

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 2019, Issue 247 Serving brain injury survivors and their families since 1983

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Save The Date



19th Annual Friendraiser

Hors d'oeuvres,
wine, survivor art,
entertainment & silent auction
Saturday, September 21, 2019
6:00 pm—8:30 pm
Mission Trails Regional Park
www.sdbif.org/friendraiser
See page 5 for details

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

Message from the Executive Director



Greetings SDBIF supporters, clients and community partners:

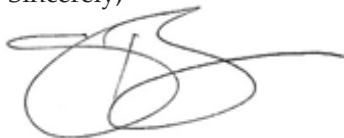
As some of you may know, SDBIF's long-time Executive Director, Susan Hansen, retired on May 1st. Susan served in the Executive Director role for 17 years and really was the face of the organization during this time. I am pleased to introduce myself as SDBIF's new Executive Director. I am a social worker by trade, with a master's degree in social work from San Diego State University. I have lived in San Diego, CA all of my life and reside in the South Bay area with my wife and two daughters. I have worked in a

variety of settings in my career including acute care (neurology, ICU, emergency, oncology), programs for developmentally disabled adults, hospice, family caregiver support and home care. I have often referred people to SDBIF over the years and have known and respected Susan Hansen for the past 17 years.

During this last year, SDBIF served over 5,000 people through multi-faceted programs including: our telephone helpline & online support, facilitating connection to vital community resources; support group meetings; information & assistance provided via community events, our newsletter and website; a variety of art programs for survivors including Friday Night Liberty and Day of Art; and Howard House, a unique, brain injury specific residential care facility. The programs SDBIF offers to address the wide-ranging needs of survivors and their family members are important to service recipients and community professionals alike.

After over 35 years serving the San Diego community, SDBIF has a strong foundation of exceptional service that I am excited to continue and build upon. In partnership with SDBIF's engaged Board of Directors and committed staff, I look forward to expanding SDBIF's scope, reach and ability to serve increasing numbers of survivors and their family members in the years to come.

Sincerely,



Kurt Buske, MSW

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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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FOUNDATION NEWS:

SDBIF WELCOMES NEW BOARD MEMBERS



COLLEEN



SUSAN

COLLEEN HARMON has over 25 years of experience working as a rehabilitation counselor, including experience providing counseling to clients with brain injuries. Currently, Colleen works as a Business Development Specialist for Sharp Rehabilitation Services. Colleen is excited to engage her interest in programs geared towards helping individuals with brain injury via her service on SDBIF's board of directors.

SUSAN BIFFL, MD was originally a pediatric physical therapist for ten years prior to attending medical school at the University of Colorado School of medicine. Dr. Biffel is board certified in Pediatrics, Physical Medicine and Rehabilitation, Pediatric Physical Medicine and Rehabilitation, and Brain Injury Medicine. Dr. Biffel is bringing her 30+ years of experience to SDBIF's board as part of her mission to continue to do all she can to support the quality of life for people with brain injury and their families.

THANK YOU CATHY!

The board would like to thank Cathy VanVechten for her service. Cathy has been a board member since 2014 and served as Secretary for many of those years. Thank you, Cathy, for your many years of helping to improve the lives of survivors and their families!

SAN DIEGO BRAIN INJURY FOUNDATION SCHOLARSHIP



ARIANA



MATTHEW

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

In 2016, **ARIANA KHAYAMIAN** suffered a mild traumatic brain injury in a cheerleading accident. She brushed the injury off until her symptoms persisted and she sought medical attention. She was subsequently diagnosed with post-concussion syndrome and continues to have symptoms to this day. Ariana is not letting her symptoms slow her down and she has been accepted to Mesa College. She plans on pursuing a Bachelor's degree in psychology, with a focus on neuropsychology and behavior. Eventually, Ariana plans on pursuing her MD, all the while being an advocate in the brain injury community.

During the 2nd semester of his sophomore year in college at SDSU, spring 2018, **MATTHEW MORISKY** was in a skiing accident. This accident resulted in a brain injury that put Matthew in a coma for a month and a half. When he woke up from his coma, he could barely speak and no longer had function below his knees.

continued on page 3.

FOUNDATION NEWS

Matthew was in a wheelchair for 4 months after coming out of his coma and struggled with cognitive issues. Fast forward to today and Matthew doesn't use a wheelchair or a walker, but walks with only braces. Matthew's goals include finishing his education at SDSU. Matthew acknowledges that his studies are significantly more challenging now, but he is more determined than ever before to pursue his educational goals.

If you would like to contribute to the Scholarship Fund, go to:

sdbif.org

and click on the icon that says

SDBIF Scholarship Fund

OR call our office at 619-294-6541

We wish Ariana and Matthew the best and are happy to be able to award each of them with a scholarship!

SUBARU "SHARE THE LOVE" DONATION



Last June, the San Diego Brain Injury Foundation was selected by Don Elliott and Bill Kornik of Bob Baker Subaru in Carlsbad to participate in Subaru's Share the Love program as a Hometown Charity! Over the last 11 years, the "Share the Love" event for Subaru of America, Inc. has donated over \$140 million to national and hometown charities.

During the Share the Love event, for every new vehicle purchased or leased Subaru donates \$250 to the

purchaser's choice of participating charities. We are so thankful to Bob Baker Subaru for choosing the San Diego Brain Injury Foundation as one of their hometown charities for 2018! We were stunned when they notified us that we were receiving a check for \$9,157!

We thank Bill Kornik, Don Elliott, Austin Brawner and Subaru of America for this magnificent gift that will help us continue to provide services to those in need.

SDBIF RECEIVES DONATION FROM AYLUS



We first were introduced to The Alliance of Youth Leaders in the United States (AYLUS) through Stephen and Christopher Yang who performed at our Holiday party for many years. Although Stephen and Christopher have graduated and are no longer involved with this group, they continue to support the work of SDBIF. The funds donated to SDBIF came from youth members' cash donations garnered from environmental cleanup initiatives such as bottle recycling over the past couple of years. We are most grateful for their donation and the hard work that went in to making it happen.

The Alliance of Youth Leaders in the United States (AYLUS) promotes the development of its members' leadership, integrity, and innovation through the planning and execution of volunteer projects that aim to benefit their communities.

SPECIAL THANKS

Thanks to a substantial grant from Sharon Keith of the **Keith Family Fund**, we are able to offset the cost for some of our residents at Howard House. We are so thankful for this generous donation as it allows us to provide quality care and improve the quality of life for our residents. You are our hero Sharon Keith! Thank you so much.

A special thanks to Cynthia Gordon and M. John Bunnell of the **Carstarphen Family Charitable Fund** at Schwab Charitable for their generous grant in memory of Charles Frederick Carstarphen Jr. We thank you for your many years of support and for helping us to make a difference in the lives of many survivors and their families.

SUPPORT SDBIF PENNIES FOR THOUGHT CAMPAIGN

We are in our 36th year of service to brain injury survivors and their families.

Please help us continue to provide services to those on their journey to recovery by renewing your annual support for the SDBIF. Many employers offer matching gifts that could double your contribution.

Thank you in advance - we value your continued support and generosity.

Watch for a letter coming soon or donate online at

sdbif.org/support-sdbif

SDBIF SATURDAY MEETINGS

2019 Speakers Series
JOYCE BEERS
COMMUNITY CENTER

San Diego Brain Injury Foundation
Saturdays, 10am - noon

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

August 17, 2019: *Benefits of Music Therapy After a Brain Injury*—Cory Woodrow, MT-BC, Neurologic Music Therapist, Resounding Joy Inc. Learn how music therapy can be effective in treating social, emotional, physical and cognitive deficits. Join Cory in some of the music exercises.

September, 2019: THERE WILL BE NO MEETING THIS MONTH

October 19, 2019: *Cognitive Rehabilitation and Strategies to Improve Memory, Attention and Problem Solving*—Amy Jak, Ph.D., Associate Professor of Psychiatry, UCSD School of Medicine. Dr. Jak will be sharing research on the impact that daily activities such as walking or computer training can have on cognitive functioning. Focus will be on how to make lifestyle and quality of life choices to help keep our brain and body healthy.

November 16, 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.

December 21, 2019: *Holiday Party*—Come join the fun and celebrate the holidays. Volunteers will be recognized.

Location: Joyce Beers Community Center in Hillcrest, 3900 Vermont St., San Diego 92103, which is part of the Uptown District

Shopping Center (Ralphs & Trader Joes) near 163, north of University Avenue. If you get lost and need additional directions, call the Uptown District Shopping security guard at 619-419-4787.

**NORTH COUNTY 2019
10am - noon**

July 13, 2019: Matt Audia and Jon Kern
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 Dr. Audia and Jon Kern are revolutionizing stroke & brain injury physical therapy to get the best results.

October 12, 2019: Meeting will be held.
Speaker TBA.

Location:
10:00 am to 12:00 pm.
Scripps Hospital, Encinitas (in the conference room – look for SDBIF signs),
354 Santa Fe Drive,
Encinitas 92024

COUPLES GROUP FOR BRAIN INJURY SURVIVORS

Connect with Others.
The Couples Group will be meeting
on the following dates: *TBA*

Watch your e-mails for details.
If you are interested in joining the
group, call 619-294-6541 or
e-mail us at stephanie@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.

**FEATURED ARTISTS FOR
FRIDAY NIGHT LIBERTY AT
LIBERTY STATION
2730 HISTORIC DECATUR RD.,
BARRACKS 16, #205
SAN DIEGO 92106
5:00 TO 8:00 PM**

AUGUST 2, 2019

MICHELLE 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. Michelle has created amazing artwork throughout her entire life. With her incredible talent, she now finds new purpose in life through her creations.

OCTOBER 4, 2019

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 his stroke, Kurt picked up a love for painting and learned to use his left hand for this activity. Kurt shares, "It is still difficult for me to communicate, so my art helps me express myself."

NOVEMBER 1, 2019

RYAN OLSON sustained a severe traumatic brain injury in a motorcycle accident 4 years ago at the age of 19. Ryan's family was told by doctors that he would likely never wake up from his coma and, if he did, he 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 he is beating the odds. Ryan was an artist before his 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 and sharing it with others is what drives him to keep moving forward. Ryan brings joy and appreciation to the lives of many with his paintings.

FRIENDRAISER 2019 – SAVE THE DATE!



Our 19th annual Friendraiser event will be held on Saturday, September 21st, from 6:00 pm to 8:30 pm at Mission Trails Regional Park. We are excited to announce that Mary Seau, founder and CEO of the Mary Seau CTE Foundation and NFL great Junior Seau's sister, will be our Honorary Chair this year! Mary will be sharing a bit about her family's experience with undiagnosed brain injury during her talk. Mary started her foundation in memory of Junior Seau and it is her wish to inform and educate the community about CTE. Mary believes that research, education and prevention are keys to understanding.



MARY

SDBIF's Friendraiser is always a fun-filled evening for professionals in the brain injury community to come together with survivors and families to 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. 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 and all sales of their art at the event goes directly to them! Music will be provided by Jeff and Herb. Later, guests can stargaze with the help of George Varga from the San Diego Astronomy Association.

Proceeds from our Friendraiser event help to provide life-changing resources for fellow San Diegans recovering from brain injury and their friends and family who are helping them on their journey to recovery.

If you are an individual or business that would like to be a sponsor for this event or donate a silent auction gift, please contact the office at 619-294-6541, email stephanie@sdbif.org or visit us online at www.sdbif.org/fundraiser.

The cost of this event is \$60.

No tickets will be mailed.

Online registration is available at give.classy.org/2019Friendraiser.

Our Title Sponsor:



Committed to our Clients and our Community



FRIENDS OF SDBIF THANK YOU FOR YOUR DONATION!

Elizabeth Anderson
Ridge Armstrong III
Amir Bahreman, M.D.
Toni Biggs
Ruben Ceballos
Andrea Conboy
Bob & Gail Conrad
Margaret Crane
Ruth Curran
Debra Daenzer
Sandra & Dale Douglass
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Lynn & Tim Duoos
Richard Fletcher
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Jasmohinder & Bessie Grewal
Rory Kornik
Carol Ann Lindsay
Donald Lounsbery
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IN MEMORY OF

Candice Andromeda Lindsay by Carol Lindsay

IN HONOR OF

Kevin Long by June Long

We also want to thank each and every one who donated to our 2019 Survive HEADSTRONG Walk for Recovery. We couldn't have had such a successful event without your support. We are so thankful!

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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

SURVIVEHEADSTRONG 2019: WHAT A CELEBRATION OF OUR BRAIN INJURY COMMUNITY!



Saturday, March 30, 2019 at Mission Bay in San Diego was the setting for our **19th annual surviveHEADSTRONG Walk for Recovery**. Survivors, family, friends, caregivers, professionals, hospitals and many more brain injury-affiliated groups all joined together to honor the strength, effort and courage it takes to overcome the challenges of brain injuries as well as to celebrate and inspire those who are on their journey towards recovery. This event is the only one of its kind in San Diego where over 700 survivors, family members and friends gathered to walk and roll along Mission Bay to raise funds for SDBIF. Numerous exhibitors offered educational materials and information pertaining to brain injury to aid those on their road to recovery.

Oliver Rhodes, our beloved exercise leader, got everyone all warmed up and ready to go. Jason Morris, our emcee for the day and DJ, did the countdown and everyone was off! All at their own pace: some walked, some were in wheelchairs, some had canes and others participated on their own two feet with lots of family and friend support nearby. Leah Dawson, our very own board member, provided live social media commentary and interviews (check those out on our Facebook page!).

Together, we raised over \$60,000 for SDBIF. Since SDBIF relies almost completely on donations to keep our vital services going, this event is critical to our ability to accomplish our mission and it is our largest fundraising event of the year! Remember to save the date for next year's walk – **Saturday, March 21, 2020**.

**THANK YOU TO ALL OUR VOLUNTEERS!
THIS EVENT WOULD NOT HAPPEN WITHOUT YOU!**

**THANK YOU TO ALL THE TEAMS WHO HELPED RAISE MONEY FOR THIS EVENT! WE ARE PROUD TO SAY
THAT WE HAD MORE TEAMS THAN EVER BEFORE - 34 TOTAL!**

*5W Trauma • UCSD Hillcrest • Comebackers Neuro Club • Dan Lang Realty One • Daniel Eder's Crew • Gomez Trial Attorneys • GrayMatters4U
Hidden Valley Ranch Rehabilitation Services, Inc. • Josh Mendell • Julia Giovanni • Knight Walkers • Learning Services • Patsy's Peeps
Seven's Team • Speed Bump • Sroka • Strong with a Service Dog • TEAM AMANDA • Team Brain Troopers • TEAM DARBI • Team DB
Team Howard House • Team M&M - for Mariah • Team Patience • Team REVIVE for RYAN • Team Ruby • TEAM RUSTY • Team Sheo
Team Unstoppable • TEAMABI • The Hiking Vikings • Walk STRONG with Megan • Walkin' In Memory of Tommy
Walking with Warriors • Winandy*

THANK YOU TO ALL OUR SPONSORS & EXHIBITORS

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The Smolin Family

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Learning Services

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Andrew Heiberg
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South Bay Rehabilitation Center
Mark & Diana Miller

2019 WALK EXHIBITORS

Learning Services
Beyond Concussion
ABI Program
Sharp Rehabilitation Services
Pukka Pilates
CareMeridian/Neuro Restorative
Kaizen Brain Center

Accredited Home Care
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Oliver Rhodes
South Bay Rehabilitation Center
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19th Annual Friendraiser
Saturday, September 21, 2019
6:00 pm — 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 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. Thank you!

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