

# Brain Injury Press

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

August 2014, Issue 232 Serving brain injury survivors and their families since 1983

## In This Issue

Foundation News	2
Golf Tournament Raises...	3
Thanks & Acknowledgments	4
Survive HEADSTRONG	5
Saturday's Meetings	6
Friends of SDBIF	8

## Save The Date

### 14th ANNUAL FRIENDRAISER

Hors d'oeuvres, wine-tasting, silent auction, entertainment, & art and crafts by survivors

**Saturday, September 20, 2014,  
6—8:30 pm  
Mission Trails Regional Park**

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

## 14th ANNUAL FRIENDRAISER

Come join us Saturday, September 20, from 6—8:30 pm for an evening under the stars with wine-tasting, hors d'oeuvres, a silent auction and art and crafts provided by brain injury survivors. Music will be provided by Herb and Jeff and astronomers will guide us in star-gazing activities on the terrace of the Mission Trails Regional Park Information Center.



“We call our event a Friendraiser because we bring together medical professionals, attorneys, family members, friends and others who come together to show support for those struggling to recover from brain injuries,” says Teresa Dwight, president of the San Diego Brain Injury Foundation and mother of a brain-injured daughter.



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 <http://www.sdbif.org/event/2014-sdbif-fundraiser>. Proceeds will be used to provide support and services to brain injured survivors and their families living in San Diego County.

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 and in the newsletter.





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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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## Foundation News:

The Board of Directors would like to welcome Heather Berner and Cathy Van Vechten as new members of the board.

Heather is a student in the Rehabilitation Counselor Program at San Diego State University. She served her internship with the San Diego Brain Injury Foundation and continues to volunteer her time in the office. Heather sustained a brain injury and received the Sharp HealthCare Eagle Spirit Award in 2012. We feel very fortunate to have Heather's input on the board.

Cathy Van Vechten is an elementary school teacher and mother of a son with a traumatic brain injury since 2011. Her goal is to continue to be informed and learn all she can about traumatic brain injuries and help to improve the lives of survivors and their families. Cathy frequently attends the Saturday Support group meetings with her husband and her son.

The board would also like to recognize the four members who have fulfilled their term on the board: Ruben Ceballos served on the board for two terms and led the Spanish speaking support group in South Bay for more than five years. Chuck Degeneffe served as President and Treasurer during his two terms on the board. He helped to facilitate students from the Rehab Counseling program at San Diego State University to serve as interns for SDBIF. Nicole Locker started as an intern with the Foundation in 2011 and then became a member of the board. She helped with the Military committee and the Friendraiser as well as outreach through social media.

Become our Fan on Facebook and help raise awareness and support for the SDBIF. Our Facebook page can be found at <http://tinyurl.com/sdbif-fan> or log into your facebook account and type San Diego Brain Injury Foundation in the search.

Dan Stoll served on the board for two terms and during that time was in the position of Vice President, Treasurer and chair of the Finance Committee. He actively supported the work at Howard House, the golf classic, the SDBIF walk, our Friendraiser and helped with the set-up of the Saturday meetings.

We will miss all of you and want to let you know how much we appreciate all your gifts of time and energy to the foundation. You have helped to improve the quality of life for many survivors and their families living in San Diego.

*Thanks for your help in making this happen!*

A big thanks to all of you who signed petitions for the California Brain Initiative. (CalBRAIN). On June 20, Governor Brown came to San Diego to sign the budget, and CalBRAIN was included in the amount of \$2 million. This means the BRAIN Initiative will be launched and in the budget for future years to grow. Ralph Greenspan, Ph.D., founding Director, center for Brain Activity Mapping, and Associate Director, The Kavli Institute was our speaker at the April support group at Joyce Beers. Dr. Greenspan talked about the history of the idea for the BRAIN Initiative (Brain Research through Advancing Innovative Neurotechnologies) and explained how mapping the brain will improve diagnosis and treatment for all brain disorders. His lecture can be viewed at <http://youtu.be/b0mp3hDaOhk>.



## GOLF TOURNAMENT RAISES NEEDED FUNDS

Close to 100 golfers and volunteers enjoyed a day at the **Country Club of Rancho Bernardo** on April 28, for the 29th Annual Golf Classic, one of SDBIF's major fund-raisers. This year's event brought in close to \$36,000.

Lunch was provided by **Jersey Mike's Subs of Escondido** and **Burger King**. Golfers had a chance to win a car donated by **Acura of Escondido** and a golf cart donated by **Saddleback Golf Cars**. Beverages were provided by **Ballast Point Brewing Company** and **Palomar Water**.

Money raised at this event is used to provide information, educational materials, referral services, and emotional support to those affected by brain injury as well as funding for Howard House in

Escondido, a 24-hour long-term residential care facility. Thank you to all of the golfers and sponsors who have been with us for so many years. Your loyalty is much appreciated!



*Save the date of Monday, April 27, 2015 for next year's tournament which will mark our 30th year of raising funds for SDBIF.*

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## THANKS AND ACKNOWLEDGMENTS

We would like to thank the Committee Members, volunteers and all of the other people that have contributed their help and support for the 29th Annual Golf Classic, and for supporting the San Diego Brain Injury Foundation.

**Special thanks to Larry Wight, our auctioneer, and to Bob Serrano at Round Table Pizza for the printing of our raffle tickets.**

We are also very appreciative and want to offer a special thanks to **John Christensen** who has helped out with every golf tournament for the past 29 years. Many of you know him as the person who distributes beverages and treats on the course during the golf tournament. Thank you for all your help and dedication in making our event such a success!



## SDBIF ANNOUNCES SCHOLARSHIP OPPORTUNITIES

SDBIF is pleased to announce a new scholarship opportunity for high school students and survivors entering college after acquiring a brain injury. Traumatic brain injury (TBI) is the leading cause of disability and death in children and adolescents in the U.S. According to the Centers for Disease Control and Prevention, the two age groups at greatest risk for TBI are age 0-4 and 15-19. (Brain Injury Association of America, 2012) Survivors returning to school post-injury are provided support based on their level of need to assist their completion of high school. It requires tremendous effort on the part of the students to complete their high school education. Many students want to continue their training and the hard work of ongoing recovery by pursuing further education.

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. SDBIF wants to fill that void.

Applicants eligible are those who demonstrate adaption and accommodation from their injuries and want to enter college or trade school. The application process will be explained at a later date.

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# SURVIVE HEADSTRONG WALK FOR RECOVERY....A HUGE SUCCESS

In spite of being rained out on March 1, more than 600 walkers gathered at Mission Bay Park, De Anza Cove on a beautiful Saturday morning, March 29, to celebrate March as Brain Injury Awareness Month and to raise awareness for brain injury in San Diego County. **Tom Fudge from KPBS** was our emcee for the day.

Close to \$60,000 was raised from the walkers as well as individuals that set up their own Fundraising pages online. Teams consisted of as few as 4–5 people to over 100 people. It was a thrill to see the line of walkers as they made their way along the bay and returned to cross the finish line!

Over fifteen exhibitors from local hospitals and rehab facilities provided displays for a health fair and talked to brain injury survivors and their families. Before the walk, **Oliver Rhodes of Corporate Health Dynamics** led the walkers in stretching exercises. **Rhonda Stempien, M.S., RTC, CCBIS, of Learning Services** provided recreational activities for some of the walkers that were the first to cross the finish line. A special thanks to **Team ABI** for their participation again this year!

It was great to have the students of **Kaplan College** with us again this year. Team Kaplan raised over \$2800, and some of the students served as our medical team. Kaplan College will be matching what the students raised.



## WE WANT TO THANK ALL OF YOU WHO CAME OUT AND SUPPORTED OUR WALK!

### SPONSORS:

Center for Brain Activity Mapping/Kavli Institute for Brain and Mind at UCSD, San Diego District CPTA, DM Color Express Inc., Kaplan College, Learning Services, The Gomez Firm, The Smolin Family, The Don Strom Scholarship Fund, The Metz Family, Oasis Equipment, Teamen & Grace Fuite Foundation

### EXHIBITORS:

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### TEAMS:

Team ABI, Team Gomez, Team Daniel, Team Alex. Team Kaplan. Team Amanda, CSUSM SLPeeps., Team Learning Services, Team Speed Bump, Comebackers Neuro Club, Walkin 4 Colin, Susan Lives-Unbeaten, Tenacious, Survivor, Team Ivey, Team Windmill Farms, Team Hayley, Team Kayla, SDSU Rehab Counseling, Rehab Without Walls, SDSU Speechies CSUSM NSSLHA, Team Hallinan, Hiking Vikings, Team ResCare, Team James for Freedom House, Palomar Rehabers, Team MADi, Team Whipper

## SDBIF SATURDAY MEETINGS

### JOYCE BEERS COMMUNITY CENTER 10 am--noon

August 16, 2014:

*The ABI Program*—What is the Acquired Brain Injury Program? Susan Hansen 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, 2014:

**THERE WILL BE NO MEETING  
IN SEPTEMBER**

October 18, 2014:

*How to get Social Security Disability Benefits for the Brain Injury Survivor*—Attorneys Aline I. Gaba, Esq. and George C. Heppner, Esq. The Social Security disability program is governed by complicated rules and regulations. The attorneys will guide you through the application and appeals process to maximize your chances of obtaining benefits.

November 15, 2014 :

*Employment Strategies*—Jamila DeCarli, M.S. Program Coordinator, Work Ability, a partnership between the San Diego Community College District and the Department of Rehabilitation. Learn about resources and develop the skills necessary to get the job you want. Survivors will share their success stories.

December 20, 2014:

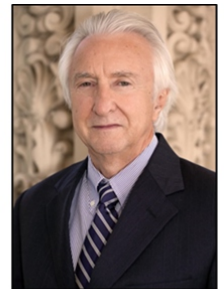
*Holiday Party*—Come join the fun and celebrate the holidays. Entertainment will be provided by the Sharp Players under the



Attorney Aline I. Gaba, Esq.

### San Diego Disability Law Group

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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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## SDBIF SATURDAY MEETINGS CONTINUED

direction of Richard Green, L.C.S.W., Sharp Rehabilitation Center. SDBIF volunteers will be recognized.

*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.

### 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. Meets the second Sunday of the month, 4:30 pm, potluck and discussion. For more information call 619-294-6541 or

### North County Meeting Scripps Hospital, Encinitas 10 am-noon

October 11, 2014:  
*Brain Injury, a World We Didn't Choose*—Cindy Pahr, M.Ed. Physical & Health Impairment Education Specialist. Trying to regain what was lost and learn how to compensate for the changes from a brain injury is an ongoing process. Cindy will discuss tips and strategies that will help with recovery.

*Location:* We meet at 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.

### Save the Date

12th Annual SoCal Rehab Golf Classic, sponsored by Alvarado Hospital  
Thursday, September 25,  
2014 at Cottonwood  
Golf Club

Golf for survivors,  
Sessions for Caregivers,  
Awards Dinner following  
play

For more information,  
contact Mary Williams at  
(619) 229-7362  
or email her at  
MWilliams3@primehealthcare.com

### Chess-Playing Sessions

Immediately following the support group meetings at Joyce Beers, survivors are invited to stay and play chess with members of the Excelsior Chess Club.

*Sessions go from  
noon — 1pm.*



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Brain Injury



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Supporting SDBIF is important to me, and by donating online in small monthly amounts, I can afford to give a bit more than if I were to just write a big check. It saves SDBIF money, too, and makes it easier for them to budget. I love that I don't have to try to remember....it just comes right out of my account every month. I can sit back, secure in the knowledge that my money is helping to make a difference!

~ Toni Biggs

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**14th Annual Friendraiser**  
**Saturday, September 20**  
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**Mission Trails Regional Park**

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