

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 2019, Issue 246 Serving brain injury survivors and their families since 1983

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Save The Date



surviveHEADSTRONG

Saturday, March 30, 2019

Mission Bay Park

DeAnza Cove,

Build a Team and register on line

www.sdbif.org/walk

A DAY OF ART

Friday, February 22, 2019

10 am — 2:30 pm

See page 7 for details

Every year
brain injury affects
more than 11,000
people in
San Diego County alone.

Celebrate Brain Injury Awareness Month-- Join Us For surviveHEADSTRONG

Each year surviveHEADSTRONG gets bigger and bigger. The largest gathering of brain injury survivors, families and professionals in San Diego County will take place on Saturday, March 30, to celebrate Brain Injury Awareness Month. Join us at Mission Bay Park—De Anza Cove to run, walk or roll and honor those on their journey to recovery from brain injury. It is a short distance around the bay whether you are walking, in a wheel chair or using a walker or cane.

No dogs or balloons are allowed. Service dogs are okay.

We expect a record attendance of 800 + participants. About 20 exhibitors who specialize in brain injury recovery will also be there to provide information and resources to survivors and families.

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 9:00 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 www.sdbif.org/walk. 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.

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

Bring all your friends and family to celebrate **how much has been accomplished in your journey to recovery** and to raise awareness in the community about brain injury.

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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Phone: 619-294-6541 www.sdbif.org

FOUNDATION NEWS:

APPOINTMENT TO THE CALIFORNIA DEPARTMENT OF REHABILITATION'S TRAUMATIC BRAIN INJURY (TBI) ADVISORY BOARD

SDBIF board member, Dr. Charles Degeneffe, and Susan Hansen, SDBIF CEO, have been appointed to the CA TBI Advisory Board effective January 1, 2019 through May 31, 2021. The board will help to develop a statewide TBI needs assessment survey that provides data on gaps in services and supports; will research and obtain usable resources for longer-term funding of TBI programs and services in the State; and will create a plan for creating a statewide TBI registry, all of which will assist in improvements to California's TBI program. The Board members represent the wide and diverse spectrum of TBI communities across California.

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 Friday, February 22, 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.

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.

To apply click on the following link: <http://sdbif.org/scholarship>.

The deadline for applying is April 1, 2019. You will be notified by May 31st if you have been selected to receive a scholarship.



JOIN US FOR FRIDAY NIGHT LIBERTY AT LIBERTY STATION 5—8 PM

2730 Historic Decatur Road,
Barracks 16, # 205,
San Diego, CA 92106

April 5: SAM LAISURE

Sam, also known as Sunset 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. Come meet Sam and see his beautiful art work on April 5.



Sam's photography

Over 70 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 Learning Services in a holiday program with audience participation.



THANK YOU TO ALL OUR VOLUNTEERS!



*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
Cressa Bigham
Dianne Buchanan
Nanci Cable
Angela Camacho
Jeremy Castro
Melissa Coleman
Deborah Consaul
Lori & Elias Conteras
Flo Crenshaw
Donovan Cronkhite
Tanya D'Angelo
Sarah Dime
Alex Dubin
Stefanie Eberhart
Cheryl Edwards
Julia Giovanni
Shawn Fiala
Nancie Glidden
Viviana Gonzalez
Richard Green
Cynthia Hall
Chuck Hansen
Christina Hardy
Howard House Residents
Nani Jenson
Margaret Jones
Peggy Khayamian
Sam Laisure
Jacalyn Leigh
Kerry Leiser
Terry Leimbach
Heidi Lerner
Mary Lewis
Nicole Locker

Sharon Lynn
Bea Mann
Isabelle Martin
Gary & Andrea Matthews
Ian McFarland
Jason Morris
Kathy & John Munroe
Meredith Murray
Robin Nelson
Meredith Nowak
Ryan Olson
Marco Renteria
Oliver Rhodes
Ian Richenbacher
Cecilia & Andrea Romo
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Matt Wilder
Tess Willows
Bridget Winandy
Kiel Zielke



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You shop. Amazon gives.

By simply shopping through 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 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 so your purchases will support SDBIF.

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

SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am - noon

February 16, 2019: *Inner Peace, the Benefits of Meditation*—Debbie Moore, MA, CTRS, RTC, SHARP Allison deRose Rehabilitation Center. 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.

April 20, 2019: *Advanced Stroke & Brain Injury Recovery: Rehabilitation for Maximum Function and Quality of Movement*—Matt Audia, PT, DPT, CMP. Owner, Audia Physical Therapy and Jon Kern, Owner, S.A.B.I.R Stroke and Brain Injury Rehabilitation. Find out how Matt and Jon are revolutionizing stroke & brain injury physical therapy to get the best results.

May 18, 2019: *The ABI Program*—Brandi Bass, 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 15, 2019: *Addressing Cognitive Issues*—Tracy Teregis, M.S. & Erin Crowley, M.S. Brain injury typically manifests in difficulties with a variety of cognitive processes such as memory and executive functions.

Tracy and Erin will introduce you to how applications on your SMART devices can be integral compensation strategies to address these challenges.

July, 2019: THERE WILL BE NO MEETING THIS MONTH.

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

April 13, 2019: *Healthy Living for Your Brain and Body: Tips from the Latest Research*—Dr. Ryen MacDonald, 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: 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 30,
FOR THE 13th ANNUAL
Survive HEADSTRONG**

COUPLES GROUP FOR BRAIN INJURY SURVIVORS

Connect with Others.

The Couples Group will be meeting on the following dates:

February 10, March 10, April 14, and May 19, at 1 pm for a potluck.

Watch your e-mails for details.

If you are interested in joining the group, call 619-294-6541 or e-mail us at 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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A Day of Art

Friday, February 22, 10am-2:30pm

**& The San Diego Brain Injury Foundation
San Diego Writers, Ink**

are partnering to present, "A Day of Art"

@ Liberty Station, 2730 Historic Decatur Road, Suite #204, San Diego, 92106

*Artists will be working with brain injury survivors exploring written and visual art;
no artistic talent is necessary. Bring an open heart, positive attitude and a sack lunch.*

*SDBIF staff and social workers experienced with brain injury will be available for consultation during
this event for survivors or caregivers.*

To RSVP or for more information, please call the SDBIF office at (619) 294-6541.

SPACE IS LIMITED A FREE EVENT



Attorney Allene 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
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Survive HEADSTRONG
Walk for Recovery
Saturday, March 30, 2019
Mission Bay Park
DeAnza Cove

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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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