Save The Date

Survive HEADSTRONG
Walk for Recovery
Saturday, March 10, 2018
Mission Bay Park
DeAnza Cove,
Build a Team and register on line
https://give.classy.org/2018SDBIFwalk

A DAY OF ART
Friday, March 23, 2018
10 am—2:30 pm
See page 2 for details

33RD ANNUAL SDBIF GOLF CLASSIC
Monday, April 30, 2018
Country Club of Rancho Bernardo
For more information, go to
www.sdbif.org/2018golf

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

Celebrate Brain Injury Awareness Month--Join Us For survive HEADSTRONG

The largest gathering of brain injury survivors, families and professionals in San Diego County will take place on Saturday, March 10. To mark our 11th Annual survive HEADSTRONG-Walk for Recovery. Join us at Mission Bay Park—De Anza Cove to run, walk or roll and celebrate those on their journey to recovery from brain injury.

We expect a record attendance of 800 + participants. Registration starts at 8 am. You will have a chance to pick up your T-shirt and get a team photo before the walk which is scheduled to begin at 9:15 am. The registration fee for adults is $25; persons with a brain injury can register for $15.

To be a major sponsor or an exhibitor at the event or to register for the walk, go to https://give.classy.org/2018SDBIFwalk. You can design your own fundraising page and send it out to all your friends. You can also register by calling the office at 619-294-6541 or print a form from the website and mail it to our office.

This event is fun because it can involve your whole family, friends and neighbors. It is a short walk 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. Service dogs are okay.

Your fundraising efforts go to support the SDBIF mission: to improve the quality of life for brain injury survivors and their families living in San Diego County. SDBIF will donate a portion of the proceeds to state and/or national brain injury programs (e.g. BIACAL, BIAA) as well as the ABI Program at Mesa College to support the invaluable services provided every day to brain injury survivors in San Diego.

We need your help, so please join a team, help raise awareness about brain injury and show your support today!
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Howard House Director

The Brain Injury Press

A publication that reports on what’s going on in San Diego and around the country in support of brain injury survivors and their families. We welcome suggestions and articles by readers.

SDBIF, PO Box 84601, San Diego, CA 92138
E-mail: info@sdbif.org Fax: 619-294-2911
Phone: 619-294-6541 www.sdbif.org

Foundation News:

Director of Howard House Steps Down

Beth Anderson started as a caregiver at Howard House in 2004. In 2007, she became the Administrator. Through her experience with the San Diego Brain Injury Foundation she has committed herself to making Howard House one of the best Adult Residential Facilities for Adult Brain Injury Survivors.

“It’s been a pleasure and Howard House has been one of the best opportunities given to me,” explained Beth. Now she is looking forward to spending more time with her family. SDBIF thanks Beth for all her years of service.

San Diego Brain Injury Foundation Scholarship

The San Diego Brain Injury Foundation is pleased to offer two $500 scholarship opportunities for individuals surviving brain injuries. We invite you to apply and look forward to reviewing your packet. This scholarship is awarded to honor and encourage brain injury survivors to continue their education. It is designed to provide brain injury survivors assistance in continuing their educational progress and inspire them to reach for their dreams. The scholarship is open to graduating high school seniors going on to college or adults with acquired brain injuries who want to further their education and/or training at a college or technical school. Applicants must be residents of San Diego. The deadline for applying is April 1, 2018. You will be notified by May 31st if you have been selected to receive a scholarship.

To apply click on the following link: http://sdbif.org/resources/sdbif-scholarship-application

Changes in the Board of Directors

Cecilia Romo will be leaving the board after serving a 3 year term. Cecilia is the parent of a survivor, Andrea, who sustained a brain injury in a car accident in 2000. Cecilia had served on the board previously from 2009—2011. During that time she helped with some of the first walks and was very instrumental in starting the South Bay Spanish Speaking support group. She rejoined the board in 2014 and continued to help build awareness for brain injury survivors and their families. Thank you Cecilia for your time on the board.

A Day of Art

The San Diego Brain Injury Foundation and San Diego Writers, Ink are partnering to present, “A Day of Art” at Liberty Station, 2730 Historic Decatur Rd, Ste # 204, San Diego, 92106

Mark your calendar for March 23, 10 am—2:30 pm for this free event. Bring a lunch. Artists will be working with brain injury survivors exploring written and visual art.

Space is limited. To reserve your space, call the SDBIF office at 619-294-6541.
Thank you to all our Volunteers

Join us for Friday Night Liberty at Liberty Station 5—8 PM

2730 Historic Decatur Road, Barracks 16, #205 San Diego, CA 92106

If you have never been to a Liberty Station First Friday, you really should check it out. The following survivors will be featured:

April 6: 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. Sam has been a featured artist in the past at our Friendraiser.

June 1: Micky Schaefer  Micky is a survivor of a traumatic brain injury sustained just prior to her second year in Medical School at UCI, Irvine during the Summer of 1992. Micky has created amazing artwork her whole life. With her incredible talent, Micky now finds new purpose in life through her paintings and sculptures.

Over 100 people attended our Holiday Party in December. Thank you to all the groups who participated in this event—especially the San Diego Mannskor, the Sharp Players, the Yang family for arranging the musicians and Cory Woodrow who led residents from both Howard House and from Learning Services in a holiday program with audience participation.

The following volunteers were recognized for their hours of service with the San Diego Brain Injury Foundation. We could not do all we do without the help of volunteers!

We are excited to announce that we will be moving our golf tournament to the Country Club of Rancho Bernardo. Save the date for the 33rd annual golf classic to be held Monday, April 30. Golfers will enjoy a day of golf, lots of prizes, dinner and a silent auction.

Bill and Dee Smith hosted the first golf tournament 33 years ago to raise money for Howard House, our home in Escondido for six brain injury survivors that need assistance with daily living. Since the beginning, SDBIF has raised well over a million dollars! The proceeds now go to both the operation of SDBIF and Howard House.

Contact the SDBIF office at 619-294-6541 if you are interested in playing in the tournament, joining the golf planning committee, or being a major sponsor. Ask about sponsorship opportunities for your company. Sponsor a hole for $250.

This is a great way to raise awareness of your company and show you care about community relations. Check our website: www.sdbif.org/2018golf

Beyond concussion

Are you living with prolonged concussion symptoms? Beyond Concussion Support Center is a single point of contact for relevant resources encompassing all aspects of the journey to healing.

The cornerstone of Beyond Concussion is our self-help support group. The free support group offers:

**RESOURCES**
From our own experiences, we will share treatments and resources that have helped in our healing processes.

**EMPOWERMENT**
We want to make you feel stronger and more confident during these hard times and will do what we can to help.

**SUPPORT**
We strive to provide a non-judgmental environment where all points of view can be freely expressed.

Open Support Group
2nd Thursday of the month from 7pm to 9pm

Patient/Family Only Support Group
last Tuesday of the month from 7 to 9pm

For Location Info:
www.beyondconcussion.org
info@beyondconcussion.org
858-707-5991

Connect With Us
JOYCE BEERS COMMUNITY CENTER
10am - noon

February 17, 2018: The Myths and Realities of Recovery—Matthew Audia, PT, DPT, CCMP, Audia Physical Therapy. Matthew will discuss ways to form your best path for complete recovery after a stroke or brain injury.

March 10, 2018: Survive HEADSTRONG Walk and Roll for Recovery To Register, visit www.sdbif.org/walk.

April 21, 2018: The ABC’s of Special Needs Planning Made Easy—What will future caregivers need to know to look after a loved one? A volunteer from the Special Needs Education and Advocacy Project will be discussing the government benefits you are entitled to plus the California ABLE Act.

May 19, 2018: The ABI Program—Brandi Behringer, Counselor, S.D. Community College District. What are the Acquired Brain Injury (ABI) Programs? Brandi, the intake counselor for the Mesa Program, will provide a brief description of each of the three programs in our San Diego community. Find out if one of these programs would be helpful to you in your recovery.

June 16, 2018: Leisure from a Cognitive Perspective—Ronda Stempien, MS, RTC, CBIS, REConnect! For survivors of TBI/ABI, establishment and support of leisure and recreational goals is an essential component of recovery.

Ronda will discuss how to improve physical wellbeing, cognitive efficiency, and social relationships—all vital components for successful community reintegration and retention.

Location: Joyce Beers Community Center in Hillcrest, 3900 Vermont St., which is part of the Uptown District Shopping Center (Ralphs & Trader Joes) near 163, north of University Avenue in San Diego, 92103. If you get lost and need additional directions call the Uptown District Shopping security guard at 619-419-4787

NORTH COUNTY
10am - noon

CARE Workshop
We are thrilled to have 2 speakers join us for our 2nd SDBIF CARE Workshop. Both are parents of young adults dealing with post-concussive syndrome. Peggy Khayamian will talk about the Power of Positivity. Miriam Allsop will address the topic of The Importance of Self-Care.

Refreshments will be served. There is no need to make a reservation. Hope you can join us.

Location: Conference Center at Scripps Hospital, 354 Santa Fe Drive, Encinitas, CA 92024

THERE WILL BE NO SATURDAY MEETING IN MARCH AT EITHER THE JOYCE BEERS COMMUNITY CENTER OR NORTH COUNTY.

JOIN US SATURDAY MARCH 10, FOR THE 11TH ANNUAL WALK FOR RECOVERY.

COPES GROUP FOR BRAIN INJURY SURVIVORS
Connect with others who are experiencing the same emotions. Share information about new research and medication. Develop new friends.

For more information, call 619-294-6541 or e-mail us at susan@sdbif.org

BILINGUAL (ENGLISH/SPANISH) SOUTH BAY SUPPORT GROUP
Individuals with a brain injury, family and friends meet at the Scripps Well Being Center, 237 Church Avenue, Chula Vista, CA 91910. The Spanish speaking group meets on the second Monday of the month; English on the fourth Monday. For more information, contact: Rosa Gibson at 619-862-6611 or Cecilia Romo at 619-254-5119.

Couples Group for Brain Injury Survivors
Connect with others who are experiencing the same emotions. Share information about new research and medication. Develop new friends.

For more information, call 619-294-6541 or e-mail us at susan@sdbif.org

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SDBIF wants to send a special thank you to Bill & Dee Smith for their stock donations in 2017.

Also a special thank you to Donna Metz of DM Color Express, Inc. for a very generous end of the year donation.

Donna, sister to Patsy Sholders, a brain injury survivor and past President of SDBIF, has donated greatly in the past to SDBIF. We feel very fortunate to have their continued support.
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

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Brain Injury

Is Not An Illusion

San Diego Disability Law Group

Helping brain injury survivors and their families for over 35 years

Personal Injury
If you or a loved one has suffered a traumatic brain injury, you may have legal remedies available to you. These can include money for medical expenses, long-term medical care and rehabilitation, lost wages, pain, suffering and emotional distress. Brain injuries are often difficult to prove, and they require the experience and expertise of a qualified brain injury attorney.

Social Security Disability
Social Security Disability is governed by complicated rules and regulations. To understand these rules and regulations, you need to speak the language of the Social Security Administration. We understand how important it is to present a claim correctly from the outset, and your chances of obtaining benefits improve with the help of an experienced disability attorney.

To receive a free case review from an experienced attorney, please call:
Toll free: (888) 503-6473 Phone: (619) 338-9000

San Diego Disability Law Group
1901 First Ave., Ste. 104, San Diego, CA 92101
www.sddisabilitylawgroup.com
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