

Brain Injury Press

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

March 2013, Issue 228 Serving brain injury survivors and their families since 1983

In This Issue

Foundation News	2
Calling all Golfers	3
IRS Tax Deductions	4
Saturday's Meetings	5
Thank you Volunteers	6
Friends of SDBIF	7

Save The Dates

"Survive HEADSTRONG" walk for recovery

Sunday, March 10, 2013
 8am--noon
 Mission Bay Park,
 De Anza Cove

Build a team and register
 on line!

www.SDBIF.org/walk

28th Annual Charity Golf Classic

April 29, 2013
 The Country Club of
 Rancho Bernardo
 10:30 – Check-in and
 putting contest
 12:00 – Shotgun start

March Marks Brain Injury Awareness Month SDBIF Celebrates 30 Years

What started as a small group of family members, survivors, and three professionals—Richard Green, L.C.S.W., Sharp Rehabilitation Center; Randy Evans, a psychologist and Dr. Ron Ruff, then a Neuropsychologist at U.C.S.D.; has grown into a membership of over 3500 survivors, family members and professionals.

In 1986, the Foundation acquired Howard House, a long-term residential-care facility for brain-injured survivors. Today, we have support groups in North County and South Bay as well as central San Diego; a website that is one of the leading websites when one searches for brain injury and San Diego; and a helpline that receives calls from people throughout the state of California as well as other parts of the country.

The San Diego Brain Injury Foundation has become the center of information, resources, education, advocacy, and community awareness in San Diego County.

As a way to celebrate, we invite you to join us for our walk, **Survive HEADSTRONG, Walk for Recovery** on Sunday, March 10, at Mission Bay Park, De Anza Cove. See page 3 for details.

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. Walkers will enjoy a warm up of Laughing Yoga led by Darren Snapper, have a chance to win some great raffle prizes, and bid on some silent auction items. Tony Shin, of NBC will emcee the event.

As one of the main fund-raisers for SDBIF we need your help to reach our goal of \$60,000. Proceeds will be used by the San Diego Brain Injury Foundation and Freedom House to provide resources for brain injured





Board of Directors

- Ruben Ceballos
 Adriana Cespedes, Esq.
 Secretary
 Chuck Degeneffe, Ph.D.
 Treasurer
 Teresa Dwight
 John Fiske, Esq.
 President
 Heike Kessler-Heiberg
 Donna Lewis
 Nicole Locker
 Kathleen Munroe
 Cynthia Pahr
 Carl Sell
 Patsy Sholders
 Vice President
 Dan Stoll

Professional Advisory Council

- 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.

Staff

- Susan Hansen
 Chief Operating Officer
 Stephanie Bidegain
 Office Manager
 Beth Anderson
 Howard House Administrator

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:

Cynthia Pahr, M.Ed., Certified Brain Injury Specialist, Special Education Teacher, Educational Consultant, and lecturer was



elected to the board of directors. Cindy coordinates the implementation of a unique brain injury services model for children with traumatic and acquired brain injuries both with school re-entry and throughout the progression through school post-injury. She regularly conducts training for parents, educators, support staff and site teams to help them to better support students with brain injuries. She has provided training and instruction for school districts and to teachers, students and parents across the United States. We are excited to have Cindy on our board!

The board of directors met Saturday, January 26, to develop a Strategic Plan for 2013.

Emphasis this year will be to continue to reach out to the military population struggling with TBI, maintain the Spanish-speaking meetings in South Bay, and develop a way to video our Saturday speakers and put their lectures on the website so more people can benefit from resources in the community.

The website will continue to be a focus—providing more resources and stories of survivors as well as families in recovery. A legislative committee is being formed to bring awareness to issues pertinent to brain injury, and the Foundation will target volunteer opportunities for mentoring .

Have You Made Your Annual Donation To SDBIF?

March is Brain Injury Awareness Month and a great time to support the work of the SDBIF! We rely on your donations to operate and assist families and survivors. Many of you who receive this newsletter have not yet made a contribution. Please use the form on the back of this newsletter or visit our website: sdbif.org, go to 'About SDBIF' and click on the orange DONATE ONLINE button. We would appreciate a \$30 donation in honor of this being our 30th YEAR, but of course, we would be thankful for any amount you could give. Suggested donation amounts for Family/Friends/Students: \$30, Professionals: \$50 and Organizations: \$100. We thank you in advance for your support. Thank you for helping us continue to make a difference in the lives of those touched by brain injury.

Mapping the Brain's Activity

Congratulations to Ralph Greenspan, the associate director of the Kavli Institute for Brain and Mind at the University of California, San Diego and a member of the SDBIF Advisory Council. Ralph is one of the six leading scientists who will be involved with examining the workings of the human brain and building a comprehensive map of its activity.

The brain is so complex that scientists have not yet found a way to record the activity of more than a small number of neurons at once. The Obama administration is planning a decade-long scientific effort to do for the brain what the Human Genome Project did for genetics.

This is an exciting project and we look forward to hearing more about it as it develops.

continued from cover **SDBIF**

Celebrates 30 Years

survivors and their families in San Diego County. Major sponsors for the walk include **CareMeridian, LLC; Torrey Pines Kiwanis; Chemo Beanies; Kevin Yoo, M.D. & Oasis Equipment Co.**—but **your support and participation are critical to our success.**

Even if you can't walk with us, you can help raise money for the Foundation by forming a fundraising page and sending it out to your contacts. Go to www.sdbif.org and click on the logo, Survive HEADSTRONG. Follow the simple directions for Step One on the website. Or register to walk with your friends from Freedom House and the San Diego Brain Injury Foundation.

We hope you can join us Sunday, March 10, to help raise awareness in San Diego about brain injury and the impact it has on families.

Calling All Golfers

Save the date for the SDBIF Annual Golf Classic. Join us Monday, April 29, 2013 at the Country Club of Rancho Bernardo, a private golf course, for a day of golf!

Thanks to our current sponsors: **CareMeridian, LLC; Torrey Pines Bank and Cubic Corporation.**

Check-in and a putting contest start at 10:30 am, followed by lunch and a shotgun at noon. Enjoy refreshments on the course, hole-in-one contests followed by a silent and live auction and dinner.

Proceeds go to Howard House, our long-term residential-care facility for brain injured survivors and the operation of the San Diego Brain Injury Foundation.

Registration is on line at www.sdbif.org/get-involved or by calling the office at 619-294-6541

The logo for "Survive HEADSTRONG" features a stylized human figure in blue and orange, with the words "SURVIVE HEADSTRONG" in a circular arrangement around it. Below the logo, it says "walk for recovery".

SUNDAY
March 10, 2013
9am - 1pm
(registration opens at 8am)

Mission Bay Park
De Anza Cove

Register online!
www.sdbif.org/walk

A photograph of a group of five people walking on a paved path outdoors. They are wearing various colored shirts (blue, green, black). One person is using a walker, and another is in a wheelchair. In the background, there are trees and a building.

Join the TEAM!

Take a step on the Journey to Recovery from Brain Injury!

Proceeds will be used by the San Diego Brain Injury Foundation and Freedom House to provide resources for brain injury survivors and their families in San Diego County!

FREEDOM HOUSE
Living Independently with TBI

SDBIF
SAN DIEGO
BRAIN INJURY FOUNDATION

IRS Tax Deductions for People with Disabilities Did You Know?

From IRS Publication 502, Medical and Dental Expenses

-- Jennifer Hughes, Esq.

Nutritional Supplements

You cannot include in medical expenses the cost of nutritional supplements, vitamins, herbal supplements, "natural medicines," etc. unless they are recommended by a medical practitioner as

treatment for a specific medical condition diagnosed by a physician. Otherwise, these items are taken to maintain your ordinary good health, and are not for medical care.

For more information on tax relief or to download IRS Publication 3966 on Living and Working with

Disabilities, please visit:

<http://www.irs.gov/Individuals/More-Information-for-People-with-Disabilities>

Law Offices of
**Catharine
Kroger-Diamond**
— Attorney at Law —

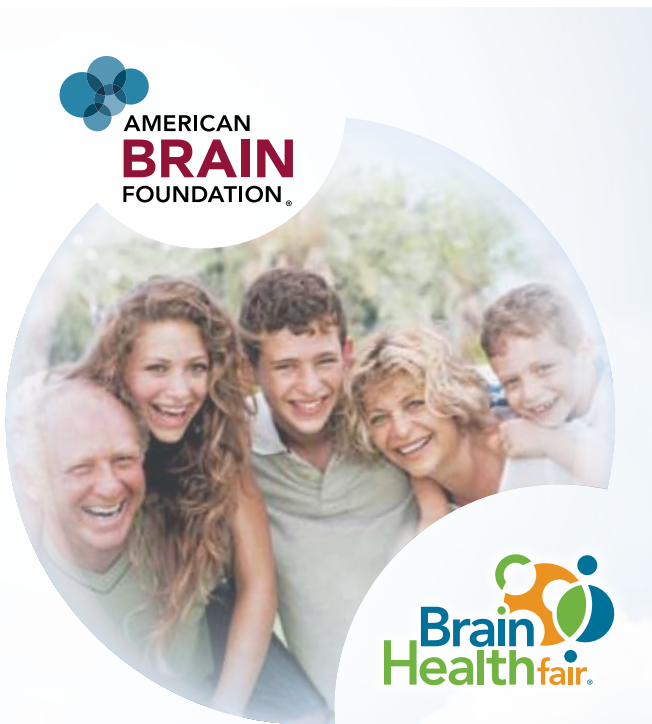
**PERSONAL INJURY
& ACCIDENTS**
Automobile • Cycle
Pedestrian • Slip & Fall
Brain Injury

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



FREE for Patients and Families!
Brain Health Fair
at the American Academy of Neurology Annual Meeting

Register Now: BrainHealthFair.com

Saturday, March 16, 2013 • 9:30 a.m.–3:30 p.m.
Hilton San Diego Bayfront, San Diego, California

Get Information on:

- Alzheimer's disease
- Epilepsy
- Headache
- Multiple sclerosis
- Parkinson's disease
- Sleep disorders
- Stroke
- Traumatic brain injury/
sports concussion
- Other brain diseases

- Visit 30+ Exhibitors
- Attend FREE Brain Health Classes
- Learn Dance Therapy
- Attend Support Groups
- Learn How to Spot a Concussion
- Play Brain Games for Kids and Teens
- FREE Giveaways and Resources



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. For more information, check our website.

SDBIF SATURDAY MEETINGS

THERE WILL BE NO SATURDAY MEETING IN MARCH

Join us Sunday, March 10, for the 6th Annual Walk
“Survive HEADSTRONG, Walk for Recovery”
Mission Bay Park, De Anza Cove, Register at sdbif.org/walk

JOYCE BEERS COMMUNITY CENTER 10am--noon

April 20, 2013: Brain Injury and Functional Vision Changes—Barbara Runco, M.A., COMS Marketing and Outreach Education Specialist, San Diego Center for the Blind. Vision changes due to a brain injury impact relationships, self-esteem and may require re-learning daily tasks. Learn about the Independent Living Skills Program at the San Diego Center for the Blind and Vision Impaired and how this program may help you. Evelyn Gulli will share some of the benefits of the program.

May 18, 2013: CHALLENGE CENTER, A Medically Oriented Health Club— Bill Bodry, President/Founder, Challenge Center. In Traumatic Brain Injury

as in other major Neurologic disabilities, supervised exercise is prescribed by a “neuro dynamic trained” (NDT) Physical Therapist. Bill will discuss how this is the key to aging well with a disability.

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.

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

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

April 13, 2013: REINS Therapeutic Horsemanship Program—Deborah Shinner, Executive Director and Jennifer Gambrell, Development Coordinator, Therapeutic Horsemanship Program. REINS provides therapy on horseback to children and adults with disabilities. The program can make a huge difference in a person’s recovery.

June 8, 2013: To be Determined

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

PALOMAR MEDICAL CENTER

**SATURDAYS,
10:00AM—NOON**

May 11, 2013: Vision and Brain Injury: Self Help Techniques to Aid Recovery— Dr. Karen Love, OD, FCOVD, Daniel and Davis Optometry. Impaired vision is frequently a problem after a brain injury. Dr. Love will discuss how



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

Brain Injury



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 & SUPPORT GROUPS

vision is involved in our daily recovery from brain injury and specific tools and techniques that can be used at home to improve vision function and overall recovery.

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!

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.*

FOR SPANISH SPEAKING GROUPS!

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

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.

UPCOMING SUPPORT GROUP FOR PARENTS OF CHILDREN AND ADOLESCENTS WITH TBI

SDBIF wants you to know that you are not alone in facing the challenges associated with raising a child or adolescent with a TBI! We are interested in starting a parent group to provide information on issues related to brain injury, offer strategies and techniques, and provide support as you navigate through this new and unfamiliar journey of raising a young person with a TBI. Meeting other parents with similar challenges and frustrations as well as having the opportunity to share ideas, solutions, and hope for the future will help to empower everyone.

If you are interested in joining a group and meeting other parents, call the SDBIF office at 619-294-6541.

SDBIF Thank you to our Volunteers

Sara Adams
Elizabeth Anderson
Maria Aranda
Bastien Atterbury
Dee & Vincent Bartsch
Silver Becerra
Donna M. Benson
Danielle Bidegain
Andrew Blume
Alma Borjas
Kyle Bowen
Sarah Bretz
Wendy Brown
Todd Bruce
Dianne & Rick Buchanan
Louise Caplan
Deb Cool
Kyle Coopridner
Courtney Denton
Regina Eldred
Nicole Fullerton
Suzi Flahive

Richard Giometti
Sharon Gough
Richard Green
Chuck Hansen
Vanessa Hurtado
Pamela Hyatt
Heidi Lerner
Donna Lewis
James Lewis
Mary Lewis
Courtney Malachowski
Rich McCoy
Noelle Montero
Aracely Olmeda
Edward & Tracy Pollock
Ian & Jessica Richenbacher
Andrea Romo
Cecilia Romo
Kurt Rotzinger
Jose Ruiz
Betty Santohigashi
Michelle Schaefer

Nikki Schlimmer
Konrad Schroder
Carl Sell
Becky Shine
Rachel & Randall Speir
Dan & JoAnn Stoll
Jane LaFazio and Don Strom
Kayla Swart
Maria-Elena Ugalde

Susan Van Acker
Lori Weber
Darryl Weiss
Matt Wilder



Mary Algiers
 Ken Archer
 Bob & Margo Boles
 Robert Carey
 Ruben Ceballos
 Mary & Martha Cooper
 Donald Lounsbery & Lora Dunlap
 Sally & David Ewald
 Shelly & James Frasco
 Bob Gardner
 Michael Ginger
 Nancy Goldberg
 Cynthia Gordon
 Keith & Whitney Hampton
 Amanda & Walter Hansell
 Lisa & Timothy Herman
 Carol Holmes
 Mimi Kamatari
 Anne Kip
 Padma Kodukula
 Jaynette Landis
 Mary & Stephen Lewis
 Nicole Locker
 Dr. Lawrence F. Marshall
 Pat Marshall
 Michael & Cindy Natalie
 Carol Nye
 J. Michael Vidal OD
 David & Marilyn Oliver
 Pearl Pacheco
 Lauri Pledger
 Liz Rivera
 Cecilia Romo
 Andrea Schwarb
 Nancy Scott
 Carl Sell
 Bonita & Robert Smith
 Nancy Stewart
 Dan & JoAnn Stoll
 Bob & Kathy Sullivan
 Virginia Sumner
 Martha Torkington
 Jacqueline & Jeryl Wilson
 Hede & Joachim Wolff
 Kevin Yoo M.D.
 Sue Zesky

IN HONOR OF

Mr. & Mrs. Charles Carstarphen
by Cindy Gordon
Kyle Coopridner
by Patti & Coop Coopridner
Gladys-Perry Houdyshell & Don Galvin
by Stephen & Mary Lewis
Chuck Hansen
by Christine Radostits
Jean Kendrick
by Ken Archer, Jr.
David Logan
by Linda Solway
Carol Nye
by John Stone
Dr. David Oliver
by Marilyn Oliver
Mike Orlik
by Sue Smith
Mr. & Mrs. Edward Pollock
by Mr. & Mrs. Oren Pollock
Stephen B. Stewart
by Nancy B. Stewart
Dan Stoll
by Diana Brotherton-Ware
Don Strom
by Nancy Scott
Kirk Wolff
by Hede & Joachim Wolff

IN MEMORY OF

Steve Easterly
by Anne Kip
Herbert Holmes
by Carol R. Holmes
Dan Whitekettle
by Walter & Amanda Hansell
Lena Zirk
by Vera Bender
James & Dorothy Forman
Gunnel & Dieter Schoenherr
Dorothy Webb

The following SAE Fraternity Brothers of Don Strom have raised funds to donate to the Don Strom Fund for Brain Injury Survivors:

George Johnson
 John Reuland
 David Billings
 Dennis Litowitz
 George Johnson
 Leon Klube
 Douglas Bell
 Brian Scott
 Richard Kirchner
 Mike Farley
 John Dillow
 Steven Kirk
 Rick Keating
 Charles Burdell
 Steven Sanford



Regain Your Short Term Memory and Cognitive Skills

Learning Disabilities
 Brain Injuries
 Gifted Underachievers



165 S. El Camino Real, Suite F
 Encinitas, CA 92024
 760.436.2408 • www.cognitionignition.com

“ Brain injury’s cost to society is estimated at \$60 billion per year. ”



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
Sunday, March 10, 2013
28th Annual Charity Golf Classic
April 29, 2013

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