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18th ANNUAL FRIENDRAISER

On September 15, over 225 people gathered for the 18th annual SDBIF Friendraiser, an evening under the stars, at Mission Trails Regional Park. Joan Embery, the Honorary Chair, shared her struggles and successes in recovery from a recent stroke. Through rehab, her goal was to be able to ride horses again and resume public speaking engagements. At this point, she has achieved both goals.

Hearing her story was an inspiration to everyone there. Hearing her story was an inspiration to everyone there and we all want to thank her for joining us.

The evening was a celebration of SDBIF’s work along with artists from the brain injury community, professionals serving the community and many survivors and family members.

Attendees enjoyed wine, food, art, music by Jeff and Herb, and star gazing as they shared stories, bid on more than 75 silent auction items, bought raffle tickets, and participated in the raffle, “Win the Wine” which raised $2000.

The 2018 SDBIF Friendraiser netted over $30,000 that will support the organization’s mission of improving the quality of life for brain injury survivors and families throughout San Diego County.

Thank you to everyone who attended. Please mark your calendar for next year’s event on Saturday, September 21, 2019.

Save The Date

HOLIDAY PARTY
Saturday, December 15, 2018
10 am—Noon,
Joyce Beers Community Center,
3900 Vermont Street,
San Diego, CA 92103
Come join the fun and celebrate the holidays. SDBIF volunteers will be recognized.

surviveHEADSTRONG
Saturday, March 30, 2019
Mission Bay Park,
DeAnza Cove,
Build a Team
and register on line!
www.sdbif.org/walk

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

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.

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

SDBIF BEGINS SEARCH FOR NEW EXECUTIVE DIRECTOR

President Teresa Dwight expressed, “With infinite gratitude, we bid our Executive Director, Susan Hansen, bon voyage. Susan has announced her retirement, effective May 1, 2019. She has been the glue that has held SDBIF together for over twenty years. Her warm and caring attitude greeted us all—at the support groups, the Walk in March, the Friendraiser, the golf tournament, the outreach to other organizations, just to name a few; and brought us together for our common cause. Thank you, Susan! We will make every effort to continue the example you have set.”

Susan shared, “What started out as a tragedy for my family, turned into a totally new career for me and a platform that both my husband and I could share. It has been exciting to see the organization grow from 400 members to currently over 4000 people in our data base. It has been very rewarding to work with brain injury professionals in the community; getting to know so many survivors and hearing their inspiring stories; and sharing the many challenges of family members. Thanks to everyone who has helped along the way to build this non-profit to the great organization it is today.”

JOIN US FOR THE SDBIF HOLIDAY PARTY!

On Saturday, December 15, SDBIF will be celebrating the holidays and recognizing our wonderful volunteers. Entertainment will be provided by the San Diego Mannskor, the residents of Learning Services and Howard House; Richard Green and the Sharp Players; and a concert by Christopher and Stephan Yang.

This is always a fun event with lots of raffle prizes, good food and music. Gifts made by Howard House residents will be available for purchase. We hope you will be able to join us.

CHUCK DEGENEFFE RETURNS TO SDBIF BOARD

Chuck is a Professor and Coordinator of the San Diego State University Rehabilitation Counseling Program. His primary research interests focus on adjustment and caregiving among family caregivers following acquired brain injury. Chuck served on the board previously from 2006—2014 first as President and then as Treasurer. We feel fortunate to have Chuck join us again on the board of directors.

The SDBIF Professional Advisory Council is a group of professionals who aim to support and further the mission of the San Diego Brain Injury Foundation. We are happy to welcome Ori Schnitzer, M.D. from Sharp Alison DeRose Rehabilitation Center in San Diego.
FOUNDATION NEWS:

FRIDAY NIGHT LIBERTY WITH DEBRA CONSAUL

If you are looking for that special Valentine, Deborah will have a display of unique cards for purchase.

JOIN US FRIDAY NIGHT FEBRUARY 1, 2019, 5—8 P.M. LIBERTY STATION 2730 HISTORIC DECATUR RD, BARRACKS 16, # 205, SAN DIEGO, CA 92106

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

You can also support SDBIF by creating a Birthday Fundraiser on Facebook and choose SDBIF as the beneficiary.

HOWARD HOUSE GETS SPECIAL THANKSGIVING DINNER

The residents and staff at Howard House were treated to a special Thanksgiving dinner provided by James Flores of Los Locos Mexican Restaurant. James added, “helping out and giving back is important to us. We are glad we are able to do a little something for others.” Los Locos Mexican Restaurant is located in Old Town at 2502 San Diego Avenue. We want to thank James for this kind gesture.

HELP SDBIF DOUBLE OR TRIPLE YOUR GIFT AT NO EXTRA COST TO YOU.

You can increase your gift to SDBIF without any cost to you if your company has a Matching Gift Program. Ask your Human Resources department for the necessary form (retirees, also), fill it out and mail to:

SDBIF, P.O. Box 84601, San Diego, CA 92138
or call the office at 619-294-6541 for more information.

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.

We wish all of you a joyous holiday season.

As you shop for gifts, remember to use smile.amazon.com and select San Diego Brain Injury Foundation as your charity. 5% of your purchase will go to SDBIF.

HOWARD HOUSE RECEIVES MUCH NEEDED DONATION

The residents and staff of Howard House want to give a big shout out and thank you to Heike & Walter Heiberg for donating their 2006 Toyota Sienna. Thank you so much for your generous donation and ensuring that everyone is transported safely. We truly appreciate you and your donation.

IT’S TIME FOR YEAR-END GIVING

During this holiday season, you can touch lives and provide greater hope for people with a brain injury by supporting programs, services, advocacy, and research. Your tax deductible gift allows us to sustain the vital programs that help us achieve our mission: to improve the quality of life for brain injury survivors and their families living in San Diego County.

Click on the link: https://give.classy.org/2018SDBIFeoy

2018 SUBARU “SHARE THE LOVE” EVENT.

The San Diego Brain Injury Foundation has been chosen to be Bob Baker’s Subaru’s Hometown Charity for the 2018 Subaru “Share the Love” event. During the “Share the Love” event, for every new vehicle purchased or leased, Subaru will donate $250 to the purchaser’s choice of participating charities. The San Diego Brain Injury Foundation has been selected by Bob Baker Subaru as one of two local charities. Please keep this in mind if you are looking to buy or lease in the upcoming months. What a great way to support SDBIF! THANK YOU.

If you have any questions, please call the SDBIF office: 619.294.6541

http://ow.ly/4aPu30mE0Qb

November 2018 / Brain Injury Press
The SD Brain Injury Foundation along with patient organizations throughout California, through support and advocacy, scored a major victory recently with the passage of Assembly Bill 1215, stipulating that research funds for innovation from the Mental Health Services Act (MHSA) will go to Cal-BRAIN. Cal-BRAIN is a statewide research granting program started by UCSD Professor Dr. Ralph Greenspan aimed at developing new treatment technologies for brain injury and disorders.

The MHSA funds county mental health programs and infrastructure. It was also tasked with supporting innovations in treatment, but no funds have been expended towards that goal since its passage 14 years ago. Cal-BRAIN is an ideal recipient of these funds, as it has demonstrated its effectiveness in igniting the development of new tools for better understanding of the brain, which in turn have the potential to realize new clinical approaches to tackle some of our most difficult medical challenges.

“Passage of this bill is vital to sparking innovation and progress for the important goal of helping patients and survivors,” said Dr. Greenspan. “SDBIF Director Susan Hansen and past Board President Patsy Sholders and the SDBIF community have been invaluable in helping us to accomplish this.”

Survivors and loved ones were introduced to an exciting new program during the Oct 13 meeting at Scripps! This low-cost program brings together survivors from all over the United States, each from their own home.

In this group program, survivors meet weekly to talk to each other and are led through engaging musical exercises designed to be a fun way to practice communication skills and relieve stress. To help make the experience as beneficial and cohesive as possible, survivors are grouped together according to age and ability level.

During sessions, survivors play real percussion instruments (African hand drums, shakers, wood blocks, etc.) at home, and can sing along as lyrics go by on the screen. These activities as well as discussions among survivors are facilitated by a facilitator.

Sessions are done using simple, easy to use video conference technology right from a survivor’s computer or tablet. Set up is simple. Each survivor receives a free 10 minute set up appointment before the first session, and support along the way.

Survivors can try a session free with no obligation. See a sample video, sign up for a free trial or get more information at beyondhighc.com or email beyond highc@gmail.com or call 714.728.2144.

NEW RESOURCE BRINGS SURVIVORS TOGETHER WEEKLY WITH MUSIC!

Thanks to our fans, we are one of the first winners of a 2018 Top-Rated Award from GreatNonprofits! Read inspiring stories about us and add your own!

https://greatnonprofits.org/org/san-diego-brain-injury-foundation
A Special Thanks to Our Generous Sponsors

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A Special Thanks to Our Honorary Committee

Joan Embery, Chairwoman
Dr. Christine Baser
Kyle Cooprider
Dan Gardner, M.D.
Tom & Maureen Hanifin
San Diego Rehab Institute & South Bay Rehab
Southern Caregiver Resource Center
Walter Strauser, M.D.
Van Vechten Family
Barbara Welsh-Osga, Ph.D.

A Special Thanks to the Survivor Artists

Deborah Consaul
Donovan Cronkhite
Cynthia Hall
Christina Hardy
Sam Laisure
Heidi Lerner
Ryan Olson
Kurt Rotzinger
Michelle Schaefer
Al Scholl
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Howard House Survivors
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Souplantation, Point Loma,
Filippi's Pizza, Mission Gorge,
The Craftsman Restaurant,
Jan Tierney

Photographers:
Meredith Murray and Bob Van Vechten

CareMeridian for the use of their van;
George Varga and Daryel Stager from the San Diego Astronomy Association,
Jon and Sabine from Dryad flutes.
Thank you to all the Volunteers!
JOYCE BEERS COMMUNITY CENTER  
10am - noon

JANUARY 19, 2019:  
“A Theme for Two Lost Players,” 
How to be Successful After a Brain injury—Richard Green and the Sharp Players, Sharp Allison deRose Rehabilitation Center at Sharp Memorial Hospital. Come enjoy a play that is a tribute to Frank Cerasoli and Vicki Newman.

FEBRUARY 16, 2019:  
Inner Peace the Benefits of Meditation—Debbie Moore, MA, CTRS, RTC, Sharp Allison deRose Rehabilitation Center at Sharp Memorial Hospital. Meditation may help alleviate pain, fatigue, and depression, and slow cognitive decline. Debbie will lead us in some meditation exercises.

MARCH 30, 2019:  
Survive HEADSTRONG.  
To Register, visit www.sdbif.org/walk

Location:  
Joyce Beers Community Center is 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 CARE Workshop Conference Center at Scripps Hospital, Encinitas  
10am - noon

JANUARY 12, 2019:  
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.

APRIL 13, 2019:  
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.

Location:  
Scripps Hospital is located at 354 Santa Fe Drive, Encinitas, CA 92024.

BILINGUAL (ENGLISH/SPANISH) SOUTH BAY SUPPORT GROUP

Individual 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

SAVE THE DATE FOR TBI MED/LEGAL CONFERENCE  
APRIL 5—6. 2019  
SAN DIEGO  
TICKETS ON SALE NOW: VISIT BIACAL.ORG

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

JOIN US SATURDAY MARCH 30, FOR THE 12TH ANNUAL Survive HEADSTRONG.
FRIENDS OF THE SDBIF   THANK YOU FOR YOUR DONATION!

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Diana Brotherton-Ware & Richard Townsend
Judith Treesberg
Rose Viens
Barbara Welsh-Osga
Ruth Westreich
Brent and Susan Yoder

In Memory Of

Candice Andromeda Lindsay by Carol Lindsay
Rajiv Chari by Jason Womack
Venu Chari
Mandyam Vikram
Malini Rajagopalan
Mysore Ramprasad
Sherri Nicolinn Schalchlin

Maria E. Marquez D’Arce by Victor Arce
Ronald J. Bongard by Rita Bongard
Erika Chanley by Shad Chanley
Chuck Hansen by Christine Radostits & Jim Schick

Jerry Heiser by Loretta Heiser
Dr. Ron Ruff by Dr. Christine Baser
Rusty Mendoza by Lauren Kemp
Charlie Miller by Carol Bray
Dr. Ron Ruff by Dr. Christine Baser
SDBIF helping my family & me by Sue Townley
Don Strom & Dan Stoll by Donna Benson
George West by Herbert Schilling
Kirk Wolff by Hede & Joachim Wolff

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Helping brain injury survivors and their families for over 35 years

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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
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www.sddisabilitylawgroup.com
Holiday Party,
December 15, 2018,
Joyce Beers Community Center

12th Annual
SDBIF Survive HEADSTRONG,
Saturday, March 30, 2019,
Mission Bay De Anza Cove

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email info@sdbif.org to receive a trial issue.

Also contribute online by visiting www.sdbif.org. Thank you!

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