

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 2014, Issue 231 Serving brain injury survivors and their families since 1983

In This Issue

Foundation News	2
Calling All Golfers	3
Special Thanks to Volunteers	4
Holiday Party 2013	5
Saturday's Meetings	6
Friends of SDBIF	9

Save The Dates

Survive HEADSTRONG Walk for Recovery

Saturday, March 1, 2014
 8:00—noon

Mission Bay Park, De Anza Cove
 Register online at www.sdbif.org/walk

29th Annual Golf Classic

Monday, April 28, 2014

Country Club of Rancho Bernardo

March is the month to renew your membership!

Visit www.sdbif.org. Go to "Get Involved" and click on the "Donate Online Now" button

Designate that this is a "membership fee." \$20 for survivors/friends/family/students \$50 for professionals

Consider making a monthly pledge to the Foundation either on line or by calling the office: 619-294-6541.

March Marks Brain Injury Awareness Month with 7th Annual Walk

Survive HEADSTRONG Walk for Recovery will be held at Mission Bay—De Anza Cove on Saturday **March 1, 2014**. Check-in begins 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 9:00 am. The registration fee for adults is \$25 and includes a T-shirt. Persons with a brain injury can register for \$15.



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.

Oliver Rhodes, a recreation therapist and past board member of SDBIF will lead us again in stretching exercises to get us in the spirit of things. **Tom Fudge**, reporter for KPBS, will emcee the event. Exhibitors from various groups involved with brain injury will provide information and local resources. Following the walk, **Derlin Hsu**, Neurologic Music Therapist will lead people in drumming sessions and there will be drawings for some fabulous raffle prizes following the walk.

This is one of the main fund-raisers for SDBIF. We have set a goal of \$60,000. Proceeds are shared with Freedom House, a nonprofit organization to provide a home for survivors of brain injury who desire to live independently.



Register online at www.sdbif.org/walk. You can design your own fundraising page and send it out to all of your e-mail friends. If you do not have access to a computer or a credit card to register, you may call the SDBIF office at 619-294-6541.

continued on page 3



Board of Directors

Ruben Ceballos
 Chuck Degeneffe, Ph.D.
 Treasurer
 Teresa Dwight
 Secretary
 Ben Coughlan, Esq.
 John Fiske, Esq.
 President
 Chris Gervasi
 Heike Kessler-Heiberg
 Glynnis Hubbard
 Nicole Locker
 Kathleen Munroe
 Cynthia Pahr
 Patsy Sholders
 Vice President
 Dan Stoll

Professional Advisory Council

Adriana Cespedes, Esq.
 Dana Dean, O.D.
 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.
 John Velasquez, Esq.
 Barbara Welsh-Osga, Ph.D.
 Kevin Yoo, M.D.

Staff

Susan Hansen
 Chief Operating Officer
 Stephanie Bidegain
 Office Manager
 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 **Chris Gervasi**, PT, CBIS, Program Director for Learning Services, a Post-Acute Residential NeuroRehabilitation Program for Brain Injury Survivors. Chris comes to the board with over 25 years of experience as a physical therapist and leader in healthcare. She is dedicated to improving the quality of life for brain injury survivors and their families.



SDBIF would like to thank Donna Lewis for her service on the board of directors. Donna served on the board for six years. During that time she took the lead in planning the annual walk for brain injury survivors and their families. Donna is the President and Executive Director of Freedom House, a nonprofit organization formed to provide a home for survivors of brain injury who desire to live independently.

Upcoming Conference

SDBIF will be partnering with Learning Services and the Gomez Trial Attorneys to present an educational seminar entitled, "Litigating the Traumatic Brain Injury Case – Telling the Story and Understanding Your Client." There will be a panel discussion with Susan Hansen, COO of SDBIF and Debra Braunling-McMorrow, PhD, President and CEO of Learning Services. The event will be held Thursday, June 5, from 5:30 – 7:45 pm at the office of the Gomez Trial Attorneys, 655 West Broadway, Suite # 1700, San Diego, CA 92101. Cocktails and appetizers will be provided. MCLE Credits will be offered.

Our Brain Injury Guide for Families is in the process of being revised. We will be coming out with our 30th Anniversary Edition in the fall. Part of the printing costs for this new edition is paid for by a generous donation from **The Country Friends** whose mission is to support human care agencies with emphasis on those providing services to women, children and the elderly with the objective of "helping people to help themselves."

"The La Jolla Festival of the Arts" is an elegant and high quality showcase event featuring nearly 200 award-winning artists, outstanding entertainment, delicious cuisines and your favorite fine wine and craft beer. The 28th annual Festival will be held on June 21-22 at UCSD Warren Field. Proceeds from the Festival help fund the San Diego Brain Injury Foundation. In addition, when ordering tickets, please use the coupon code SDBIF. We will receive 50% of online ticket sales when the coupon code is used. Purchase your tickets today at www.ljfa.org."

The Brain Injury Association of America will be marking Brain Injury Awareness Day on Capitol Hill Wednesday, March 12, 2014.

CALLING ALL GOLFERS

Save the date for the 29th annual golf classic to be held Monday, April 28, at the Country Club of Rancho Bernardo. 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 29 years ago in an attempt to raise money for Howard House, our home in Escondido for six people with brain injuries that need 24 hour care. Since the beginning, SDBIF



has raised 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 for information and registration.

Continued from Cover

Elite Sponsor: The Gomez Firm

Honorary Sponsor: Kaplan College

Champion Sponsors:

California Physical Therapy Association, Center for Brain Activity Mapping/Kavli Institute for Brain and Mind at UCSD, Don Strom Scholarship Fund, Learning Services, the Metz Family, and the Smolin Family

Each year, we seem to have more involvement, more connections, and more fun.

Let's make this year the best ever!

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

Renew, Revive, Rejuvenate, Restructure
THINKING SKILLS



Aging Memory Issues, Early Dementia, TBI, Depression

Cognition Ignition helps people at every stage of life with cognitive challenges. Our treatment improves the attitude, focus and organizational skills of our clients allowing them to succeed in reaching their potential.



Cognition Ignition
Where minds get in gear
Cognitive Therapy for Children and Adults
165 S. El Camino Real, Suite F
Encinitas, CA 92024
760.436.2408
www.cognitionignition.com
info@cognitionignition.com

SPECIAL THANKS TO ALL OF OUR VOLUNTEERS FOR 2013



Sara Adams
 Bastien Atterbury
 Dee & Vincent Bartsch
 Silver Becerra
 Donna M. Benson
 Alma Borjas
 Kyle Bowen
 Sarah Bretz
 Todd Bruce
 Dianne & Rick Buchanan
 Louise Caplan
 Danielle Chimits
 Deb Cool
 Kyle Coopriider
 Courtney Denton
 Regina Eldred
 Brian Fix

Cindy Gordon
 Sharon Gough
 Richard Green
 Chuck Hansen
 Vanessa Hurtado
 Pamela Hyatt
 Nani Jensen
 Kerry Leiser
 Heidi Lerner
 Kim Letendre
 Donna Lewis
 James Lewis
 Mary Lewis
 Raquel Marquez
 Steve McDonald
 Noelle Montero
 Michael Murphy

Edward & Tracy
 Pollock
 Ian & Jessica
 Richenbacher
 Andrea Romo
 Cecilia Romo
 Kurt Rotzinger
 Fernando Sanchez
 Michelle Schaefer
 Karen Scheck

Nikki Schlimmer
 Dan & JoAnn Stoll
 Nate Stoll
 Jane LaFazio and
 Don Strom
 Martha Torkington
 Susan Van Acker
 Darryl Weiss
 Matt Wilder
 Bridget Winandy

4th Annual Statewide Conference
**Acquired / Traumatic Brain Injury:
 Resources and Pathways
 to Brain Injury Recovery**

THURSDAY, MAY 15, 2014
 California Endowment Center
 1000 N. Alameda Street
 Los Angeles, CA 90012

**BRAIN INJURY
 ASSOCIATION
 OF CALIFORNIA**

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

Holiday Party, 2013



DSPS

Spring 2014

sdce.edu

» COGNITIVE RETRAINING

EVENING CLASS FOR SURVIVORS OF ACQUIRED BRAIN INJURY (ABI) WHO ARE TRANSITIONING FURTHER IN WORK, SCHOOL AND COMMUNITY

- » Real life solutions, making life work
- » Organization and time management
- » Communication and thinking skills
- » Memory strategies
- » Social skills and confidence



REGISTRATION » CLASS IS FREE. TO ENROLL CALL 619-388-1952.

Schedule
Wednesdays
6-9pm
January 29-June 4

For enrollment information or an intake appointment, contact Lisa Carulli, DSPS Counselor at 619-388-1952, or e-mail: lcarulli@sdccd.edu

Instructor
Margaret Jones, majones@sdccd.edu
Margaret obtained her MA and licensure in Speech Language Pathology from San Diego State University. She was awarded the Leadership of the Year by the California Speech and Hearing Association in 2013. Margaret has taught in the Continuing Education ABI Program for 25 years.

Location
CE at Mesa College, Room 203
7350 Armstrong Place/92111
619-388-1952

Parking permits required. Get more information at the main office.



SAN DIEGO
CONTINUING
EDUCATION



SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am--noon

April 19, 2014: *The BRAIN Initiative (Brain Research through Advancing Innovative Neurotechnologies)*— Ralph Greenspan, Ph.D., founding Director, Center for Brain Activity Mapping, and Associate Director, The Kavli Institute along with Dani Grady, Advocate for Brain Injury Survivors. Mapping the brain will improve diagnosis and treatment for all brain disorders. Come hear the update on this project which is being done at UCSD.

May 17, 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.

June 21, 2014: *Maintaining Proper Balance and Mobility*— Kathy Grimsby, PT, Balance PLUS Physical Therapy. Kathy will address balance problems and methods to maximize your recovery after a brain injury.

July, 2014: THERE WILL BE NO MEETING THIS MONTH.

August 16, 2014: *The ABI Program*— John Bromma, M.S., and Lisa Carulli, M.S., S.D. Community College District. What is the Acquired Brain Injury Program? John and Lisa 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 20, 2014: *Sports, Recreation, and Wellness*— Debbie Moore, MA, CTRS, RTC, SHARP Rehabilitation Services. Keeping active with healthy, therapeutic recreational programs can enhance a person's recovery after a brain injury. Debbie will share resources, programs, and activities available for brain injury survivors.



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

October 18, 2014: Organizing for Daily Living—Joann Pichurko, M.S., CCC, SLP, Sharp Healthcare. Joann will identify compensatory strategies that have been helpful for various situations including those caused by a decreased memory. Bring your I-pad, cell phones and/or Day-Planners for practice.

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

* We are happy to provide an ASL interpreter for the Joyce Beers meetings; however we need two weeks notice and one week's notice if you need to cancel.

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 need additional directions call the Uptown District Shopping security guard at 619-419-4787.

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.

The program is designed to help individuals with brain injuries socialize and recover their cognitive skills.

Couple's 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 e-mail susan@sdbif.org.

THE SAN DIEGO BRAIN INJURY FOUNDATION ANNOUNCES THE FORMATION OF A GROUP TO ADDRESS 12 STEP ISSUES

The purpose of the group will be to focus on chemical dependency and its effects on brain injury survivors, the individuals, the caretakers, and the family members. These issues will be explored and discussed in a supportive and safe environment. Contact the SDBIF at 619-294-6541 or at info@sdbif.org if interested or if you know someone who would benefit from the group.

Southern Caregiver Resource Center, a local organization which has been providing support to caregivers since 1987, launched a new service, Operation Family Caregiver (OFC), in late 2013. OFC includes an evidence-based intervention protocol from the Rosalyn Carter Institute for Caregiving that serves caregivers of those with traumatic brain injury or its symptoms due to their post-9/11 military service. On the morning of March 7th OFC is hosting speakers to discuss brain injuries. Please look for the details on page 9 in this newsletter and consider attending to show your support for those with brain injuries. If you would like more information about OFC, you will find it at www.caregivercenter.org or by calling Chris Chase, Outreach Coordinator for OFC at 858-268-4432.



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



Is Not An Illusion



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

SDBIF SATURDAY MEETINGS

NEW SERIES BEGINS IN NORTH COUNTY

How Do You Start Over After a Brain Injury? When a brain injury occurs, it's as if a bomb exploded in the middle of a family. Loved ones are in a state of shock and confusion. The subsequent journey toward recovery is long, complicated and uncertain. This series is designed for all survivors and family members, but especially those who have been newly diagnosed. Hopefully it will make the journey a little easier to navigate. Professionals are also invited.

April 12, 2014: *Understanding and Managing Behavior After a Brain Injury*—Mark McDonough, Ph.D., Neuropsychologist. Dr. McDonough will speak about behavioral changes due to a brain injury and the value of a psych evaluation to help develop and

implement effective strategies for rehabilitation.

August 9, 2014: *Coping Skills for Caregivers*—Martha Ramon, Director of Education and Outreach, Southern Caregiver Resource Center. Caring for a loved one with a brain injury can be very challenging. Martha will focus on identifying the impact on the family system and address many of the issues facing caregivers such as depression and frustration; stress and exhaustion; anger and guilt.

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 help with recovery.

Location: *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.*

Charlotte Albergetis
 Diane Anderson
 Victor & Josephine Attisha
 Toni Biggs
 Tom & Donna Bloomer
 Thomas & Rita Bongard
 Ruben Ceballos
 Erika & Shad Chanley
 Amy Cohen
 Kathleen Derzipilski
 Alison Drew
 Lora Dunlap
 Sally & David Ewald
 Esme Farb
 Shelly & James Frasco
 Bob Gardner
 David Goldin
 Frank Grabarits
 Amanda & Walter Hansell
 Megan Hurley
 Anne Kip
 Mary & Stephen Lewis
 William Logan
 Ernest & Yvonne Lopez
 Olya Losina
 Amy Magnusson, M.D.

Rex & Cheryl Miller
 Esther Nahama
 Michael & Cindy Natalie
 Carol Nye
 Kevin O'Connor
 Cindy & Dane Officer
 David & Marilyn Oliver
 Mike Orlik
 Else Ottesen
 Melinda Sachs
 Andrea Schwarb
 Suzanne Sheridan
 Bonita & Robert Smith
 Marlene & Milton Smith
 Billie Staab
 Stephen & Diane & Jared Stodelle
 Virginia Sumner
 Diana Brotherton-Ware &
 Richard Townsend
 Gwen Van Wey
 Janet & Peter Wahl
 Jacqueline & Jeryl Wilson
 Hede & Joachim Wolff
 William Schneider &
 Lorraine Wong
 Joe Zakarian

IN HONOR OF

Vincent Attisha
by Josephnie & Victor Attisha
Ronald J. Bongard
by Thomas & Rita Bongard
Erika Chanley
by Shad Chanley
Kyle Cooprider
by Esther Nahama
Ryan "Tyger" Dirks
by Harry Dirks
Jake Drew
by Alison Drew
Esme Farb
by Cindy & Dane Officer
David Logan
by Linda Solway
Stephen McDonald
by Joe Zakarian
Mike Orlik
by Sue Smith
Tim Ryan
*by Beckie & Norm Ryan
 John & Kelli Melby*
Kevin Smith
by Milton & Marlene Smith
Dan Stoll
by Diana Brotherton-Ware

IN MEMORY OF

Ken Caplan
by the Torrey Pines Kiwanis
Garret Chesney
by Melinda Sachs
Steve Easterly
by Anne Kip
Mary Myrna Herbinaux
*by Lenora Mar
 Mary Jo & George Gillen
 Charlene Parker*
Daniel Whitekettle
by Walter & Amanda Hansell

GRANTS & FOUNDATIONS

Torrey Pines Kiwanis
 Foundation, Inc
 The Country Friends
 The Rotary Club of Escondido



Operation Family Caregiver
An educational conference for military family caregivers

Understanding a Traumatic Brain Injury & Post-Traumatic Stress can be very confusing. Recognizing the profound impact it has on families can leave caregivers feeling overwhelmed. Join us for a morning session to hear from experts and learn how to access community resources to help support you and your family.

When: Friday, March 7, 2014
 8:00 am to 12:30 pm
 Continental Breakfast: 8:00 am

Where: First United Methodist Church
 2111 Camino del Rio South
 San Diego, CA 92108
 *See directions on reverse side



Topics: Experts in the field of TBI and PTSD will help you better understand the diagnosis. You'll gain insight into navigating the Veterans Affairs system as well as obtain tips on managing behaviors, improving communication and taking care of the caregiver.

Speakers:
Story from Family Caregiver
 Michael Lobatz, MD, Scripps Rehabilitation Center/Scripps Memorial Hospital
 Barbara Welsh-Osga, MD, Licensed Clinical Psychologist and Neuro-Rehab Specialist
 Kárin Kupka, Veterans Affairs SD Healthcare Systems
 Martha Rañón, Southern Caregiver Resource Center

RSVP to Southern Caregiver Center (858) 268-4432 or 1800-827-1008
www.caregivercenter.org

This course meets the qualifications for 4 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences (#PCE 646).



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

Return Service Requested

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

**Survive HEADSTRONG
Walk for Recovery
March 1, 2014, 8:00 – noon
29th Annual Golf Classic
Monday, April 28, 2014**

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

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. Thank you!

Miracle Workers:	\$10,000 plus
Stars:	\$5,000 – \$9,999
Champions:	\$2,500 – \$4,999
Olympians:	\$1,000 – \$2,499
Heroes:	\$250 – \$999
Angels:	\$20 – \$249

LEVELS OF GIVING:

Membership: Brain Injury Survivor first year is free. Family/Friend/Student:
\$30. Professional: \$50. Organization: \$100.

Name: _____
Company: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Amount: \$ _____
E-mail: _____

HOW TO BECOME A MEMBER OF SDBIF

WANT TO ADVERTISE?

Reach more than 3800 brain
injury survivors, family
members, professionals and
associated agencies with your
message.
2 1/4w x 4 3/4t \$75 per issue
4 3/4w x 4 3/4t \$150 per issue
1/2 page \$250 per issue
Full page \$400 per issue