

# Brain Injury Press

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

February 2018, Issue 243 Serving brain injury survivors and their families since 1983

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## 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](http://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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## 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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## 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.

Floretta Crenshaw will be taking over as Acting Administrator. Flo came to Howard House in 2016 as a caregiver and in 2017 was promoted to House Manager.

### 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.

### 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>

### 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!

Miriam Allsop  
Beth Anderson  
Donna Benson  
Sarah Bretz  
Deborah Consaul  
Kyle Coopride  
Donovan Cronkhite  
Queta Czerniewski  
Junie De La Cruz  
Alex Dubin  
Stefanie Eberhart  
Cheryl Edwards  
Elle & John Field

Kendra Francis  
Richard Green  
Chuck Hansen  
Emory Hingorani  
Shreece Hopkins  
Peggy Khayamian  
Jacalyn Leigh  
Heidi Lerner  
Kim Letendre  
Nicole Locker  
Sharon Lynn  
Alayna Mackay  
Alana Martins

Gary & Andrea Matthews  
Eric Meier  
Mike Murphy  
Ryan Olson  
Judy Pancoast  
Alexei Prohoroff  
Cecilia & Andrea Romo  
Kurt Rotzinger  
Michelle Schaefer  
Stacy Schaefer  
Mike Simonetti  
Linda Stamets  
Don Strom

Judy Tesone  
Bob Van Vechten  
Brian Van Vechten  
Carly Van Vechten  
Cathy Van Vechten  
Kacie Wagner  
Barbara Wilder  
Matt Wilder  
Bridget Winandy  
Christopher Yang  
Stephen Yang



## CALLING ALL GOLFERS

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](http://www.sdbif.org/2018golf)



*Beyond*  
concussion

SUPPORT CENTER

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](http://www.beyondconcussion.org)

[info@beyondconcussion.org](mailto:info@beyondconcussion.org)

858-707-5991



Connect With Us





## SDBIF SATURDAY MEETINGS

### 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](http://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.**

### 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](mailto: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.

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

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Breckinridge (Ridge) Armstrong III  
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Bruce Baxley Ph.D.  
Donna Benson  
Toni Biggs  
Tom Blinn  
Thomas & Rita Bongard  
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*Harry Nadler* by Ellie Nadler

*Rose Plocar* by Nancy Gerrish

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*Ron Ruff and Ann Richardson* by Rebecca Schmacher

*Bill & Dee Smith* by Joe Zakarian

*George West* by Herbert Schilling

*Don Strom, Chuck Hansen & Dan Stoll* by Donna Benson

*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

Brain Injury



Is Not An Illusion



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TOP-RATED NONPROFIT FOR 2017

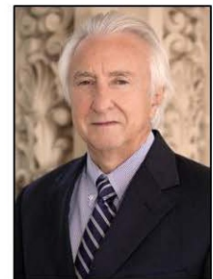
Thanks to our fans, we are one of the first winners of a 2017 Top-Rated Award from GreatNonprofits! Read inspiring stories about us and add your own!  
<https://greatnonprofits.org/org/san-diego-brain-injury-foundation>



Attorney Aline I. Gaba, Esq.

## San Diego Disability Law Group

*Helping brain injury survivors and their families  
for over 35 years*



Attorney George C. Heppner, Esq.

### 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](http://www.sddisabilitylawgroup.com)



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**Survive HEADSTRONG**  
Walk for Recovery  
Saturday, March 10, 2018  
Mission Bay Park  
DeAnza Cove

## 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
Champions	\$2,500
Olympians	\$1,000
Heroes	\$250
Angels	\$20

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