

# Brain Injury Press

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

June 2013, Issue 229 Serving brain injury survivors and their families since 1983

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## Save The Date



### 13TH ANNUAL FRIENDRAISER

*hors d'oeuvres, wine,  
survivor art, entertainment  
& silent auction.*

Saturday,  
September 28, 2013

6:00 — 8:30 pm,  
Mission Trails  
Regional Park

Help us celebrate 30 years  
of service!

## SDBIF Celebrates 30 Years of Service to Survivors and their Families

**T**o celebrate our 30th year of service we asked some of the people who were instrumental in the formation of the Foundation to reminisce about some of the memories of the early years of the Foundation. The following will give you an idea of some of the struggles as well as the hopes and dreams of what is now the San Diego Brain Injury Foundation.

We thank all of those who were active in the beginning years, and all who helped along the way to make this organization the strong force that it is today in advocating for brain injury.

### DR. RONALD RUFF REMEMBERS...

I remember when Randy Evans, Richard Green and I were providing group therapy to TBI patients and their family members in two rooms that adjoined the cafeteria of the UCSD Medical Center. Larry Marshall, a neurosurgeon who was my former boss, stated one day, "Ron, San Diego needs a TBI foundation!" Based on this impetus, Together with our colleagues, Randy, Richard and I organized a meeting. I recall being shocked by the size of the attendance. The enthusiasm was palpable and this meeting resulted in the birth of the San Diego Brain Injury Foundation.

I remember Bill Smith joining the board and amazing us by his unique talent to make the Howard House a reality. Joined by his lovely wife, Dee, this couple was also the driving force behind organizing our annual Golf fundraisers. These two milestones represented a gigantic leap forward for our organization.

I remember when my Dad, who had suffered from multiple mini-strokes, attended, with my Mom, a number of our monthly Saturday meetings. I recall his smiling face, while being embraced by one of my former patients.

I do not remember ever hesitating to ask graduate students to become engaged in the SDBIF. I also never hesitated to encourage my clients to join the foundation.

I remember when I left San Diego to take a job in San Francisco the foundation organized a fundraiser in a fancy hotel. This event provided an evening with heartfelt warmth intermingled with funny digs. However, various board members, colleagues and even my sister enjoyed roasting me a little too much.

When I now look back on my 10 years in San Diego, one of my happiest

*continued on page 3*



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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.

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 Phone: 619-294-6541 [www.sdbif.org](http://www.sdbif.org)

## Foundation News:

### Planning will begin soon for the 13th Annual Friendraiser.

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, in the invitations, on our website and in the newsletter.

**Anyone interested in serving on the committee may contact the office.**

### SB 320 Passes in Senate Health Committee

Thank you to all of you who signed petitions in favor of SB320, which will enable uniform and non-discriminatory access to treatment for acquired brain injury

SB 320 passed in the Senate Health Committee on Wednesday, May 1, 2013, with a vote of 5-2. More information to follow as it becomes available

### Community Organizing Training

Learn how to advocate for yourself in an 8 week workshop designed to teach you how to become a self-advocate!

Training begins Friday, June 21, from 1—2:30 pm. at the Access to Independence office.

Contact Raquel Vega at (619) 293-3500 ext. 236 for more information.

For a free copy of

### Brain Injury Journey, Hope, Help, Healing

(pdf file) go to

<http://www.lapublishing.com/blog/wp-content/uploads/2013/04/BIJ-Magazine-APRIL-2013.pdf>



**"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 27th annual Festival will be held on June 22-23 at UCSD Warren Field. **Proceeds from the Festival help fund the San Diego Brain Injury Foundation.** Please help support us by attending the Festival. Purchase your tickets today by calling the SDBIF office at 619-294-6541 where a portion of your ticket price will go directly to SDBIF or go to [www.ljfa.org](http://www.ljfa.org) to purchase on line. (no proceeds go to SDBIF if purchased this way.)

## SDBIF CELEBRATES 30 YEARS OF SERVICE TO SURVIVORS AND THEIR FAMILIES

memories is having been given the opportunity to be part of such a vibrant organization. This experience ranks among the best in my life.

### **RICHARD GREEN REMEMBERS...**

It was 1981; I had started at Sharp Rehab in the previous year. We had a large flourishing Social Work Department back then. I do not remember how Ron Ruff and I got in contact with each other, but we started a support group for brain-injured individuals and their families Tuesday afternoons at University Hospital.

There wasn't much available post-Acute Rehab back then. Mia may have been just trying to get the Mesa College program (that would become ABI) off the ground. It was sort of unique for folks from University and Sharp to be working in cooperation (as it would be now!), but the power and therapeutic benefit of the group became quickly apparent. I would meet with families in one room while Ron would meet with the survivors and then we would all meet together for a while. Not only was it great for both groups to be able to talk freely with each other without family members present, but we found in the joint group that both families and survivors could hear the same thing much better from group members than from their own family. Ron was assisted by Randy Evans, another psychologist for a time, and I worked with Christine Baser, then a mere post-doc intern; now a very well respected Neuropsychologist!

The Brain Injury Foundation was created out of the energy in this group. Ron was obviously the catalyst, but many of the survivors and family members were pivotal in the process and I have no doubt, without the efforts of the Gingers and others whose names are lost in my long-term memory vault, the organization would never have moved forward.

Randy, Ron and I published a paper on the "Efficacy of Group Therapy" in the remediation of brain injured individuals which was quickly forgotten. But the foundation endured and many more groups as well as resources and information are available to the brain injured population today as a result of the foundation's efforts and advocacy.

### **BILL AND DEE SMITH REMEMBER...**

I think back about 30 plus years regarding the San Diego Brain Injury Foundation and I see how much has changed for the brain injured survivor and family. When Kevin had his aneurysm in 1980, there was little information available.

At first you were in shock. The Doctors provided little information as to what to expect regarding physical, mental and financial help.

Fortunately, at Sharp Hospital, the physical therapist and nurses put together groups of parents and family members that could help each other with similar issues. After a number of family meetings, we saw the need for the Foundation, an identity that could help us now and those who would follow.

It was in 1984, my wife and I felt there was a need for a home for survivors. We were very fortunate to have many friends, relatives and business associates who could see the need and through their efforts, the Howard House opened in 1986. Since then a number of survivors have had a wonderful home. I wish this type of home could be expanded as there are many survivors and families who do not have the finances available.

Susan and Stephanie have been doing an outstanding job. I hope the Board will remain very very active.

### **BARBARA WELSH-OSGA REMEMBERS...**

Being asked to write an account of what I recall about the birth and the early days of the San Diego "HEAD" Injury Foundation has placed me in a bit of an awkward position. With what we now know about the error-proneness of human memory, including eye-witness accounts, who knows if any of what I'm about to write, actually happened the way I recall it!! Add to that my own aging brain.....and it's anyone's guess what REALLY took place.

I have wonderful memories of Mike & Lydia Ginger. Gracious and generous people, who gave of themselves endlessly, as did the Klaubers (Ken & Karma). I recall a garage sale we held at their home as an early fundraiser....nickel and diming our way to give a financial start to our fledgling enterprise. I recall the early Board meetings held in the conference rooms at Sharp Rehab Center, where many of us worked. It is somewhat amazing to look back on those early brainstorming meetings, when nearly everyone in the room was a board member. As we began to grow the membership over time, we added chairs around the periphery of the room to accommodate the members, who often attended the early board meetings.

In short order, we were adding to the membership by virtue of a multitude of pregnancies (the Osgas, the Klaubers & the Heins to name only a few families who added babies to the SDHIF roll call). We lugged those babies to board meetings, general meetings,



## SDBIF CELEBRATES 30 YEARS OF SERVICE TO SURVIVORS AND THEIR FAMILIES

fundraisers and workshops. The Hot Line Training Seminar seems so archaic now, but we were “state of the art” clever back then.....with our plywood squares and desk phones attached to them, we would sit back-to-back modeling “caller and hot-line attendant” interchanges. Our goal was to train some quality control and accurate information dissemination into our Hot Line Volunteers. The videos of that training are entertaining simply to see that I once DID REALLY HAVE hair that was not WHITE! (And also of course to see that Richard Green hasn’t aged one minute in all these years).

My hopes for the future of SDBIF are that we would become an organization that is as easily recognized as the Diabetes, Heart, Stroke and Cancer Societies are. I would like to see that the public, the media and professionals refer survivors and families to us for information, guidance, resources and support immediately and regularly, without fail. It is surprising to me that survivors live and receive medical care in this county for years after their brain injuries, without ever hearing about our wonderful organization. I am also hopeful that the SDBIF will be instrumental in fostering the eventuality of more available and affordable supported housing opportunities for TBI survivors. I would like to see us continue to build our information resources, so that we are a premiere clearinghouse of information and referrals. The plethora of easily accessible information on the internet for survivors and their family members does not preclude the need for SDBIF to be a vital starting point for the search for that information.

We have so much to be proud of in our long history and so much more to offer the community in our future. We are a scrappy, independent and capable group of dedicated people, who have a proven track record of passion and dedication to bettering the lives of the ABI community. We are awesome and always improving.....LONG LIVE SDBIF!

### HERB HEIN REMEMBERS...

It is hard to believe that it was way back in 1983 when a small group of professionals, family members and survivors first met to start the San Diego Head Injury Foundation. My wife, Joanne, and I had the pleasure of being on the first board of directors which provided us with the opportunity to help establish the first support groups as well as the monthly newsletter, the H.I.P., otherwise known as the Head Injury Press. At that time I ran the support group for parents of brain injured and nearly drowned children at Children’s

Hospital. Thinking back to those first years, I remember meeting in different living rooms in different parts of the county, compiling the separate pages of each H.I.P. and then bundling them by zip code. We put those issues together by hand without the use of modern-day computers or collators. I remember being with Mark Mitchell, father of survivor Peggy Mitchell, and David Wadsworth, survivor, who worked tirelessly to get those issues out on time. There were many wonderful people on that first board, but, in particular, I remember the smile and efforts of Dawn Rice who started the support group in the East County while also being a caregiver for her survivor son. Kudos to all of those who have kept this organization, now known as the San Diego Brain Injury Foundation, growing bigger and stronger over the last 30 years.

### JOANNE HEIN REMEMBERS...

The year was 1983 and I was a staff Speech-Language Pathologist at Sharp Rehab. The people I worked with at Sharp were all top-notch, and the collaborations between OT, PT, Speech, Psychology, Social Work, Doctors, Nurses, Recreation Therapists, and Case Managers was outstanding, and our patients with brain injuries benefited from our well-coordinated efforts. Even in those “luxury” days of long inpatient rehab stays and lots of services unchallenged by miserly insurance companies, there was a missing piece of the brain injury puzzle. The families who were new to the experience needed the support and the hope of others who were a few steps ahead of them on this journey. For Herb and me to be part of the founding Board of Directors of the “San Diego Head Injury Foundation” was a great honor. We met so many dedicated and caring family members and survivors, who have always been the heart and soul of the Foundation. If we were considered among the professionals who were there to teach others, let me say that we have always learned as much from the Survivors and their families. The ability to move forward through the daily struggles with love and acceptance and the ability to define “the new normal” is an inspiration to me as I continue to serve new and old members of our brain injury community. Thank goodness for SDBIF, especially in these days where services are cut short and people continue to need the connection with others experiencing similar challenges. Happy 30th!



## SDBIF CELEBRATES 30 YEARS OF SERVICE TO SURVIVORS AND THEIR FAMILIES

### MIA MIYATAKE served as the first Executive Director of the Foundation

In the eleven years as director, from 1988—1999, the following services became part of the Foundation's outreach:

- Head Injury Activity Center
- Howard House
- Telephone Helpline
- Two Conferences on Minor Traumatic Brain Injury (MTBI)
- Training for Police cadets
- Participated in DAWN (Disability Awareness Week Network) an event whose purpose was to educate the community about Acquired Brain Injury (ABI)

### MARGARET AND RON MAYER REMEMBER...

Ron Mayer, a brain injury survivor from a motorcycle accident 42 years ago, was one of the earliest survivors to attend the San Diego Brain Injury meetings in 1983. He was injured when he was still in high school. Ron's parents, Margaret and the late Leslie Mayer along with the late Leslie Mitchell, whose daughter, Peggy

had suffered a brain injury, tried to find help and support and became some of the first survivors and family members to attend meetings.

Ron and his mother, Margaret still attend the support group meetings in Hillcrest. Margaret enjoys gaining an understanding of the function of the brain and hearing about how people can still make progress. Ron was the recipient of the Don Stom Golf Scholarship and golfed in our golf tournament in 2009.



If you have a memory of the Foundation that you would like to share, contact us at [info@sdbif.org](mailto:info@sdbif.org).

We salute the Presidents who have led this organization over the last thirty years.

1983—1984	Sharon Delgado	1999—2000	Doreen Casuto
1984—1985	Thomas Cooper	2000—2001	Michael Turbitt
1986—1989	Dr. Ronald Ruff	2002—2005	Patsy Sholders
1990—1992	Pat Marshall	2005—2007	Clair Jones
1993--1994	Bill Vacca	2007—2009	Chuck Degeneffe
1994—1995	Lorraine Camenzuli	2009—2012	Patsy Sholders
1996—1997	Gerry Trader	2012—2014	John Fiske
1997—1999	Don Stom		

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Thank you for supporting the San Diego Brain Injury Foundation.

Use the contribution envelope in this newsletter or go to [www.sdbif.org](http://www.sdbif.org) go to "About SDBIF," click on the orange "Donate Online Now" button.

Donate  
Online  
Now!

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

**M**ore than 600 walkers gathered at Mission Bay Park, De Anza Cove on a beautiful Sunday morning, March 10, to celebrate March as Brain Injury Awareness Month and to raise awareness for brain injury in San Diego. It was a thrill to see the line of walkers as they made their way along the bay. A news crew from ABC was there to interview survivors and share their stories on the nightly news.

Over twenty exhibitors provided displays for a health fair and talked to brain injury survivors and their families. **Chemo Beanies** provided funds for bags with the walk logo to every registered walker. Darren Snapper led people in some Laughing Yoga exercises before the walk and Derlin Hsu set up a drum circle for whomever wanted to join at the end of the walk. Tony Shin, of NBC emceed the event.

**Team ABI**, led by Heike Kessler-Heiberg was our top fundraising team with 130 walkers! **Team**

**Harris** was our 2nd top fundraiser which included the parents and sister of Harris, whom they hope will be able to walk with them next year! His sister flew out from New York to be at the walk.

**Team Haley** well exceeded their goal. In June, 2012, Haley was flying to a remote Mexican clinic as a medical missionary to help the poor when her aircraft struck power lines and came to rest inverted in a river. The three passengers were ejected, and there were three fishermen nearby who saved their lives. Haley is now in



school in northern California, and came back just for our walk.

It was great to have the students of Kaplan College with us again this year. **Team Kaplan** registered with 33 walkers and raised over \$2600. Three of the Kaplan students served as our medical team. Kaplan College will be matching what the students raised.

**Team Ty** was our top fundraiser last year with 150 walkers. For the walk in 2012, Ty was still in the hospital suffering from an automobile accident. This year, well on his road to recovery, Ty and was able to walk with us!

**Thank you to everyone who participated in our event and helped to make it such a success!**

**We want to thank all our major sponsors for Survive HEADSTRONG Walk for Recovery**

**Alvarado Hospital/ Paradise Valley, CareMeridian, California Physical Therapy Association, Chemo Beanies, Dr. Joy Ministries, North County Neurology Associates, Oasis Equipment Corporation, Teaman & Grace Foundation, The Metz Family, The Smolin Family, Torrey Pines Kiwanis, and Kevin Yoo, M.D.**

**Thank you to our Exhibitors:**

Angela Pennella: Achiever Syndrome, City of San Diego Park & Recreation Dept., Therapeutic Recreations Services, California MENTOR, CareMeridian, LLC, ResCare, ACRx Pharmacy, San Diego District California Physical Therapy Association, Cupcake Gal, Saladmaster – Wellness & Prosperity, Inc., Pacific Medical Care, Mobile Physician Division, SDRI/SBRC (Alvarado/Paradise Valley), Kaplan College, SDBIF, Freedom House, ABI, Unique Homecare

Due to the generosity of all of you, we were able to exceed our goal. Proceeds will be used by the San Diego Brain Injury Foundation and Freedom House to provide resources for brain injured survivors and their families in San Diego.

**Thank you to all the walkers and friends and family of survivors who supported our event.**

**Mark your calendar for next year's walk on SATURDAY, MARCH 1, 2014.**



## REMEMBERING GARRET CHESNEY

At the age of 41, Robert “Garret” Chesney of San Diego passed away and is now in the arms of the Angels following his courageous struggles with many life long challenges.



Garret was born in Omak, Washington, the son of Robert Kent and Wendy Lynn Chesney. He is survived by his parents and his sister Kristen Elizabeth Chesney of San Diego.

Garret moved with his family to Portland, Oregon in 1975, attended and graduated from Woodrow Wilson High School in 1990. He was a foreign exchange student to Costa Rica the summer of his junior year, was senior class secretary, lettered in varsity

soccer, and was voted “most friendly personality” by his classmates.

In 1990 Garret attended The University of San Diego one year, then transferred into Muir College at UCSD where he graduated in 1995 with his Bachelor of Arts degree in Economics.

Garret’s interests were many. He enjoyed surfing, skateboarding, tennis, water skiing and golf (Garret, over the past several years, participated in weekend Golf workshops offered and coordinated through the generous donation of time and effort by retired golf professional Mr. John Klein. Because of Garret’s interest and participation, an annual Garret Chesney Memorial Golf Tournament has been established and will be held annually in August. Those who might be interested in joining this golf group should contact John at [specializedjohn@yahoo.com](mailto:specializedjohn@yahoo.com)). Also, in the last three years, Garret became very interested in art and made many wonderful paintings. Many of Garret’s paintings were displayed at his Memorial and through showings at locations

in SD by Joan McCann, art instructor, through the Creative Arts Consortium (CAC) as part of the City of SD Parks & Recreation Program.

Garret was an active participant in the ABI and SDSU Speech Therapy programs after suffering a stroke in 2008. Garret substantially benefited from many of the classes, activities and meetings sponsored by the SDBIF and attended some of the fundraisers with family and friends. He would be very pleased to know the Memorial fund money will be used to help others with brain injuries.

Throughout his short life, Garret displayed his love and devotion to his family and friends. He will be sorely missed.



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## GOLF TOURNAMENT RAISES NEEDED FUNDS

More than 100 golfers and volunteers shared their time and talent on a golf tournament that focused on fun while also raising funds.

Ken Klauber was friends with Bill Smith when the tournament was getting started 28 years ago. He recruited his friend Bob Gardner to play and the two have been in the tournament ever since.

"It's a great tournament, and I'll be here every year until I drop because TBI survivors need help and this organization does that," says Gardner. "Besides, we know that a brain injury can happen to anyone at any time."

"Bob is a good golfer, he plays twice a week, while I only play about once a year," adds Klauber. "So for me, today is sort of like humiliation for a good cause!"

This was the 28th Annual Charity Golf Classic put on by SDBIF. It was held at the Country Club of Rancho Bernardo and included lunch, dinner, a raffle, driving range balls, a putting contest and hole-in-one contest for a 2013 Ford Escape. There was a silent auction and live auction with items like Alaska Airlines tickets, fishing trips, 4 tickets to a Padre game, golf at many exclusive golf courses, week-long vacations and more.

The golf tournament is SDBIF's largest annual fund raiser, and this year raised more than \$40,000. "We use the money to provide information, educational materials, referral services, and emotional support to those affected by brain injury," says Susan Hansen, COO of SDBIF. "The funds also support our mission at Howard House in Escondido, which is a 24-hour,



Gary Cook, Mike Peters and Joe Zakarian have served on the golf committee and golfed every year in the tournament which Bill Smith (2nd from the left) started 28 years ago.

Photo by Rachel Speir

long-term residential care facility for brain injury survivors."

Several survivors golfed and also volunteered to make the day a success.

Stephen McDonald is a survivor who serves on the golf tournament committee. He has been recovering from a bicycling accident 8 years ago. "Physically, I'm doing well. I golf, try to run in a half-marathon when I can, and currently volunteer at Torrey Pines Golf Course. It's a nice tournament and I'll be golfing here again."

Bridget Winandy suffered a stroke in utero and as an adult started a foundation to increase awareness of pediatric stroke. "I first volunteered for the Walk in 2008 and now I'm helping out with the golf tournament. I get both support and the opportunity to help," she says. Winandy still has some deficits, but also has a master's degree in business and is considering law school so she can help other people with disabilities.

Thank you to all the golfers and sponsors who have been with us for so many years. Your loyalty is much appreciated.



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Brain Injury



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**Herb & Connie Matheson**

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**Regal Entertainment**

**Capt. Bud Taylor, USN (retired)**

## Lunch Hosted By

**Souplantation – Rancho  
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**Burger King ~ Dessert**



Bridget Winandy, Raquel Marques and Cindy Gordon were some of the volunteers at the golf tournament

## Hole Sponsors

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**The Zuill Family**

A Special Thanks to Larry Wight, our auctioneer, Bob Serrano at Round Table Pizza for the printing of our raffle tickets and Stone Brewing Co. for beverages.

## Committee Members

We would like to thank the Committee Members and all of the many other people that have contributed their help and support for the 28th Annual Golf Classic.

Fred Baranowski  
Stephanie Bidegain  
Gary Cook  
David D'Cruz  
Susan Hansen  
Rick Keating  
David Keely  
George Lynch  
Stephen McDonald  
Mike Peters  
John Pion  
Don Rowean  
Carl Sell  
Bill & Dee Smith  
Don Strom  
Jim Ward  
Joe Zakarian

Photos from the golf classic are available on FaceBook or go to [sdbif.org](http://sdbif.org), Get Involved, Charity Golf Classic.

# SDBIF SATURDAY MEETINGS

## JOYCE BEERS COMMUNITY CENTER 10am--noon

**June 15, 2013:** *Laugh for the Health of It*—Darren Snapper, Certified Laughter Yoga Leader. Darren will lead us in a combination of gentle breathing, playful stretching and laughter exercise. Without using jokes or comedy, participants will learn how to initiate genuine laughter. Visit [www.LaughterMatters.org](http://www.LaughterMatters.org).

**July, 2013:** **THERE WILL BE NO MEETING THIS MONTH.**

**August 17, 2013:** *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 21, 2013:** *Happy and Healthy Cooking*—Melissa Armstrong and Donovan Smith, Saladmaster. Learn healthier alternatives to how you are cooking and preparing food at home. Observe a demonstration for how to cook with no water, salt or preservatives. Samples will be served.

**Location:** *Our meeting location is the Joyce Beers Community Center in Hillcrest. The Joyce Beers Community Center, 1230 Cleveland Avenue, 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.*

## SCRIPPS HOSPITAL, ENCINITAS 10am--noon

**June 8, 2013:** *Re-connecting Body and Brain*—Denise Hornbeak, M.S., Licensed Brain Gym Consultant, Author, Neuro-Developmental Specialist. Our brain is an ever-adapting and resilient organ. Movement is key to re-establishing and creating new neuro-pathways that carry messages from our body to our brain and back. Denise will lead you in some easy movements to re-gain your brain!

**August 10, 2013:** *Brain Injury and the Caregiver's Role*—Cindy Lee Berryhill, spouse of survivor and advocate. So your loved one survived a brain injury. The whole family was onboard. There was even help from your community of friends. Now your loved one has recovered, and you are left to take care of the rest of your lives. A talk with a caregiver that's been there and how she has managed the health care system, the nursing home, finances and everything else.

**Location:** *Our meeting location is the Conference Center at Scripps Hospital, Encinitas, 354 Santa Fe Drive, Encinitas, CA 92024. The hospital is located west of Interstate #5, exit on Santa Fe Drive. Enter the main entrance from Santa Fe Drive. Free parking is available at the main entrance of the parking garage. If you park in the parking garage, enter through the Emergency Room. For additional directions call (760) 753-6501*

## FOR SPANISH SPEAKING GROUPS!

Contact: Ruben Ceballos  
(619) 293-3500 or  
Cecilia Romo (619) 254-5119

## PALOMAR MEDICAL CENTER 10:00am--noon

**July 13, 2013:** *Music Therapy for Brain-Body Health and Self-Expression*—Derlin Hsu, M.M., Neurologic Music Therapist—Board Certified, MusicWorx Inc. This session will engage survivors and their families in music therapy that will involve not only the mind, but body and soul as well! Join us for a session of brain/body exercises, self-expression through drumming, songwriting, and recreational music-making!

**September 14, 2013:** **To be Determined**

**Location:** *Our meeting location is Palomar Medical Center, 555 East Valley Parkway, Escondido, California 92025 in the Graybill Auditorium. Free parking is available in the parking structure.*

## 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.

Second Sunday of the month,  
4:30 pm, potluck and discussion.

For more information, call  
619-294-6541 or e-mail us at  
[susan@sdbif.org](mailto:susan@sdbif.org).

Rita Bongard  
 Todd Bruce  
 Ruben Ceballos  
 Coop & Patti Coopriider  
 Joan Dorsey  
 Dan & Nancy Harris  
 Loretta & Jerry Heiser  
 Edvard & Barbara Hemmingsen  
 Carol Holland  
 Joan Kenesie  
 Ann Orlik  
 Bill & Dee Smith  
 Dan & JoAnn Stoll  
 Gwen Van Wey  
 Hede & Joachim Wolff

**IN HONOR OF**

**Ronald Bongard**  
*by Rita Bongard*  
**Charles Degeneffe**  
*from the Janet & Robert  
 Schultze Family Fund of the  
 Jewish Community Foundation*  
**Jerry Heiser**  
*by Loretta Heiser*

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**IN MEMORY OF  
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Claudia Avicola  
 Jeanette Best  
 Sally & Barry Cunningham  
 Sandra Curtiss  
 Joan & Al Dayton  
 Dick & Bonnie Fisher  
 Nancy Gordy  
 Carol Grieves  
 Nancy & Paul Haller  
 Sally Hirschmann  
 Shirley Jacobs  
 Jeanne Joseph  
 Dorothy Kimble  
 Mary Kletti  
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 Judy Lyke  
 Betty Luce  
 Andrea Marik  
 Darlene McConnell  
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 Benjamin & Carol Ann Napheys  
 Catherine Pappas  
 Judy Perrotta  
 Linda & Tom Petrich  
 Melinda Sachs  
 San Diego State Research  
 Foundation  
 David & Joannah Smith  
 Carolyn Sundman  
 Mary Tallman  
 Jean Taylor  
 Sandra Verrue

**Thank you to everyone who  
 participated in our walk and  
 created a team**

TEAM ABI  
 Team Harris  
 Team Hayley  
 Team Ty  
 Team Freedom House  
 Team Amanda  
 Team Kaplan  
 BarryFiske LLP  
 Walkin' for Tommy  
 Team Super Shelton  
 Team CAC  
 The Craniacs  
 Paul Mac & Friends  
 California Physical Therapy  
 Association  
 CHIEFTAIN STRONG  
 CSUSM Speech Babes  
 LEARNING SERVICES  
 Behind The Wheel  
 Hiking Vikings  
 SDRI/SBRC  
 Strength & Conditioning Coach...  
 for your Mind  
 Howard House  
 Cognitive Neuroscience  
 Laboratory  
 Team Military  
 California Mentor  
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 Team Kayla  
 Sharp Rehabilitation

**Special Thanks to one of our Corporate Sponsors, CareMeridian**

We would like to thank CareMeridian for their very generous donation which supported our Walk for Recovery, the 28th Annual Golf Classic, the upcoming Friendraiser and the operation of the San Diego Brain Injury Foundation.

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