.  
We will miss Rainer and our condolences go out to his family.*



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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



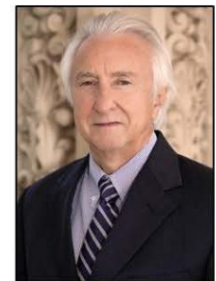
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Attorney Aline I. Gaba, Esq.

## 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.

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**17th Annual Fundraiser**  
Saturday, September 16, 2017  
6:00 - 8:30 pm  
Mission Trails Regional Park

Your contribution is tax deductible as allowed by the law. The Foundation is a 501c3 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](http://www.sdbif.org). *Thank you!*

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