

Brain Injury Press

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

November 2012, Issue 227 Serving brain injury survivors and their families since 1983

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Save The Dates

HOLIDAY PARTY
December 15, 10am--noon
Joyce Beers Community Center

Come join the fun and celebrate the holidays. Entertainment will be provided by Howard House and Learning Services, the Sharp Players and the Norwegian Men's Choir.

Special Recognition will be given to our SDBIF volunteers!

"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



12th Annual Friendraiser

Music from a Native American flute greeted guests as they arrived Saturday, September 22, at the Mission Trails Regional Park for our 12th Annual Friendraiser. Money raised goes to provide services to the San Diego brain injury community.

About 200 people enjoyed a beautiful evening as the sun set on the rocks in the canyon. Seven brain injury survivors who have used art as part of their recovery, displayed their work with additional pieces shared by the Fraser Valley Brain Injury Association of Vancouver and brain injury survivors from Dublin, Ireland.

The evening was emceed by Tony Shin of NBC. Guests enjoyed wine tasting, hors d'oeuvres, the music of *The Jazz for Life Project*, bidding on silent auction items and gazing at the moon with the help of members from the San Diego Astronomy Association.



Over \$21,000 was raised to provide services for brain injury survivors and their families living in San Diego County. Thank you to our major sponsors, our Honorary Committee, the Artists, silent auction donors, our committee and volunteers and all of you who attended our event.

Save the date for next year's event:
Saturday, September 28, 2013.



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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
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 two new members



Kathy Munroe moved to San Diego about a year ago. She had previously been active in Indiana where she provided

speech-language pathology diagnostic and intervention services to patients at Riley Hospital for Children at Indiana University Health. She is a Certified Brain Injury Specialist, has conducted research in the area of childhood traumatic brain injury and was a clinical lecturer on childhood traumatic brain injury. Kathy just accepted a position at Rady Children's Hospital in their Speech and Hearing Department.

We were delighted that Kathy had the time and volunteered by joining the committee working on this year's Friendraiser.



Teresa Dwight has 25 years as a clinician and/or manager of acquired brain injury programs or Speech Therapy

Departments. She also is the mother of a daughter who sustained a mild traumatic brain injury with life—long consequences. She therefore, understands the need for advocacy and building awareness in the community about brain injury. Teresa currently is working as Clinical Director at Learning Services in Escondido.

Evelyn Knipe recently resigned from the board in order to devote time to work, school and becoming a new mother. Evelyn served on the Friendraiser committee and was involved in the Military Outreach program.

Kris Nelson resigned from the board after serving two terms. She was active for many years on the Friendraiser Committee as well as Finance and Marketing. **SDBIF would like to thank both Evelyn and Kris for their contributions as Board Members.**

SDBIF Supports the VA Aspire Center

Members of the board and staff of SDBIF spent several months attending town hall meetings and city council meetings in support the VA's proposed Aspire Center, a 40 bed short term residential rehabilitation center for veterans returning from combat in the Middle East who are now suffering from PTSD (post traumatic stress disorder) and TBI (traumatic brain injury). In July, the city council approved the plan.

The Aspire Center is a \$30 million, five-year program that VA officials say will fill a gap in treatment offered in San Diego, home to the nation's largest concentration of post-9/11 veterans.

SDBIF would like to thank the Brain Injury Association of California (BIACAL) for its support in sending letters to the San Diego City Council members and to Mark Ashley, Chair of the Board of Directors of BIACAL and CEO of the Centre for Neuro Skills for working with SDBIF in support of this much needed project.

Foundation News:

Website Has a Facelift

The San Diego Brain Injury Foundation will be celebrating its 30th year in 2013, and the website is getting a facelift! The new site will be much more user friendly and aesthetically pleasing. We will have special pages with specific information for survivors, professionals, family and friends, caregivers, students and the military.

We will incorporate more photos and will have Facebook integration on every page. All new donation, content management and event database systems have been established and implemented as well.

Keep an eye out for the new site! We are excited about our new look.

Please note: Our new e-mail address: info@sdbif.org

Take a Step on the Journey to Recovery

The San Diego Brain Injury Foundation and the Freedom House are proud to present “Survive HEADSTRONG—Walk for Recovery” at Mission Bay Park, De Anza Cove! The name emphasizes the strength and effort it takes to overcome the challenges of brain injuries as well as celebrate and inspire those who are on their journey towards recovery.

Mark your calendars for Sunday, **March 10, 2013**. Come celebrate Brain Injury Awareness Month—whether you walk or just cheer others on. Registration will open at 8am and the walk will begin at 9am. Register online at www.sdbif.org/walk. Let's see who can build the biggest team!

Our fundraising efforts will go to support our mission, “To improve the quality of life for brain injury survivors and their families living in San Diego County.” With each step, you help the San Diego Brain Injury Foundation and Freedom House raise funds to provide life-changing resources for fellow San Diegans recovering from a brain injury.

SDBIF Celebrates 30 years!

Next year will mark 30 years since the beginning of the San Diego Brain Injury Foundation. If you have memories you would like to share or stories of how SDBIF has helped you, send them to info@sdbif.org and put “30 Years” in the subject line or mail to SDBIF, P.O. Box 84601, San Diego, CA 92138.

2012 Friendraiser Sponsors

Alvarado Hospital/SDRI | Scott & Betsy Boney | The deRose Foundation | Jerry & Jill Hall
Hidden Valley Ranch Rehabilitation, Inc. | Learning Services | Mary & Stephen Lewis
Donna & Rainer Metz | The O'Neil Family | Pediatric Acquired Brain Injury Consulting
Sharon Keith | The Don Strom Scholarship Fund | The Westreich Foundation



Honorary Committee

Kyle Coopridner | Freedom House
Daniel Gardner, M.D. | David Goldin, Esq.
Maureen & Tom Hanifin
Rehabilitation Care Coordination
Ronald Ruff, Ph.D. | Steven Wendroff, CPA



Survivors Displaying their Art

Silver Becerra, Kyle Bowen, Haley Brown, Todd Bruce, Kyle Coopridger, Kurt Rotzinger, Michele Lee Schaefer, and Nikki Schlimmer.



Friendraiser Committee

Dianne Buchanan, Courtney Denton, Vanessa Hurtado, Mary Lewis, Jim McBride, Courtney Malachowski, Kathy Munroe, Becky Shine, Don Strom



Food and Wine Vendors

Ferrari – Carano; Franklin Distillers; Honig; Souplantation, Mira Mesa; California Pizza Kitchen, La Jolla; On-the-Border, Mission Valley; Panera Bread, Balboa Avenue; Home Town Buffet, El Cajon and Santee.

SPECIAL NEEDS TRUSTS

Ensuring that a Special Needs Child will not be disqualified from public benefits by receipt of a bequest or inheritance

-- Jennifer Hughes, Esq.

Leaving a bequest or inheritance to a disabled person receiving (or eligible to receive) means-tested public benefits (person can only own—in his or her own name—a certain amount of assets with a limit to the permissible amount of cash on-hand or in the bank) will disqualify the disabled person from such benefits until funds from the inheritance or bequest are exhausted.

The disqualification from benefits and subsequent reapplication process—as well as the delay in re-approval of benefits—can have devastating effects. Additionally, if the disabled person has

difficulty managing money, the money may be gone quickly.

Fortunately there is an excellent option available to families who wish to plan for the secure and comfortable future of disabled relatives: the Special Needs Trust.

The beneficiary of a Special Needs Trust does not own or control the assets, even though they are designated for the beneficiary/disabled person's needs which are not already being addressed by public benefits the disabled person is receiving.

Setting up a Special Needs Trust provides protections for

your loved one within specific parameters. It is important to know the permissible types of expenditures and limitations of each type of means-tested public benefits to which a Special Needs Trust may be entitled.

Protect and provide your loved ones by planning ahead. Grief is difficult to manage, even without the complexities of the legal system.

Disclaimer—this is general information only, not legal advice on a specific situation.

For more information, go to our website.

Barbara J. Schrock, PH.D., ABPP
Board-Certified in Clinical Neuropsychology

Licensed Psychologist PSY 9917

3252 Holiday Court, Suite 205
La Jolla, California 92037

5989 Cozzens Street
San Diego, California 92122

Phone 858-945-6697

Fax 858-535-0269

E-mail drschock@barbarajschock.com

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.



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



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SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am--noon

January 19, 2013: Brain Nutrition—Dr. Shannyn Fowl, ND, licensed doctor of Naturopathic Medicine. Dr. Fowl will share ways to nourish the brain and live a brain-healthy lifestyle. She will offer real tools that you can incorporate into your life.

February 16, 2013: Navigating the System—Maria Iriarte, Esq, Disability Rights California. Maria will discuss the many legal, civil, and service rights for people with disabilities. She will answer questions about Medicare and Social Security benefits as well as share educational and advocacy services

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

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

& 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

February 9, 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, a graduate of the program will discuss the benefits of skill development and confidence-building.

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

SPONSOR A MEETING

Thank you to Cindy Foote, RN of Senior Helpers – Central San Diego and Alex Lovejoy, Owner/Administrator of Right at Home in Home Care & Assistance for sponsoring a meeting.

If you or your company would like to sponsor a Saturday Support Group Meeting, call 619-294-6541 or e-mail us at info@sdbif.org.



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



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SDBIF SATURDAY MEETINGS & SUPPORT GROUPS

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.

Creative Writing Group:

For survivors who like to write, join the Writer's Group.

Meetings are held every Friday from 1:30—3pm at the SDBIF office, 3590 Camino del Rio North, San Diego, 92108. Contact the office if interested: 619-294-6541.



Collaboration, Cooperation, Compassion....

At Learning Services these words mean something. Since 1987, Learning Services has been dedicated to providing specialized services for adults with acquired brain injuries. After twenty five years, we remain a national leader in post acute neuro-rehabilitation, neuro-behavioral rehabilitation, and supported living services. Each location offers individualized rehabilitation programs that are delivered in a community-based, therapeutic environment.

For more information on our Southern California Program, please call 888.419.9955 or visit learningservices.com



Tom & Trudy Balestreri
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IN HONOR OF

Garret Chesney
by Kent & Wendy Chesney
Mike Orlik
by Sue Smith
Don Strom
by Sarah Gutz

IN MEMORY OF

Stanley Staner
*by the Staff at Sharp's
 Community Re-Entry
 Program*

GRANTS RECEIVED

**The Country Friends
 The Rotary Club of Escondido**

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

Save the date for the 28th Annual Golf Classic



Monday, April 29, 2013

**The Country Club of
 Rancho Bernardo**

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!

Going Green

Over 4000 people subscribe to our newsletter, which means we print and mail almost 12,000 issues a year.

Over the past five years, many of you have opted to receive the newsletter by e-mail. Money saved goes directly into programs and services for brain injury survivors.



If you are interested in going green, e-mail us at info@sdbif.org to receive a pdf file.

HOW TO BECOME A MEMBER OF SDBIF

Name: _____

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Amount: \$ _____

E-mail: _____

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

LEVELS OF GIVING:

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

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!*

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

Would you like to receive the SDBIF Brain Injury Press via e-mail?

Email info@sdbif.org to receive a pdf file.

Holiday Party
December 15, 10am--noon
Joyce Beers Community Center

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Resources for the journey towards recovery.

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