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Save The Date

A Day of Art
Friday, December 8, 10 am—2:30 pm
See page 2 for details.

HOLIDAY PARTY
Saturday, December 16, 2017
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.

Survive HEADSTRONG
Walk for Recovery
Saturday, March 10, 2018
Mission Bay Park
DeAnza Cove,
Build a Team and register on line
https://give.classy.org/2018SDBIFwalk

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

SDBIF Looks Back Over 2017

As the year draws to a close, it’s time to reflect on our accomplishments for 2017. This year has been filled with wonderful support from survivors, family members and professionals who have helped us achieve our mission. In addition to the free monthly support groups for survivors, couples, family members and professionals; our telephone helpline averaging about 4000 calls/year; Howard House, our residential care facility, and the Brain Injury Press which goes out to about 4000 people; we have continued to feature and promote a brain injury survivor who is an artist at our monthly celebrations of Friday Night Liberty at Liberty Station.

This has led to a wonderful partnership with the Liberty Public Market (LPM) where we now have three survivors represented. Alana Martins recently sold a large painting from her collection and Kurt Rotzinger currently has two pieces hanging at the Public Market. Ryan Olson is the newest addition to the group. LPM is open 7 days a week and averages 10,000 visitors a week. Be sure to visit the market and check out the art work.

SDBIF has continued to promote collaboration with other Liberty Station residents and in 2017 was able to offer four Days of Art, which are free events to 10—12 survivors. San Diego Writers, Ink has provided their space for the day along with artists and Kristen Fogel, the programs director who leads the group in creative writing exercises. WeaveLife, another non-profit, offered survivors an opportunity to participate in weaving and plans are in the making to offer weaving classes for survivors on an ongoing basis.

In addition to the above, we have supported the formation of a new group, “Beyond Concussion,” for individuals whose lives have been touched by concussion; helped to promote research for the Research Center of Southern California; attended numerous health fairs for local hospitals and the military; distributed our revised Brain Injury Guide for Families to all local hospitals; maintained and continued to expand our website—an answering an average of 3600 e-mails/year plus provided two $500 scholarships to brain injury survivors who were advancing their education.
The SDBIF Professional Advisory Council is a group of professionals who aim to support and further the mission of the San Diego Brain Injury Foundation. They are a diverse group of physicians, attorneys, and community leaders who strive to make significant contributions to the community of brain injury.

Some of the most recent additions to our Advisory Council are--Mohammed Ahmed, M.D., Gerard Arcilla, M.D., Jason Bailie, Ph.D, Mike Bomberger, Esq., Sanjay Ghosh, M.D., Carl G. Hillier, OD FCVD, and Harish Hosalkar, M.D. You can check out their bios on our website at https://sdbif.org/sdbif-group/pac/

We are excited to have their support and look forward to partnering together.

SDBIF intern, Eric Meier started the afternoon by leading survivors through a set of coping strategies that have helped him and that others have found useful as well. Eric’s talk led into the afternoon visual art activity led by Ruth Curran. Participants created collage boards that represented how each felt about their healing journey and how coping strategies fit in their life.

The next Day of Art will be December 8, 2017.

SPACE IS LIMITED AND ONLY THOSE REGISTERED WILL BE ALLOWED TO PARTICIPATE.

On Saturday, December 16, SDBIF will be celebrating the holidays and recognizing all of our wonderful volunteers. Entertainment will be provided by the San Diego Mannskor, the residents of Learning Services and Howard House; Richard Green and the Sharp Players; and a concert by Christopher and Stephan Yang. This is always a fun event with lots of raffle prizes, good food and music. We hope you will be able to join us!
What started in 2015 with a visit to one of our support group meetings, led to a wonderful relationship with Stephen and Christopher Yang that included working with brain injury survivors, advocating for services for brain injury survivors and their families and fundraising for the San Diego Brain Injury Foundation.  

The topic of the Saturday meeting was music therapy and how it can be used in recovery after a brain injury. One of the survivors there was Annie and her mother Lucy. In 2003, Annie had been involved in a boating accident where she lost much of her blood and suffered several strokes. She lost much of her vision and much of her body was paralyzed. 

Because both Stephen and Christopher played in the S.D. youth orchestra, they offered to work with any survivors that would be interested in help with playing the piano. Annie took them up on their offer and began to work with the Yangs. 

Now, two years later, she has regained motor capability in her right wrist and fingers, can move both of her arms, and can play melodies on the piano. She continues her improvement every day. 

In the summer of 2016, Christopher and Stephen along with members of the Alliance of Youth Leaders in the United States put on a concert to honor Annie and her mother and to raise funds for SDBIF. The proceeds of that concert brought in a $1000 donation. Stephen and Christopher performed that year at the annual holiday party at Joyce Beers with a concert of holiday music. At the beginning of 2017, they began a fundraising program which included a garage sale among other things and last July, contributed another donation of $1000 including gift cards to Target which are given as raffle prizes at our Saturday meetings. 

After several meetings with Susan Hansen, CEO, the brothers began another push to become involved politically and advocate for SDBIF. They set up a meeting in the office of Scott Peters to discuss the importance of health coverage for survivors who need ongoing care; the lack of housing available in San Diego for brain injury survivors; and the importance of continuing to fund the TBI Act of 2014 which provides protection and advocacy programs for TBI survivors. 

The San Diego Brain Injury Foundation would like to thank Christopher and Stephen Yang for their involvement with the organization and all the hours of service they have given working with brain injury survivors, fundraising and advocating for the needs of brain injury survivors and their families. 

Be sure to join us this December at our annual Holiday Party to see Christopher and Stephen perform again.
SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER
10am - noon

January 20, 2018: Brain Injury Lawsuits: What to Expect—Mike Bomberger, Esq. Mike has tried brain injury cases against hospitals, schools, companies, municipalities and individuals, and has many interesting and relevant stories to share.

February 17, 2018: The Myths and Realities of Stroke Recovery--Matthew Audia PT,DPT,CCMP, Audia Physical Therapy. Matthew will discuss ways to form your best path for complete recovery after a stroke or brain injury.

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.

THERE WILL BE NO SATURDAY MEETING IN MARCH.

JOIN US SATURDAY, MARCH 10, 2018 For Survive HEADSTRONG, Walk for Recovery at Mission Bay Park, De Anza Cove. Register on line at https://give.classy.org/2018SDBIFwalk

Start building your team and fundraising now!

NORTH COUNTY

Watch for e-mails and check the website for news of the upcoming North County meetings to be held at Scripps Hospital, Encinitas on the 2nd Saturday of some months.

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 persistent 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.

We currently hold two meetings a month, the last Tuesday of every month is reserved for patients and caretakers only, the second Thursday of the month is open to doctors and clinicians along with patients. Please visit our website for meeting information:

info@beyondconcussion.org
858-707-5991

We look forward to seeing you there!

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

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.

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

www.sdbif.org
On September 16, more than 200 people came together for the SDBIF annual Friendraiser, an evening under the stars at the Mission Trails Regional Park. It was a celebration of SDBIF's work, artists from the brain injury community, professionals serving the community, and the good work done by all.

Attendees enjoyed wine, food, art, music, and star gazing as they shared stories, bid on more than 75 silent auction items, bought raffle tickets, and participated in this year's new fundraiser, “Win the Wine.” The raffle, “Win the Wine” raised about $2000. One lucky participant's $10 ticket got 31 bottles of wine (all donated by SDBIF's Board of Directors) delivered to her doorstep.

The 2017 SDBIF Friendraiser netted over $25,000 that will support the organization's good work throughout the year.
SPECIAL THANKS TO ALL OUR FRIENDRAISER SPONSORS

Mary & Stephen Lewis
Hidden Valley Ranch Rehabilitation Services, Inc.
The DeRose Foundation
Law Offices of Catharine Kroger-Diamond
The Westreich Foundation

CareMeridian
Liberty Fiduciary Services, Inc.
Jerry & Jill Hall Charitable Fund
San Diego Center for Vision Care-Optometry, P.C.
Learning Services

THANKS FOR THE CONTINUED SUPPORT OF OUR HONORARY COMMITTEE

Kyle Cooprider
Dan Gardner, M.D.
David Goldin, Esq.
Maureen & Tom Hanifin
Pedro & Kazumi Leon
San Diego Rehabilitation Institute

Southern Caregiver Resource Center
Jerome Stenehjem, M.D.
Walter Strauser, M.D.
Therapeutic Approach to Growth, Inc.
Barbara Welsh-Osga, Ph.D.

THANK YOU TO OUR FOOD & WINE SPONSORS

Honig Vineyard & Winery
San Pasqual Winery
South Coast Winery
Souplantation, Point Loma
Panera, Grossmont

THANKS TO ALL THOSE WHO DONATED AND ATTENDED THIS YEAR’S FRIENDRAISER.

Save the date for next year:
Saturday, September 15, 2018.

SPECIAL THANKS TO OUR FEATURED ARTISTS

Barbara Bates
Deborah Consaul
Donovan Cronkhite
Querta Czerniewski
Heidi Lerner
Ryan Olson
Judy Pancoast
Kurt Rotzinger
Micky Schaefer
Linda Stamets

Origami, boxes, journals and jewelry
Handmade cards
Oil and acrylic paintings
Handmade cards and jewelry
Book: Gray Matters
Acrylic Paintings
Oil and acrylic paintings
Oil and watercolor paintings
Oil Paintings and Sculpture
Watercolors

SPECIAL THANKS TO:

The musicians, Jeff and Herb
The photographers: Luke Cessna, Alexei Prohoroff and Carly VanVechten
Mission Trails Regional Park
John and Sabine from Dryadflutes
Ian Richenbacher and Kiel Zielke
George Varga of the S.D. Astronomy Association
Volunteers from the SDSU National Student Speech and Language Hearing Association
Mike Simonetti, Emory Hingorani, John and Elle Field, Eric Meier, and
our wonderful committee and board of directors!

Editor’s Note: We were saddened to learn that Barbara Bates died in her sleep September 30, 2017. Barbara was a very active member of SDBIF and one of our featured artists at the Friendraiser and Friday Night Liberty for many years. She also was a regular participant in the Day of Art. Her cheerful personality and positive attitude will be greatly missed by all who knew her.
FRIENDS OF THE SDBIF  THANK YOU FOR YOUR DONATION!

Mohammed Ahmed, M.D.
Yvonne Amrine
Barbara Archer
Ken Archer
Gerard Arcilla, M.D.
Ridge Armstrong III
Melody Bacha
Jason Bailie, Ph.D.
Tom & Trudy Balestreri
Tani Barbour
William Bretz & Lesley Barling
Tom Behr
Donna Benson
Toni Biggs
Mike Bomberger
Thomas & Rita Bongard
Yvonne & Jeff Brill
Barbara & Bill Byers
Anne Campbell
Doreen Casuto
Ruben Ceballos
Wendy & Kent Chesney
Gregory Christie
Connie Clarke
Bob & Gail Conrad
Coop & Patti Cooprider
Ben Coughlan
Donna M. Crowley M.D.
Debra Daenzer
Christine Denicola
Kathleen Derzipilski
Mary Duarte
Walter Dutton
Teresa Dwight
Regina Eldred
Vincent Felice
Shelly & James Frasco
Sandra Gilbert
Michael Ginger
Cindy Gordon
Ralph Greenspan, Ph.D.
Ted Hazlewood
Andy & Ross Hein
Joanne & Herb Hein
Loretta & Jerry Heiser
Edward & Barbara Hemmingsen
Carl Hillier, O.D.
Gary Hoover
Harish Hosalkar, M.D.
Debbie Houchen
Megan & Bob Hurley
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Caren Sax & Chris Jones
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Jonathan & Deborah Kans
Christian & Sharon Keith
Lauren Kemp
Peggy Khayanian
Anne & Chris Kip
Rory Komnik
Alain LaFontaine
Kristine Laverty
Tom & Leslie Leech
Jacalyn Leigh
Pedro Leon
Lorraine Lawrence & Lloyd Lewis
Mary & Stephen Lewis
Tracey (Tortorelli) Lilly
Dale & June Long
Donald Lounsbery
Gary & Andrea Matthews
Margaret & Ron Mayer
Paula Mendell
Rusty Mendoza
Mike Michaelis
Sharon Miller
John & Angie Miranda
Mia Miyatake
Robin Nelson
Thia Nevius
Ryan Olson
Mike Orlik
Linda Ozburn
Michelle Ozun
Nancy & Thomas Patterson
Clark Clipson Ph.D
Joann Pichurko-Duncan
Wendy Pincus
Anita & Oren Pollock
Carole Quinn
Christine Radostits
Marilyn Reiter
William Reynolds
William Reynolds
Betty & Edward & Keith Roberts
Mary Rossi
Sarah Norton, M.A. CCC-SLP
Jim & Linda Schick
Jonathan Schleimer M.D.
Helen Schneider
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Sondra Sluder
Susan Smith
Linda Solway
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John & Mary Jayne Stoll
Don Strom Scholarship Fund
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Matt Sumek
Doug & Mary Swenson
Mark S. Tanner
Merri & Mike Tersolo
Sue & John Townley
Diana Brotherton-Ware
& Richard Townsend
Susan and William Vacca
Cathy Van Vechten
Gustavo & Elena Vertiz
Barbara Welsh-Osga
Wilson & Marilyn Whitekettle
Jacqueline & Jeryl Wilson
Hede & Joachim Wolff
Wendy Yang
Kevin Yoo, M.D.
Joe Zakarian
Bob & Kathy Zeman

Barbara Bates
by Joann Sandlin, Kathy Kern & Luann Mullikin
In loving memory of Charles and Sue Carstarphen and Gale Carstarphen Bunnell
by the Carstarphen Family Charitable Fund at Schwab Charitable
Garret Chesney by Kent & Wendy Chesney
Steve Easterly by Chris & Anne Kip
David Logan by Linda Solway
Daniel J. Whitekettle by Wilson & Marilyn Whitekettle

In Memory of

In Honor of

Ronald Bongard by Thomas & Rita Bongard
Sarah E. Bretz by William Bretz & Lesley Barling
Ronald Bongard by Thomas & Rita Bongard
Jessica Casillas by Andrea Hein
Frank Cerasoli by Constance Clarke
Chuck Hansen by Jim Schick
Jean Kendrick by Ken Archer
Kevin Long by June Long
Jerry Heiser by Loretta Heiser
Kurt Rotzinger by Thomas & Trudy Balestreri
Edward Pollock by Nancy & Thomas Patterson
Bill and Dee Smith by Joe Zakarian
George West by Herbert Schilling

Kacie & Nicolas’s Charity Wedding by
Laurie Martin
Lynne Lasry
Michael Silveira
Matthew Kochalko
Brittney Slack
Evan Chang
Anna Sandler
Bibianna Fell
Kadja Klareich-Giglio
Katelyn Johnstone

Thank you to survivor, Jacalyn Leigh for organizing a garage sale with her friend Shreece Hopkins. They made a donation of $1000 to SDBIF and helped raise community awareness about brain injury.

November 2017 / Brain Injury Press
Every year, SDBIF hosts the largest gathering and celebration of brain injury survivors in San Diego.

With survivors, family, friends, caregivers and professionals all in attendance, we join together to honor the strength, effort and courage it takes to overcome the challenges of brain injuries; as well as celebrate and inspire those who are on their journey towards recovery.

Join us & make our 11th Annual walk the biggest and best one ever!

Do you or your company want to do more? Be an EXHIBITOR or SPONSOR!

Visit sdbif.org/2018walk, email us at walk@sdbif.org or call us at (619) 294-6541 for information on being an exhibitor or sponsor.

Various sponsorship levels are available starting at $350.

Start Building Your Team Today!

give.classy.org/2018SDBIFWalk

Save the date for the 11th Annual San Diego Brain Injury Walk during Brain Injury Awareness month, on Saturday, March 10, 2018!
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: [https://www.classy.org/checkout/donation?eid=152786](https://www.classy.org/checkout/donation?eid=152786)

San Diego Disability Law Group

Helping brain injury survivors and their families for over 35 years

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

November 2017 / Brain Injury Press
Survive HEADSTRONG
Walk for Recovery
Saturday, March 10, 2018
Mission Bay Park
DeAnza Cove

Would you like to receive the e-mail SDBIF Brain Injury Press via
Emi@l inof@sdbif.org? To receive a
detail file, e-mail SDBIF Press Office.

Levels of Giving

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Also contribute online by visiting www.sdbif.org. Thank you!

Include your contribution with your tax return. Contributions are tax deductible and allow for a
30% deduction, as allowed by law. The Foundation is a
501(c)3 non-profit organization. Our Federal TIN number is 33-0077374.

Please send your check to: SDBIF, P.O. Box 84601, San Diego, CA 92138-4601.

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How to become a member of SDBIF

Join the mission to ensure that no one has to face the effects of brain injury alone.

Visit our website at www.sdbif.org for more information.

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

Return Service Requested