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

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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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!

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

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.
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.

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.

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!

Sam’s photography
Support SDBIF by shopping through Amazon Smile

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.

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.

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
FRIENDS OF THE SDBIF  THANK YOU FOR YOUR DONATION!


In Memory of

Steve Easterly by Anne & Chris Kip
Colin Montgomery by Cynthia Goodwin
Joel Heiser by Jerry & Loretta Heiser
Dr. Roger Judge by Janet Judge

In Honor of

“Dimebag” Darrell & Vinnie Abbott by Greg Keiling and friends
Mohammed Ahmed, M.D. by Arnie & Mindy Bertram
Ronald Bongard by Rita Bongard
Chuck Hansen by Doug & Mary Swenson
Judy & Alan Levenstein by Cristine Graham
Kurt Rotzinger by Tom Balestreri
Mia Sheperd by Maria Sheperd

Recurring Donors

Ridge Armstrong
Toni Biggs
Ruben Ceballos
Andrea Conboy
Debra Daenzer
Mary Duarte
Terese Dwight
Ryan Olson
Jim Rice
Debbi Sommer

www.classy.org/give/35418/#!/donation/checkout
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.

SVBIF 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 SVBIF office at (619) 294-6541.

SPACE IS LIMITED A FREE EVENT

San Diego Disability Law Group

Helping brain injury survivors and their families for over 35 years

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
Survive HEADSTRONG
Walk for Recovery
Saturday, March 30, 2019
Mission Bay Park
De Anza Cove
San Diego, CA 92109-4601

WANT TO ADVERTISE?
Reach more than 4000 brain 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

Would you like to receive the SDIF Brain Injury Press via e-mail?
Email info@sdbif.org to receive a PDF file.

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 53-0477744. Please send your check to: SDIF, PO Box 84601, San Diego, CA 92138-4601. You may also contribute online by visiting www.sdbif.org. Thank you.

How to Become A Member of SDBIF
Name: ____________________________ City: ____________________________
Company: _________________________ State: ____________________________
Address: __________________________ Zip: ____________________________
Telephone: ________________________ Amount: $ ____________

LEVELS OF GIVING
Miracle Workers: $10,000 plus
Stars: $5,000
Champions: $2,500
Olympians: $1,000
Heroes: $250
Angels: $20

$30. Professional; $50. Organization; $100.