

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 2013, Issue 230 Serving brain injury survivors and their families since 1983

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Save The Dates

Restaurant night:
California Pizza Kitchen
 Thursday, December 5, 2013
 all day, any CPK
 20 % of your check goes to SDBIF
 Must present coupon insert!

Holiday Party

Saturday, December 21, 2013
 10am – 12:00
 Joyce Beers Community Center
 3900 Vermont Street
 San Diego, CA 92103

Walk for Recovery

Saturday, March 1, 2014
 7th Annual Walk for Recovery
 Mission Bay Park,
 De Anza Cove
 Build a team and register on line!

29th Annual Golf Classic

29th Annual Golf Classic
 Monday, April 28, 2014
 Country Club of Rancho Bernardo

Friendraiser 2013

Over 200 friends of the San Diego Brain Injury Foundation crowded onto the terrace at the Mission Trails Regional Park September 28th to enjoy a beautiful evening under the stars with the music of Herb and Jeff (Herb Hein, speech pathologist, was an early member of the board of directors) and celebrate 30 years of service for the organization.



This is the one evening when professionals, survivors and families meet, catch up, and enjoy time together. In addition to wine-tasting and a silent auction, beautiful art and crafts done by brain injury survivors was featured. The art ranged from pottery, jewelry and sculptures to photography and oil paintings.

Thanks to our friends, the Foundation raised over \$30,000. Proceeds go to cover services provided by the Foundation such as our free support groups, the telephone helpline, the website and the Brain Injury Press.

Thank you to our Sponsors, our Honorary Committee, the Artists, silent auction donors, our committee and volunteers and all of you who attended our event.

continued on page 4

Save the date for next year's Friendraiser: Saturday, September 20, 2014



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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

Ben Coughlan, Esq.

Ben Coughlan is an attorney with Gomez Iagmin Trial Attorneys in San Diego. He is devoted entirely to representing individuals who have suffered catastrophic personal injuries. He has worked extensively on issues involving traumatic brain injuries as a result of automobile collisions, falls and sports. He works daily with families suffering the life-altering effects of brain injuries. Ben is proud to be a part of this wonderful organization. In 2013, Ben was named one of the Top 10 Personal Injury Attorneys by the San Diego Daily Transcript.



Glynnis Hubbard, M.A., CCC-SLP:

Glynnis Hubbard is a speech and language pathologist with a background in research, and providing rehabilitative therapy for brain injury survivors and their families. She also has a personal interest in assisting survivors and their family members as the granddaughter of two brain injury survivors. Glynnis has previously enjoyed volunteering for, and participating in events with SDBIF until joining the board in 2013, where she looks forward to continuing to support those affected by brain injuries in the community.



SDBIF would like to thank Carl Sell for his service on the board of directors. He completed his three year term in July, 2013.

SDBIF supports the BRAIN Initiative

On Friday, October 4, the San Diego Brain Injury Foundation participated in a hearing on how the State of California can step up to meet the challenges and opportunities of the BRAIN Initiative. (Brain Research through Advancing Innovative Neurotechnologies) Patsy Sholders addressed the needs of brain injury survivors and how this research effort would revolutionize our understanding of how brain function is linked to human behavior and learning and uncover new ways to treat, prevent and cure brain disorders. Dr. Ralph Greenspan, founding Director, Center for Brain Activity Mapping, and Associate Director, The Kavli Institute serves on our Advisory Council.

SDBIF collaborates with Southern Caregiver Resource Center to Launch Operation Family Caregiver

Formally known as Wounded Warrior Family Caregiver Outreach Program, Operation Family Caregiver is an education and outreach program targeting family caregivers of military personnel returning from Iraq and Afghanistan suffering from traumatic brain injury coupled with post-traumatic stress disorder.

Southern Caregiver Resource Center will serve as the lead agency responsible for program implementation, coordination of outreach activities, sustainability and evaluation. Outreach activities are to be concentrated in regions surrounding the VA, Naval Medical Center, Camp Pendleton and North Island Navy Base. For more information, call 619-294-6541.

7TH ANNUAL WALK FOR RECOVERY



SAVE THE DATE: SATURDAY MARCH 1, 2014

Mission Bay Park – De Anza Cove

NINA, A STORY OF UNCOMMON COURAGE

Book available in print and soon to be on Amazon under the title, *NINA'S COURAGE IN EPILEPSY*

Dr. Alfonsina Q. Davies, "Nina" to her family and friends, lived her entire life with a secret. Beginning in infancy, she was one of as many as seventy million people worldwide and over three million Americans living with epilepsy. Despite this grave diagnosis, with a fierce determination to live life to the fullest, she put on a brave face and fought the often-misunderstood disease until it took her life at age fifty-two.

Yet despite the widespread occurrence of epilepsy and other brain disorders, it remains shrouded in mystery, weighted

down with stigma. Nina called the disease a "dark cloud" that followed her throughout her life, when seizures struck with a vengeance and often without warning. Undergoing brain surgery at U.C.L.A. helped her live a more normal life, but the disease was a battle she fought daily.

Because the disease, with its seizures and side effects, remains a puzzle, scary to onlookers, patients, and family alike, few resources exist for those newly diagnosed that really tell the story of what living with epilepsy is like.

In this volume, Nina's mother, Nadia Q. Davies, lifts the veil on epilepsy and shares both

important information and resources, but also one family's--and one woman's---uncommon story of courage in the face of adversity. It is Nadia's deepest wish that the book will inspire, offering an honest and insightful discussion of epilepsy that is desperately needed. This is Nina's story, one of hope and triumph over adversity. It will touch your heart and be one you will never forget.

Please look at Nina's web-site: www.ninascourage.org ALL CONTRIBUTIONS MADE DIRECTLY FROM THE WEB SITE ARE TAX DEDUCTIBLE

For more information you may contact us directly at info@ninascourage.org.

NOVEMBER IS EPILEPSY MONTH PLEASE WEAR PURPLE!

Friendraiser 2013 | SPECIAL THANKS TO ALL OUR ARTISTS



Barbara Bates:

Barbara is a brain trauma survivor who overcame adversities since birth and then was struck by a motor vehicle while riding her bike 13 years ago. She finds pleasure in many different forms of art from hand made bound journals to origami shapes and is currently learning how to create beaded jewelry.



Kurt Rotzinger:

In 2003 Kurt suffered a stroke, which left him with aphasia and limited use of his right hand. He had been an architect before his injury, and since then has picked up a love for painting which he has to do with his left hand. It is still difficult for him to communicate; however, he enjoys expressing himself through his art.



Dee Bartsch:

After 8 ½ hours of back surgery, Dee Bartsch suffered a stroke. Dee and her husband Vince have been active in the SDB IF Couple's group and frequently volunteer for the Foundation. Dee makes beautiful frames with shells she collects, and most recently has been making wonderful jewelry.



Kyle Bowen:

Kyle Bowen is a young man who is a survivor of a traumatic brain injury. Before his injury, he enjoyed a plethora of outdoor activities. Since his injury, Kyle has found artwork to be a therapeutic outlet and finds time to volunteer and work at a non-profit art center called, Reason to Survive.

Friendraiser 2013



Michelle Lee Schaefer:

Michelle was struck by an automobile in 1992, while a medical student at the University of California, Irvine. She currently lives alone in Vista, attends Palomar Junior College and communicates with her sister in Australia on the Internet daily. Not only does she paint, but she does beautiful sculptures.



Sam Laisure:

Sam is an amazing photographer who suffered a traumatic brain injury in 1978. Through the years he has developed skills that have made him a very successful artist. His photography began as a leisure or recreational activity with a disposable camera; however, over time he learned how to use digital technology to produce beautiful art.



Silver Becerra:

On January 1, 2000, Silver was in an accident involving a big rig. Before the accident, Silver graduated from college earning a degree in computer information systems. Since her injury she has been on a completely different road, rediscovering herself and a passion for photography and her latest work with corks.



Stargazing with the S.D. Association of Astronomers

Special Thanks To Our Sponsors

Alvarado Hospital/San Diego Rehabilitation Institute
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Mary & Stephen Lewis
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The O'Neil Family
The Don Strom Scholarship Fund
The Westreich Foundation
Kevin Yoo, M.D.

Thanks to our Honorary Committee

Kyle Coopriider
Daniel Gardner, M.D.
David Goldin, Esq.
Tom & Maureen Hanifin
Mark McDonough, Ph.D.
Walter Strauser, M.D.
Southern Caregiver Resource Center

Friendraiser 2013 | SPECIAL THANKS TO

Artic Ice
Barons Market
Bob Joris
Vince Bartsch
California Pizza Kitchen, La Jolla
Cupcake Store
Eric K. James Vineyards
Herb & Jeff - musicians
Hometown Buffet
Jay Wilson, Executive Director,
Mission Trails Regional Park
Kim Villanueva – Honig Wine
Linda Klers, Soroptomist
Meatball Cucina
Members of the San Diego Flute Circle
On The Border Mexican Grill & Cantina
San Diego Astronomy Association
Souplantation, Rancho Bernardo
South Coast Winery



SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am--noon

January 18, 2014: Changes in Healthcare under the Affordable Care Act—Todd Higgins, Advocate, Disability Rights California. Find out what is covered in California with the new law and with the Medi-Cal expansion.

February 15, 2014: Relationships and Intimacy—Andrea Schwarb, LCSW, Community Programs Coordinator, Scripps Encinitas, Brain Injury Day Treatment Program. Sexuality is an integral part of the human experience. Andrea will address sexual issues as a component of brain injury rehabilitation.

Location: *Our meeting location is the Joyce Beers Community Center in Hillcrest. The Joyce Beers Community Center, 3900 Vermont Street, San Diego, 92103, 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.*

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.

THERE WILL BE NO SATURDAY MEETING IN MARCH JOIN US SATURDAY, MARCH 1, FOR THE 7TH ANNUAL WALK FOR RECOVERY. Mission Bay Park, De Anza Cove Fund raise, build a team and register on line by mid-December.

SUPPORT GROUP FOR PARENTS OF CHILDREN AND ADOLESCENTS WITH TBI

If you are interested in joining a group and meeting other parents of young children who have suffered a brain injury, call the office for more information (619) 294-654. The purpose of the group would be 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.

FOR SPANISH SPEAKING GROUPS!

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

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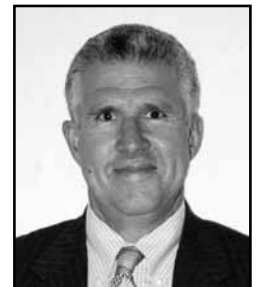
Phone Toll Free: 866/headlaw

- 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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phone: 619/235-6344

CHESS-PLAYING SESSIONS

The San Diego Brain Injury Foundation is excited to announce a new program designed to help individuals with brain injuries socialize and recover their cognitive skills. With the assistance of Excelsior Chess, a provider of children's chess programming, the San Diego Brain Injury Foundation will be offering monthly chess-playing sessions from 12:00 Noon until 1:00 PM immediately following the San Diego meeting at the Joyce Beers Community Center. We will be joined by children and adult volunteers from Excelsior Chess who have a love for the game of chess and want to share that with each one of you. A similar program at Fort Hood, TX is helping Wounded Warriors cope with the trauma of combat and rebuild their thinking skills. Check out this link, http://kdhnews.com/fort_hood_herald/across_the_fort/chess-helps-wounded-warriors-adapt-after-injuries/article_ff8d7248-d2d8-11e2-a84f-0019bb30f31a.html, to learn more about how chess can help you.

INLAND EMPIRE BRAIN INJURY ASSOCIATION

"Improving the quality of life for brain injury survivors and their families living in the Inland Empire".

The Inland Empire Brain Injury Association (IEBIA) is an organization dedicated to providing information, educational resources, mentoring and support for TBI survivors and their families living in the Inland Empire. Community awareness is essential, IEBIA plans to participate in applicable community event and health fairs to promote TBI awareness. We are also committed to holding seminars for healthcare providers regarding the brain injury continuum of care. If you are a survivor, family member, healthcare provider or have been touched in anyway by brain injury, don't hesitate to call us with any questions. We need to give the silent epidemic a voice. **Our next support group is planned for December 7, 2013**

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 www.iebia.org

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www.lapublishing.com/brain-injury-journey-magazine

SDBIF Holiday Party

Date: December 21, 2013 Time: 10:00-noon
 JOYCE BEERS COMMUNITY CENTER
 (3900 Vermont St., San Diego, CA 92103)

Come join the fun and celebrate the holidays.
 Entertainment by: **HOWARD HOUSE & LEARNING SERVICES RESIDENTS**, the fabulous and talented **SHARP PLAYERS & NORWEGIAN MEN'S CHOIR**.
 Don't miss the special recognition of our **SDBIF volunteers**.

Enjoy the festivities: food, raffle prizes, and FUN!

No need to RSVP, but if you have questions please call 619-294-6541.

The Joyce Beers Community Center is part of the Uptown Shopping Center (Ralphs & Trader Joes) in the Hillcrest area near 163 (San Diego, 92103). It is just north of University Ave, on Vermont St. between the Aladdin Café and the Panera Restaurant. Thomas Brothers Map: Page 1269-B5.

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FUTURE EVENTS

MILITARY OUTREACH: Special Event to be held in San Diego



Military Healthcare West: Physical Therapy & Rehabilitation

December 9-11, 2013 - San Diego, CA

<http://www.MilitaryHealthcareConference.com/>

Military Healthcare West will focus on education of the major issues rehabilitation professionals are dealing with in the military. The main areas of learning opportunity will be prosthetics, pain management, vocational rehabilitation, patient compliance, spinal cord injury, and polytrauma and blast injury, and a dedicated focus day on traumatic brain injury. Medical professionals will benefit from unique interactive opportunities such as site visits, equipment demos, and interactive workshops. Please join us in San Diego at the premier military rehabilitation training summit of the year.

This years sessions will include:

- Developing a TBI Network of Care
- Interactive TBI Clinic
- Latest TBI Research and Rehabilitation at Spaulding Rehabilitation Hospital
- A Wounded Warrior Panel
- Collaboration with the VA and DoD
- Revolutionizing Prosthetics
- The Reeve Foundation NeuroRecovery Network: Standardized Activity based Therapy, Outcomes, and Program Evaluation

For more information regarding IDGA's Military Healthcare West contact IDGA at 1-800-882-8486 or email us at <mailto:idga@idga.org>

Save the date for the 29th Annual Golf Classic



Monday, April 28, 2014

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!

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

HELP US RAISE FUNDS !!

Thursday, December 5th is another CPK restaurant night where you can dine with friends and family and help raise funds for the San Diego Brain Injury Foundation. Go to any CPK in San Diego County all day long on December 5th--take out or dine in and 20% of your check will be donated to the San Diego Brain Injury Foundation. YOU MUST PRESENT THIS COUPON TO YOUR WAITER.

We thank you for your support.

Pizza with a purpose.

Bring in this flyer, present it to your server, and we'll donate 20% of your check to the organization listed below. Purchases include dine in, take out, catering and all beverages.

FUNdraiser in support of:

San Diego Brain Injury Foundation

Thursday December 5, 2013
All Day!!!

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For further information please contact:

California Pizza Kitchen La Jolla

3363 Nobel Drive

La Jolla, CA 92037

858.457.4222

Join the **Pizza Dough™ Rewards program** on your next visit or at cpk.com and receive a **free Small Plate** for registering.

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PIZZA KITCHEN



FUNdraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's FUNdraiser program. CPK will donate twenty percent of food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine in, take out, online, catering or curbside orders. Valid for delivery orders placed directly with CPK. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the FUNdraiser, please contact the organization directly.

As we head into this holiday season, we want to thank all of you who have so generously donated your time and offered your financial support to help make this such a successful year--marking our 30th anniversary.

We wish all of you a joyous holiday season. If you would like to make an end of the year donation, you can contribute on line at sdbf.org or send your check to SDBIF
P.O. Box 84601
San Diego, CA 92138.

www.sdbif.org

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



Melody Bacha
 Tom & Trudy Balestreri
 Christine Baser
 Flores Bishop
 Richard & Claire Blezard
 Bob & Margo Boles
 Thomas & Rita Bongard
 Hans & Margarethe Britsch
 Dianne & Richard Buchanan
 Kevin & Lisa Byrne
 Ruben Ceballos
 Frank Cerasoli
 Erika & Shad Chanley
 Wendy & Kent Chesney
 Michael Ciprianni
 Rita Collins
 Mary & Martha Cooper
 Kathleen Derzipilski
 Harry Dirks, Ph.D.
 Donald Lounsbery & Lora Dunlap
 Regina Eldred
 D. Ann & Darrell Fanestil
 Shelly & James Frasco
 Dr. Daniel Gardner
 Nancy Gerrish
 Laura Gilbert
 Nancie Glidden
 David Goldin
 Ralph Greenspan, Ph.D.
 Robert & Mary Hall
 Joanne & Herb Hein
 Edvard & Barbara Hemmingsen
 R.T. & L.D. Herman
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 Walter & Heike Kessler-Heiberg
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 Cheryl Tall
 Stephen & Julie Thorne
 Manuel Tobias
 Susan and William Vacca
 David Valiulis
 Gwen Van Wey
 Bob & Cathy VanVechten
 Barbara Welsh-Osga
 Kurt & Marilyn Whitekettle
 Jacqueline & Jeryl Wilson
 Dr. Vreneli Wilson
 Hede & Joachim Wolff
 Kevin Yoo M.D.
 Joe Zakarian

IN HONOR OF

Ryan Dirks (Tyger)

by Harry Dirks

Chuck Hansen

*by James & Linda Schick and
 Douglas & Mary Swenson*

Stephen McDonald

by Joseph Zakarian

Brittney Olberding

by Jackie Olberding

Edward Pollock

by Nancy & Thomas Patterson

Dr. Ron Ruff, Ph.D.

by Dr. Christine Baser

Nicole Schlimmer

by Steve & Lana Schlimmer

Kirk Wolff

by Hede & Joachim Wolff

IN MEMORY OF

Garret Chesney

by Kent & Wendy Chesney

Daniel Whitekettle

by Wilson & Marilyn Whitekettle

Rose Plocar

by Nancy Gerrish

Special Thank You

We would like to extend our sincere gratitude to the Keith Family Fund, a donor advised fund of the California Community Foundation, for their generous grant. The Keith Family Fund has provided funds to subsidize the cost of long-term care for a resident at Howard House. It is the intention that the fund's distributions will lessen the economic hardship to families who are dedicated to the health and well-being of their injured loved ones. We are so appreciative of this opportunity.

Special thanks to the Rincon Band of Luiseno Indians for their generous donation to Howard House.



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**Restaurant Night at CPK,
Thursday, December 5
Holiday Party, Saturday,
December 21**

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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!

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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.

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Telephone: _____ Amount: \$ _____

E-mail: _____

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