

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 2016, Issue 237 Serving brain injury survivors and their families since 1983

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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

SDBIF Annual Golf Classic

Monday, May 9, 2016
 StoneRidge Country Club
 To Register, go to:
www.sdbif.org/2016golf

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

CELEBRATING BRAIN INJURY AWARENESS MONTH

Get your friends, family and coworkers and join us for the largest gathering of brain injury survivors, family and professionals in San Diego and celebrate Brain Injury Awareness Month. With each step, you help the San Diego Brain Injury Foundation raise funds to provide life-changing resources for fellow San Diegans recovering from a brain injury.



This is the 9th walk hosted by SDBIF. We are emphasizing 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.

The walk will be held on Saturday, March 19, 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.

Exhibitors are invited to join us for this event. To be a major sponsor or an exhibitor at the event or to register for the walk, go to www.sdbif.org/2016walk. You can design your own fundraising page and send it out to all of your 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.

Your fundraising efforts will go to support the SDBIF mission, “To improve the quality of life for brain injury survivors and their families living in San Diego County.” SDBIF will donate a portion of the proceeds to state and/or national brain injury programs (e.g. BIACAL, BIAA).

**We need your help, so please join the team,
 help raise awareness about brain injury and
 show your support today!**



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

FOUNDATION NEWS:

SAN DIEGO BRAIN INJURY FOUNDATION SCHOLARSHIP

The San Diego Brain Injury Foundation is pleased to offer two \$500 scholarship opportunities for individuals surviving brain injuries. We invite you to apply and look forward to reviewing your packet. This scholarship is awarded to honor and encourage brain injury survivors to continue their education. It is designed to provide brain injury survivors assistance in continuing their educational progress and inspire them to reach for their dreams. The scholarship is open to graduating high school seniors going on to college or adults with acquired brain injuries who want to further their education and/or training at a college or technical school.

To apply click on the following link: <http://sdbif.org/resources/sdbif-educational-scholarships/> or call the office for an application. All applications are due by April 1. You will be notified May 31st if you have been awarded this scholarship.

SAN DIEGO FESTIVAL OF THE ARTS

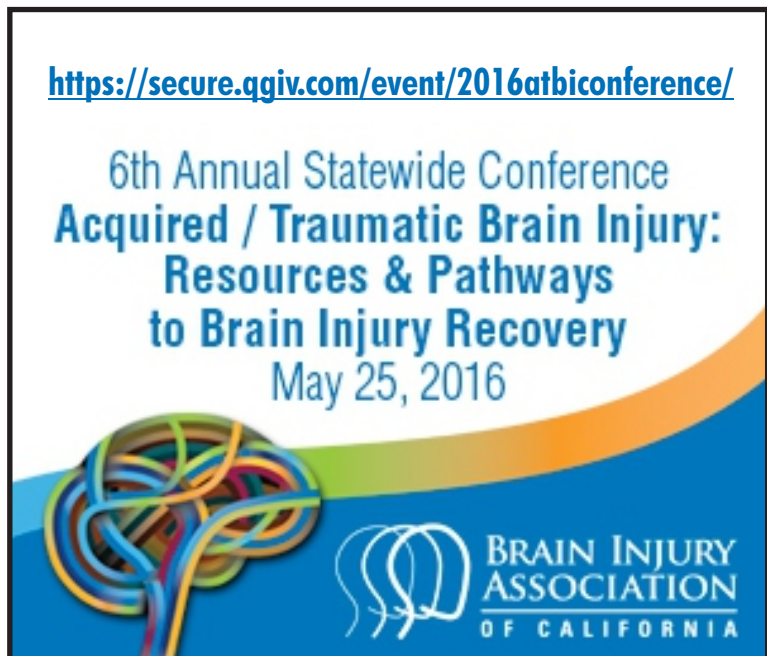
Tickets are now on sale for the 30th Annual San Diego Festival of the Arts (formerly La Jolla Festival of the Arts) at Waterfront Park on June 11–12. Enjoy a fun-filled and family-friendly weekend of fine art, live entertainment, craft beer and wine, and local cuisine. Buy your tickets early and save.

This event is hosted by Torrey Pines Kiwanis. Proceeds from the Festival help fund the SDBIF.

To learn more, go to: <http://www.sdfestivalofthearts.org/tickets/>

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

If you have never been to a Liberty Station First Friday, you really should check it out. We have a terrific line-up of artists scheduled for the next few months in the San Diego Brain Injury Foundation office at Liberty Station from 5–8 pm. Check out the following schedule: ~ continued on page 3



March 4: Stephanie McCarley In March, 2013, Stephanie was in her Senior year of high school when she suffered a brain injury from a hypoxic event. Unable to continue her academic career after high school, Stephanie started her new journey as an artist. Stephanie's new found love of art has been the silver lining in this painful and life changing injury.

April 1: Alana Martins From 2000, Alana was a self-taught artist. In 2009, She suffered a few concussions. Since then she has struggled with severe dizziness, distortion, difficulty processing thoughts, seeing, walking and other issues. Recently she began painting mandalas on vinyl records because it seemed to put order to the chaos. The grooves in the record help to guide her.



Art by Alana Martins

May 6: We will not be open for First Friday

June 3: Micky Schaefer Micky is a survivor of a Traumatic Brain Injury sustained just prior to her second year in Medical School at UCI, Irvine, during the Summer of 1992. Micky has created amazing artwork her whole life. With her incredible talent, Micky now finds her new purpose in life through her paintings and sculptures.



SPECIAL OFFER FOR SDBIF MEMBERS

The San Diego Brain Injury Foundation is excited to be partnering with the Ray & Joan Kroc Center to offer special discounts to anyone who is interested. The Kroc Center is located at 6845 University Avenue, San Diego, CA 92115.

Visit <http://www.sd.kroccenter.org> to determine the right membership package for you. The Kroc Center is offering 10% off membership rates to all clients. In addition, they will be waiving the Joiner Fee, which is normally \$99.

Anyone interested in pursuing this offer can call the SDBIF office at 619-294-6541 or e-mail us at info@sdbif.org.

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— Attorney at Law —

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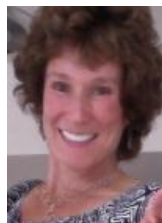
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**I'VE WALKED THE WALK,
NOW LETS YOU AND I TALK.**

Calling ALL Golfers

Save the date for the 31st annual golf classic to be held Monday, May 9, at the StoneRidge Country Club. Golfers will enjoy a day of golf, lots of prizes, a catered lunch and dinner, raffle prizes, with live and silent auctions.

Bill and Dee Smith hosted the first golf tournament 31 years ago in an attempt to raise money for Howard House, our home in Escondido for six people with brain injuries that need assistance with daily living. Since the beginning, SDBIF has raised well over a million dollars! The proceeds now go to both the operation of SDBIF and Howard House.

Contact the SDBIF office at 619-294-6541 if you are interested in playing in the tournament, joining the golf planning committee, or being a major sponsor. Ask about sponsorship opportunities for your company

This is a great way to raise awareness of your company and show you care about community relations.

Check our website: www.sdbif.org/2016golf for information and registration.



THANK YOU TO ALL OUR VOLUNTEERS

Over 150 people attended our Holiday Party in December. The following volunteers were recognized for their hours of service.

Beth Anderson
Carlos Arias
Bastien Atterbury
James Balmer
Barbara Bates
Donna Benson
Heather Berner
Kyle Bowen
Rob Brown
Dannielle Chimits
Eric Connors
Deborah Consaul
Kyle Coopriider
Richard Green
Chuck Hansen
Christina Hardy
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Vanessa Hurtado
Nani Jensen

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Kim Letendre
Nicole & Justin Locker
Sharon Lynn
Gary & Andrea Matthews
Steve McDonald
Mike Murphy
Hope Murray
Meredith Murray
Cecilia & Andrea Romo
Kurt Rotzinger
Fernando Sanchez
Michelle Schaefer
Mike Simonetti
Tracey Slonim
Jason Standing
Suzanne Gendrolius
Dan & JoAnn Stoll

Don Strom
Jane LaFazio
Steve Szewczak
Judy Tesone
Brian Van Vechten

Cathy Van Vechten
Emily & Joel Watson
Barbara Wilder
Matt Wilder
Bridget Winandy



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



HOWARD HOUSE



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



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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
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SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am - noon

April 16, 2016: Neurofeedback for Traumatic Brain Injuries—

Mario Mancini OMD, LAc, CNS, QME, Center for Integrative Care. Dr. Mancini will explain how Neurofeedback optimizes 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.

May 21, 2016: The ABI Program —

Brandi Behrenger, Counselor, S.D. Community College District. What are the Acquired Brain Injury (ABI) Programs? Brandi, the intake counselor for the Mesa Program, will provide a brief description of each of the three programs in our San Diego community. Find out if one of these programs would be helpful to you in your recovery.

June 18, 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 creative 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.

July, 2016: 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 9, 2016: 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.

May 14, 2016: Being Smart with your Money—Chase Peckham, Director, Community Outreach., San Diego Financial Literacy Center. Chase will be discussing how to better manage your money, create a spending plan that works for you, set financial goals, and eliminate credit card debt on your own.

June, 2016 THERE WILL BE NO MEETING THIS MONTH.

July 9, 2016: Restoring Quality of Life after a Brain Injury—Christine Weaver, MAS, OTR/L, CBIS, CLCP and Derlin Hsu, Neurologic Music Therapist, NeuroPraxis. This presentation will cover the changing long-term needs of a brain injured individual and managing their long-term needs to ensure good quality of life.

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.

COUPLES GROUP FOR BRAIN INJURY SURVIVORS

Connect with others who are experiencing the same emotions. Share information about new research and medications. Develop new friends. For more information, call 619-294-6541 or e-mail us at susan@sdbif.org.

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 AT EITHER THE JOYCE BEERS COMMUNITY CENTER OR NORTH COUNTY. JOIN US SATURDAY MARCH 19, FOR THE 9TH ANNUAL WALK FOR RECOVERY

FRIENDS OF THE FOUNDATION

Charlotte Albergetis	Cynthia Goodwin	Larry & Carole Marshall	Bonita & Robert Smith
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Donna Benson	Amanda & Walter Hansell	Margaret & Ron Mayer	Jeanne Spangler
Toni Biggs	Dan & Nancy Harris	Jonathan McLeod	Tamara & Sigurd Stautland
Flores Bishop	Joanne & Herb Hein	Donna & Rainer Metz	Joan Stevenson
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Connie Clarke	David & Rachel Keyte	Carol Nye	Doug & Mary Swenson
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Rita Collins	Carol Kope	Karla Padilla	Merri & Mike Tersolo
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Nancy Gerrish	John Liberatore	Stephen Shushan	& Lorraine Wong
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	Ernest & Yvonne Lopez		Joe Zakarian

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IN MEMORY OF

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Colin Montgomery by Cynthia Goodwin
Rose Plocar by Nancy Gerrish

IN HONOR OF

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Stephanie Galanek by Anonymous
Chuck Hansen by Doug & Mary Swenson
Herbert Holmes by Carol Holmes
Louise by Suzanne Sheridan

Stephen McDonald by Joe Zakarian
George Pacheco by Pearl Pacheco
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Attorney Aline I. Gaba, Esq.

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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.

To receive a free case review from an experienced attorney, please call:

Toll free: (888) 503-6473 Phone: (619) 338-9000

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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

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

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