

# Brain Injury Press

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

July 2018, Issue 244 Serving brain injury survivors and their families since 1983

## In This Issue

Friendraiser	1
Foundation News	2
Howard House...	4
Nothing Could Dampen...	5
Golf Tournament	6
Saturday Meetings	7
Friends of SDBIF	8

## FRIENDRAISER 2018

Saturday, September 15, marks the date of our 18th Annual Friendraiser to be held again at the Mission Trails Regional Park. This is always a fun-filled evening for professionals in the brain injury community to come together with survivors and families and enjoy the beautiful sunset, wine-tasting, hors d'oeuvres, a silent auction and shopping for unique gifts showcased by artists who are brain injury survivors.



Deborah Consaul, Survivor artist

Music will be provided by Jeff and Herb. Later, guests can stargaze with the help of George Varga from the San Diego Astronomy Association.

Some of the residents of Howard House will be joining us this year with an artist's table. They have been hard at work under the direction of another brain injury survivor, Cynthia Hall, who has been volunteering her time to work with the residents. (See the article on page 4)

All of the artists featured at this event have suffered a brain injury and have used the expressive arts as part of their recovery. They will be sharing both their talents and their inspiring stories.

If you are an individual or business that would like to be a sponsor for this event or know of someone who is interested, please contact the office at 619-294-6541 or go to [sdbif.org/2018friendraiser](http://sdbif.org/2018friendraiser).

The cost of this event is \$60. No tickets will be mailed. Online registration is available at [sdbif.org/2018friendraiser](http://sdbif.org/2018friendraiser).



Art by Howard House Residents

Proceeds from this event will be used to provide support and services to brain injured survivors and their families living in San Diego County.

## Save The Date



### 18TH ANNUAL FRIENDRAISER

Hors d'oeuvres, wine, survivor art, entertainment & silent auction  
 Saturday, Sept. 15, 2018 ~ 6—8:30 pm  
 Mission Trails Regional Park  
[sdbif.org/2018friendraiser](http://sdbif.org/2018friendraiser)

### Check out the art at Liberty Station

Join us for Friday Night Liberty  
 Aug. 3, Oct. 5 & Nov. 2, 2018, 5—8 pm  
 2730 Historic Decatur Road,  
 Barracks 16, # 205  
 See page 3 for details

The leading causes  
 of TBI's are  
 falls and  
 motor vehicle accidents

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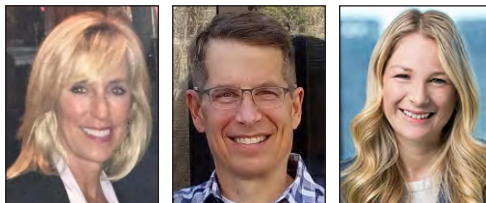
## The Brain Injury Press

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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Phone: 619-294-6541 [www.sdbif.org](http://www.sdbif.org)

## FOUNDATION NEWS:

### SDBIF WOULD LIKE TO WELCOME THREE NEW BOARD MEMBERS



**NANCY BERGER** is a Clinical Rehab Liaison with San Diego Rehabilitation Institute. She has a background in business development, marketing, and public relations both in the Bay Area and San Diego. Nancy shared, "I truly admire the work SDBIF does here in San Diego. I feel fortunate to utilize their information brochures, and resources for my patients and families."

**MARC JACOBS** sustained a life-threatening "very severe" TBI in 2005. Marc explained, "As a very grateful survivor, I have a passion to help others going through an analogous challenge." Marc has volunteered extensively for over a decade as a peer mentor in the brain injury rehabilitation programs at both the Rehabilitation Institute of Chicago/Shirley Ryan AbilityLab and the Scripps Memorial Hospital in Encinitas.

**KACIE VINEL, ESQ.** joined Gomez Trial Attorneys in May, 2015. As part of the firm's Brain Injury Practice Group, Kacie dedicates much of her time to working with survivors of head traumas. She is passionate about providing a voice for those who have suffered brain injuries through no fault of their own.

The board would like to thank **Angela Basham** for serving on the board. Angela recently left her position with the Defense and Veterans Brain Injury Center at Balboa Naval Hospital and has accepted a position at UCSD. Angela served on the SDBIF board for three years. During her time on the board, Angela served as a liaison with the military, chaired the golf tournament and helped with the Friendraiser.

### SDBIF AWARDS TWO SCHOLARSHIPS



The San Diego Brain Injury Foundation is pleased to announce that they have awarded two \$500 scholarships to individuals who have survived brain injuries and are pursuing their education.

Everything changed for **CHAD BARTLE** in August, 2016. He was on his way with his girlfriend driving to Julian and the next thing he remembers is waking up in Palomar Hospital's ICU. It was several days later. He had to learn to swallow, speak and walk again. He can recall feeling completely tired and wiped out in early therapy sessions, yet he refused to let hard work or trying keep him from recovering. Today, he is not showing any signs of slowing down.

He has been a participant and fundraiser for survive HEADSTRONG for the last 2 years and volunteers at Sharp Rehab's Community Re-Entry Program. He has been attending the Acquired Brain Injury Program at Mesa College and hopes to return to college to become a physical therapist assistant.

**VICTOR HERNANDEZ** was nine years old when he was hit by a speeding SUV while riding his bike. He was thrown 35 feet in the air and ended up with massive injuries including a severe brain injury. He was on life support for almost a month. He had to learn to eat, talk and walk again. He was given a wheelchair and a voice box to use for speaking. Slowly he made progress using a walker and then a cane and today he runs cross country! He concentrated hard and one day after 6 months of being unable to speak, said his dog's name, "Tucker." His motto is Never Give Up!

*continued on page 3*

Victor Hernandez is graduating from Red Bluff High School and will be attending Shasta College in the fall.

Read the inspiring essays of Victor and Chad on our website  
[sdbif.org/personal-connection](http://sdbif.org/personal-connection)

If you would like to contribute to the Scholarship Fund, go to  
[give.classy.org/sdbif-scholarship-fund](http://give.classy.org/sdbif-scholarship-fund)

or call the office at 619-294-6541

We wish Chad and Victor the best and are happy to be able to award each of them with a scholarship.

### ARE YOU A "SURVIVOR ARTIST" LOOKING FOR A PLACE TO SELL YOUR ART?

Revive Studios is excited to partner with SDBIF to provide a resource for financial independence for some of the most amazing artists out there! Revive Studios provides a platform for TBI Survivor Artists to gain Entrepreneurship and own their own business! This is not only a place where survivor artists can sell their art to the world, but a community of resources, discussion forums, support and more!

Revive is currently looking for Corporate Sponsors for Small Business Scholarships for TBI Artists! Email us at [ReviveStudioArt@gmail.com](mailto:ReviveStudioArt@gmail.com) to learn more! Come on over and meet our first Survivor Artist Ryan Olson at [revivestudioart.com](http://revivestudioart.com)



**FEATURED ARTISTS FOR  
FRIDAY NIGHT LIBERTY AT  
LIBERTY STATION  
2730 HISTORIC DECATUR RD,  
BARRACKS 16, # 205,  
SAN DIEGO A 92106  
5 – 8 PM.**

August 3, 2018:

**MICKY SCHAEFER** is a survivor of a Traumatic Brain Injury sustained just prior to her second year in Medical School at UC, Irvine, during the Summer of 1992. She spent almost 7 months in a coma, and a total of 11 months in the hospital. She was never able to return to Medical School. Micky has created amazing art work her whole life. With her incredible talent, she now finds her new purpose in life through her creations.

October 5, 2018:

**KURT ROTZINGER** suffered a stroke in 2003. Before his injury, he was an architect. The stroke left him with severe aphasia and paralyzed on his right side. Since then he picked up a love for painting and has been using his left hand. Kurt shares, "It is still difficult for me to communicate, so my art helps me express myself."

November 2, 2018:

**RYAN OLSON** sustained a Severe Traumatic Brain Injury 3 years ago at the age of 19 in a motorcycle accident. Ryan's family was told by doctors that he would never wake up from a coma, and if he did, would never walk, talk or have any "Quality of Life." Ryan is the definition of a survivor and with lots of hard work and determination is fighting the odds! He was an artist before the accident. His creativity and passion for art was the one thing he was most grateful to regain over a year after the accident. Art is very therapeutic for Ryan, sharing it with the community is what drives him to keep moving forward. Ryan brings Quality to Lives of many with his paintings!

### LOCAL GROUP RECEIVES CAREGIVER AWARD AT BIACAL CONFERENCE



Miriam Allsop and Peggy Khayamian received the Brain Injury Association of California's Outstanding Caregiver Award at the 8th Annual ATBI Conference and Resource Fair in Los Angeles on June 1, 2018.

Miriam and Peggy are parents of young adults dealing with post-concussive syndrome and together started "Beyond Concussion," a support center for anyone living with prolonged concussion symptoms. They offer resources, and support to patients and families.

For more information, contact them at 858-707-5991 or go to [beyondconcussion.org](http://beyondconcussion.org).

### SUPPORT SDBIF Pennies for Thought Campaign

2018 marks 35 years of service to brain injury survivors and their families. It's time to renew your annual support. Please consider a donation of \$35 as a survivor, family or friend and \$50 as a professional. Many employers offer matching gifts that could double your contribution. We value your continued support and generosity.

Watch for a letter coming soon in the mail or donate on line at [give.classy.org/pennies4thought](http://give.classy.org/pennies4thought)

## HOWARD HOUSE GETS AN UPDATE

“Tucked away in the crook of a bucolic country road is Howard House—a long term residential living facility for head-injured adults.”

This was the description of Howard House, our long-term care facility for brain injury survivors when the home first opened in 1987. The home was started by Bill and Dee Smith and Kevin, their son who suffered an aneurysm during his senior year at San Diego State University, was the first resident.

Recently there have been a lot of changes at Howard House. Florence Crenshaw took over as the new administrator of Howard House in February. Flo came to Howard House in 2016 as a caregiver. We quickly realized how fortunate we were to have found someone as dedicated and capable in caring for our residents. In a short period of time she advanced to house manager and to her current position as Administrator.



Flo wears many hats in her role with us. She is a fundraiser, currently raising funds to purchase updated vehicles. She uses her nursing training to provide care for our residents. She uses her experience as an administrator in the post-secondary education industry and business owner to keep Howard House up to date with CCLD regulations. Flo's work ethic, enthusiasm, and charismatic personality are greatly appreciated.

Cynthia Hall, a brain injury survivor and artist has been volunteering with the residents along with her husband, Bill. They meet weekly with the residents to do art and craft projects as well as work in the garden. They have been painting rocks and birdhouses for the garden as well as designing wire suncatchers. Many of these items will be on sale at the Friendraiser this year.



Thanks to a recent grant from **Country Friends**, Howard House was able to purchase new furniture for the bedrooms. Some of the rooms are being painted and redecorated. **Tim Hoover from Heritage Landscape Services Incorporated** donated new plants for the front of Howard House and put in an irrigation system. This greatly enhances the entrance for all visitors. Thanks to a very generous gift from **Sharon Keith of the Keith Family Foundation**, we have been able to offer scholarships to some of the residents and enrichment programs such as art and recreation.

**Escondido Rotary**

has for many years helped with work projects and donations for the survivors to go on outings into the community.

The San Diego Brain Injury Foundation is grateful to all of those who have helped create a home for brain injury survivors who need 24-hour care. Howard House is one of very few such homes in the state and housing for survivors needing this quality of care is one of our most pressing needs.



# NOTHING COULD DAMPEN OUR SPIRITS - BY CHUCK HANSEN

Saturday, March 10, 2018 at Mission Bay in San Diego was a cool, grey and cloudy day; unusual for San Diego. The weather report suggested that rain could come at any time after the morning! But, it was THE day of our yearly survive HEADSTRONG Walk for Recovery! We had over 600 survivors, family members, and friends registered, coming to walk the mile and a half course along Mission Bay, raising funds for the Foundation, and spirits for this gathered community.

Well, it was an amazing gathering indeed! For, we came together, all of us glancing nervously upward from time to time, and as the start time approached, the spirit of anticipation rose, becoming part of the very atmosphere! Finally, following the limbering exercises led by our beloved Oliver Rhodes, our emcee for the day, Jason Morris announced the START was on.

We lumbered off like a herd of turtles, some in wheel chairs, some withwalkers or canes, and the rest of us stepping our way along the path circling the beautiful bay and spring-green grass. Oh, a very few drops spotted pavement here and there, but the mood, the comradery, and the joy of being and moving together as a determined family shone brighter than the sun, hidden by the overcast skies.

We were determined; we were happy; we were moving, and **nothing could dampen our spirits!** Together, we raised over \$70,000 which includes a generous grant from the **Satterberg Foundation.**

A portion of the proceeds goes to the ABI Program at Mesa College to support the invaluable services provided to brain injury survivors in San Diego County!

**THANK YOU TO ALL OUR VOLUNTEERS!**

**THANK YOU TO ALL THE TEAMS WHO HELPED RAISE MONEY FOR THIS EVENT!**



BB (Beyond Brain) Aneurysm Folklore • Beyond Concussion • Buhlerd • Comebackers Neuro Club • Elle Gomez Trial Attorneys • Hidden Valley Ranch Rehabilitation Services, Inc. • Kare Bear • Lisalou • RaiseUpRegan SAVVYRUM • Scripps BI Team • speed bump • SRF/Sharp Allison deRose Rehab Ctr. • Sroka • Strong with a Service Dog Sue • TEAM ABI • Team Alex • TEAM AMANDA • TEAM DARBI • Team DB • Team Howard House • Team M&M Team Revive 4 Ryan • TEAM RUSTY • Team Stoll • Team Unstoppable • The Hiking Vikings • UCSD Trauma Walk Strong with Megan • Walkin For Tommy

## THANK YOU TO ALL OUR SPONSORS & EXHIBITORS

### 2018 WALK SPONSORS

#### LEARNING SERVICES:

Partner Sponsor and Walk Number Card Sponsor

#### PARTNER SPONSORS:

Sharp Memorial Rehab Services

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#### CHAMPION SPONSORS:

CareMeridian

California Physical Therapy Association, San Diego District

Coast Care Partners

The DeRose Foundation

Silverado

### 2018 WALK EXHIBITORS

ABI Programs

Learning Services

Intouch Chiropractic

Accredited Home Care Services

Beyond Concussion

Premier Healthcare Services

Oliver Rhodes

Sharp Memorial Rehab Services

Scripps Health

Protect the Brain Campaign

California Physical Therapy Association, San Diego District

Coast Care Partners

South Bay Rehab/San Diego Rehab Institute

Silverado

Farm Fresh to You

Wounded Warriors

CareMeridian

# 2018 SDBIF GOLF CLASSIC

The Annual SDBIF Charity Golf Classic celebrated the 33rd year of support for the brain injury community on April 30, 2018 at the Country Club of Rancho Bernardo with about 60 golfers.

The packed day began with a putting contest and lunch, followed by a shotgun start at 1 pm. Golfers stayed for dinner, drinks and a silent auction. The event raised over \$25,000 through entry fees, donations, raffle tickets, auctions and dedicated sponsors. The proceeds go to both the operation of SDBIF and Howard House.

**Thank you to all the golfers who joined us and supported our event.**



**A huge thanks to volunteers and sponsors who made this yet another successful event for SDBIF!**



## THANK YOU TO ALL OUR SPONSORS!

### PLATINUM SPONSOR

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### GOLD SPONSORS

Alaska Airlines  
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### SILVER SPONSORS

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Special thanks to Bob Serrano  
at Round Table Pizza  
for the printing of our raffle tickets  
and to  
Tammi Henderson from  
Souplantation, Rancho Bernardo  
for sponsoring our lunch.

## SDBIF SATURDAY MEETINGS

### JOYCE BEERS COMMUNITY CENTER 10am - noon

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.



*Meeting at Joyce Beers  
Community Center*

**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

### COUPLES GROUP FOR BRAIN INJURY SURVIVORS, Connect with Others

As one member described the group;  
“Even with brand new survivors and spouses, there is virtually instantaneous depth-of-connection in our communication with each other, because, no matter what, the exact injury—or when—we've all walked the same roads and tripped over similar surprises. It is simply SO healing and helpful to know that we are NOT unique or alone, and that there are others walking the same paths in recovery.”

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.

### CONNECT WITH SDBIF ON FACEBOOK

Check out #TBI Tuesday. Every Tuesday, we feature someone in the brain injury community that has made a difference.

Go to [facebook.com.sdbif](https://www.facebook.com/sdbif)

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*Catharine  
Kroger-Diamond*  
— Attorney at Law —

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*Keith Family Fund*  
*The Country Friends*  
*Satterberg Foundation*  
*Carstarphen Family Charitable Fund at Schwab Charitable*

## IN MEMORY OF

*Candice Andromeda Lindsay* by Carol Lindsay

## IN HONOR OF

*Derek Hansen* by Shirley Haenel

## IN HONOR AND MEMORY OF

*Charles Frederick Carstarphen Jr.* by: Cynthia Gordon and M. John Bunnell

*Michael Murphy* by: Richard & Kathleen Barner  
Carol Sawade  
Diane Jones  
Olivia & Bruce Figuered

*Uncle Michael Murphy* by: Monica Longoria



Support SDBIF by shopping through



By simply shopping through [smile.amazon.com](https://smile.amazon.com) and selecting San Diego Brain Injury Foundation as your charity Amazon will donate .5% of your purchase price to SDBIF!

**\*\*Prime and regular Amazon shoppers can all participate!**

## Here are the steps to setting up your Amazon Smile

**Step 1**

Go to [SMILE.AMAZON.COM](https://SMILE.AMAZON.COM) and either sign into your Amazon account or create an Amazon account

**Step 2**

Go down to the area where you type in the charity and type in "*San Diego Brain Injury Foundation*", click the "*Search*" button, then select the first option listed.

**Step 3**

Check off the box that says, "Yes, I understand I must always start at smile.amazon.com to support SDBIF"...then **START SHOPPING!!!**

Always make sure that you start your Amazon shopping by going to [smile.amazon.com](https://smile.amazon.com) so your purchases will support SDBIF.

**Thank you for your support by just doing what you already were going to do!**



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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Return Service Requested

**18th Annual Friendraiser**  
Saturday, Sep. 15, 2018  
6—8:30 pm  
Mission Trails Regional Park

**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

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](http://www.sdbif.org). Thank you!

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