

# Brain Injury Press

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

November 2018, Issue 245 Serving brain injury survivors and their families since 1983

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## 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](http://www.sdbif.org/walk)

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

## 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.



Joan Embery

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.**



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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

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

## FOUNDATION NEWS:

### 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.

### 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.

### 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."

Part-time Executive Director  
Position with Variable Hours  
If interested, send a cover letter  
and your resume to  
P.O Box 84601,  
San Diego, CA 92138 or  
email us at [info@sdbif.org](mailto:info@sdbif.org).





## 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](https://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](https://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>

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."

## NEW RESOURCE BRINGS SURVIVORS TOGETHER WEEKLY WITH MUSIC!

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](http://beyondhighc.com) or email [beyond\\_highc@gmail.com](mailto:beyond_highc@gmail.com) or call 714.728.2144.

**TOP-RATED  
NONPROFIT FOR 2018**



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>



# SDBIF FRIENDRAISER

## A SPECIAL THANKS TO OUR GENEROUS SPONSORS



## A SPECIAL THANKS TO OUR HONORARY COMMITTEE

## A SPECIAL THANKS TO THE SURVIVOR ARTISTS

Joan Embery, Chairwoman

Dr. Christine Baser

Kyle Coopridner

Dan Gardner, M.D.

Tom & Maureen Hanifin

San Diego Rehab Institute  
& South Bay Rehab

Southern Caregiver Resource Center

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Deborah Consaul

Donovan Cronkhite

Cynthia Hall

Christina Hardy

Sam Laisure

Heidi Lerner

Ryan Olson

Kurt Rotzinger

Michelle Schaefer

Al Scholl

Alana Shipman

Linda Stamets

Howard House Survivors

## A SPECIAL THANKS TO OUR GENEROUS SPONSORS

### **Food & Wine:**

South Coast Winery,  
Honig Vineyard and Winery,  
San Pasqual Winery,  
Challis Lane Wine - Richard Hein  
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!





## SDBIF SATURDAY MEETINGS

### 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](http://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.

### SAVE THE DATE FOR TBI MED/LEGAL CONFERENCE

APRIL 5—6, 2019  
SAN DIEGO  
TICKETS ON SALE NOW:  
VISIT [BIACAL.ORG](http://BIACAL.ORG)

### 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

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

**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!

Roy & Susan Smith (Maggie)  
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 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

## IN HONOR OF

*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  
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*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

*We would like to acknowledge the generous donations from the following:*

*Charitable Grants from  
 The Brent & Susan Yoder Charitable Fund  
 and Torrey Pines Kiwanis Foundation, Inc.*





**Will you be there?**  
**March 30, 2019**

**survive HEADSTRONG 2019**

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




Attorney Allene L. 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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**Holiday Party,  
December 15, 2018,  
Joyce Beers Community Center**

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

Your contribution is tax deductible as allowed by the law. The Foundation is a 501(c)3 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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pdf file.

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injury survivors, family  
members, professionals and  
associated agencies with your  
message

business card \$75 per issue  
1/4 page \$150 per issue  
1/2 page \$250 per issue  
full page \$400 per issue

**WANT TO ADVERTISE?**