

SDBIF 2018 Speakers Series

Joyce Beers Community Center

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Saturdays, 10:00 am—noon

January 20, 2018: Brain Injury Lawsuits: What to Expect— Michael Bomberger, Esq. Mike has tried brain injury cases against hospitals, schools, companies, municipalities and individuals, and has many interesting and relevant stories to share.

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: **surviveHEADSTRONG — Walk 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, & social relationships—all vital components for successful community reintegration & retention.

July, 2018: THERE WILL BE NO MEETING THIS MONTH.

August 18, 2018: Healthy Living for Your Brain and Body: Tips from the Latest Research—Alzheimer's Association. Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age and use hands-on-tools to help you incorporate these recommendations into a plan for healthy aging.

September, 2018: THERE WILL BE NO MEETING THIS MONTH

October 20, 2018: Why Can't I Sleep?—Andrea Schwarb, LCSW, Community Programs Coordinator, Brain Injury Day Treatment Program, Scripps Memorial Hospital, Encinitas. Many people with brain injuries experience difficulty with sleep. Andrea will share information regarding causes of sleep problems. Participants will gain strategies for getting a better night's sleep.

November 17, 2018: Caregiving Through the Holidays— Maricela Gomez, MPH, Community Educator, Southern Caregiver Resource Center. Maricela will help us prepare for the holidays and learn strategies to reduce stress—making the holidays enjoyable for everyone.

December 15, 2018: Holiday Party —Come join the fun and celebrate the holidays. Entertainment will be provided along with raffle prizes, festive food and FUN! Special recognition will be given to all our great SDBIF volunteers.

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*