

Brain Injury Press

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

Winter 2019, Issue 248 Serving brain injury survivors and their families since 1983

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Save The Date

HOLIDAY PARTY

Saturday,
December 21, 2019
10am-12pm
Joyce Beers Community Center
3900 Vermont Street
San Diego 92103
Come join the fun and
Celebrate the holidays!

13th Annual surviveHEADSTRONG

Saturday, March 21, 2020
Mission Bay Park,
DeAnza Cove
Build a Team
Register on-line!
www.sdbif.org/walk
See page 5 for details

In San Diego County alone,
over 30,000 people suffer
a traumatic brain injury
every year

Message from the Executive Director

Greetings SDBIF supporters, survivors and community partners:

As 2019 comes to a close, I want to thank everyone who has supported SDBIF's activities over the year. Our strong community of support is truly what enables us to continue our legacy of service to the San Diego brain injury community. Thank you!

In 2019, SDBIF served over 5,000 people through our multi-faceted programs including: a telephone helpline & online support; speaker group meetings; information & assistance provided via community events and our newsletter; a variety of art programs for survivors including Day of Art and Friday Night Liberty; and Howard House, a unique, brain injury specific residential care facility. We also recently launched our Case Management program which enables us to meet directly with survivors to develop a resource connection plan to address a wide variety of needs. This new program has been very well received and, like all programs, we will need dedicated financial support to keep it going.

We had two large, successful community events in 2019: surviveHEADSTRONG on March 30th and our Friendraiser on September 21st. We thank everyone who participated in these events. Check out our Friendraiser recap and information for our next surviveHEADSTRONG event to be held on March 21, 2020 in this newsletter!

As you consider your year end donation opportunities, we ask that you consider supporting SDBIF's programs and services. Any size donation helps and your support is what keeps us going.

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

FOUNDATION NEWS:

SDBIF WELCOMES NEW BOARD MEMBER

ADRIENNE ELIZABETH DUBIN, Ph.D. has 30 years of experience as a neuroscientist. Currently, Dr. Dubin has been working as a neuroscientist with the Scripps Research Institute and an Adjunct Assistant Professor in the Department of Biology at San Diego State University. Dr. Dubin has focused her work on learning about brain injuries, imaging diagnostics and the psychological impacts of brain injuries and was involved with the discovery of the ion channel responsible for brain swelling after injury. Dr. Dubin also is a family member of a survivor. Dr. Dubin's son suffered a TBI in a skateboarding accident in 2016. Dr. Dubin and her son have volunteered with SDBIF, attended our events and attended our groups in recent years. Dr. Dubin has a passion for helping others and is excited to help make an impact on the lives of people with brain injury through her service on SDBIF's board of directors.

JOIN US FOR THE HOLIDAY PARTY!

On Saturday, December 21st, SDBIF will be celebrating the holidays at the Joyce Beers Center in Hillcrest from 10am to 12pm. There will be entertainment, music, raffle prizes, good food and conversation. We hope you will be able to join us.

BOARD THANK YOUS!

The following SDBIF board members are leaving their posts after significant contributions to the organization and we want to thank each of them for their service.

TERESA DWIGHT:

Teresa joined the SDBIF Board of Directors in 2012. She previously served as Secretary and then as our President for the last 5 years. Teresa has worked with brain injury survivors for over 30 years as a speech pathologist. You could always find her at SDBIF events as an enthusiastic supporter and overall positive light for the brain injury community. Thank you Teresa!

LEAH DAWSON:

Leah joined the board in 2016. Thank you, Leah, for your giving spirit and your passion for our brain injury community. Leah participated in all our events and was always willing to do what needed to be done. From hosting Facebook Live videos for us, being an emcee at events, and being our raffle prize announcer and auctioneer, your enthusiasm and dedication to SDBIF, survivors and families means so much. Thank you!

BEN COUGHLAN:

Ben has served as a member of the San Diego Brain Injury Foundation's Board of Directors for the past 6 years and was a previous vice president of the Board. He has emceed many of our events and also participated in many SDBIF golf tournaments. Ben is the Chairperson of Gomez Trial Attorneys' Brain Injury Practice Group and co-author/editor of the Journey Toward Recovery: A Brain Injury Guide for Families. Thank you, Ben, for your expertise in brain injury and for the help and support you have given our survivors and their families!

FOUNDATION NEWS:

FRIDAY NIGHT LIBERTY WITH DEBORAH CONSAUL

If you are looking for that special Valentine for Valentine's Day, please consider joining us for Friday Night Liberty on February 7th. We will be featuring Deborah Consaul and her unique, handmade cards that will be available for purchase. Here are the details:

Friday, February 7, 2020;
5pm-8pm
Liberty Station
2730 Historic Decatur Rd., #205
San Diego 92106

DAY OF ART

Join us on Friday, January 24, 2020 from 10am-2:30pm for a Day of Art! This event is a great day and is free. SDBIF partners with San Diego Writers, Ink. and a professional artist for this always fun event. Participate in professionally facilitated art and writing activities with a group of survivors. Space is limited to 12 participants so register as soon as you can by calling (619) 294-6541 or emailing info@sdbif.org.

IT'S TIME FOR YEAR-END GIVING

During this holiday season, you can touch lives and provide greater hope for brain injury survivors and their family members by supporting the San Diego Brain Injury Foundation. Your donation goes directly to our programs and services and allows us to continue our mission of *improving the quality of life for brain injury survivors and their families living in San Diego County*. Please consider SDBIF as you are making your end of year gifts! For more information and/or to donate online, visit: <https://sdbif.org/support-sdbif/>

SDBIF RECEIVES THREE GRANTS

SDBIF has received a grant from The Country Friends to help with printing costs associated with our newsletter. We want to sincerely thank The Country Friends for their ongoing support of SDBIF!

SDBIF participated in the San Diego Festival of the Arts on June 13th and 14th of this year, in partnership with the Torrey Pines Kiwanis Foundation. As one of the beneficiaries of the event, SDBIF received a grant of \$2,000 to go towards our upcoming surviveHEADSTRONG event. Thank you Torrey Pines Kiwanis for your ongoing support!

An unrestricted Annual charitable grant from The Brent and Susan Yoder Charitable Fund has been received by SDBIF. Thank you for your support and allowing us to determine the best use of this grant to benefit our community.

SUBARU "SHARE THE LOVE" EVENT

The San Diego Brain Injury Foundation was again 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 2019! If you are in the market for a car, please consider visiting Bob Baker Subaru in Carlsbad! The event runs through January 2, 2020. For more information visit <https://www.subaru.com/share-the-love.html>

 *As we head into this holiday season, SDBIF wants to thank everyone who has so generously donated time and financial support to help make this such a successful year. We wish all of you a joyous holiday season.* 

As you shop for holiday gifts on Amazon, remember to use <https://smile.amazon.com/> and select San Diego Brain Injury Foundation as your charity.

 *5% of your purchase will go to SDBIF.* 

TOP-RATED NONPROFIT FOR 2019



Thanks to our fans, SDBIF is once again a top-rated nonprofit with Great Nonprofits! Read information about SDBIF, inspiring stories about how we help and reviews. Also, feel free to add your own review! Please visit:

<https://greatnonprofits.org/org/san-diego-brain-injury-foundation>

SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY CENTER 10am - noon

JANUARY 18, 2020:

An Introduction to Disability Rights California and TBI Advocacy — Alix Gonzalez Buchanan, Disability Rights California, Supervising Attorney. Learn about the services offered by Disability Rights California, the areas of law they practice and how their new Traumatic Brain Injury team can provide individualized support for clients who need to access DRC legal services.

FEBRUARY 15, 2020:

Adaptive Yoga and Meditation—Debbie Moore, MA, CTRS. Debbie will be discussing adaptive yoga and meditation practices and techniques that can be used by brain injury survivors. Group experiential activities will be part of this presentation.

MARCH, 2020: THERE WILL BE NO MEETING THIS MONTH

APRIL 18, 2020:

Dizziness in Concussion and TBI: Causes and Treatments – Dr. Steven Albinder, SDC Functional Neurology. Dr. Albinder will be reviewing some common as well as overlooked causes of dizziness in concussion and TBI. Dr. Albinder will also discuss treatment options for individuals experiencing dizziness after TBI.

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 SPEAKER GROUP Scripps Hospital, Encinitas 10am - noon

JANUARY 4, 2020:

Functional Neurology for TBI —Dr. Kamran Jahangiri from SDC Functional Neurology will be providing a case study to illustrate TBI concepts, physiology and helpful treatments. Join us to learn more about Dr. Jahangiri's work and functional neurology.

APRIL 4, 2020:

Occupational Opportunities — Lori Contreras. Lori, an instructor with the ABI program, will be discussing occupational opportunities, volunteer opportunities, the workability program and other considerations for brain injury survivors.

JULY 11, 2020:

Health Food for TBI — Jessica Spiro, Dietician, Scripps. Come join us to learn about brain healthy foods, basic nutrition, meal planning and easy recipe ideas you can try out.

Location:

Scripps Hospital, Encinitas – in the Conference Center. 354 Santa Fe Drive, Encinitas, CA 92024

There will be no Saturday Meeting in March at the Joyce Beers Community Center or Scripps Encinitas locations. Please consider joining us on Saturday, March 21st for surviveHEADSTRONG! Thank you!

SDBIF is looking for volunteers to help out at our group meetings. We need volunteers to help with participant sign in, meeting set up, meeting clean up, raffles, etc. If you are interested in volunteering at our meetings, please email Kurt at kurt@sdbif.org or call (619) 294-6541. Thank you!

COUPLES GROUP FOR BRAIN INJURY SURVIVORS, Connect with Others in a Social Setting

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.”

Meeting dates and locations vary. For more information, please email Susan Hansen at sdhansens@sbcglobal.net or call SDBIF's offices at (619) 294-6541.

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



Our 13th annual surviveHEADSTRONG event will be held on Saturday, March 21st, from 8:00 am to 1:00 pm at Mission Bay Park – De Anza Cove. With expected attendance of over 700 people, this is the largest gathering of the San Diego brain injury community at any event throughout the year. Survivors, family, friends, caregivers, professionals and other groups all join together during Brain Injury Awareness Month to honor the strength, effort and courage it takes to overcome the challenges of brain injury as well as to inspire those who are on their journey towards recovery.

We encourage you to attend this exceptional event. Register to attend, walk, roll, watch, support, donate – get involved however you wish, knowing that your participation will contribute to supporting individuals and families coping with brain injury right here in San Diego.

The registration fee for adults is \$25 or \$15 for adults with a brain injury. You can register as an individual, register with a team or create a team. To register for the event, sponsor the event and/or be an exhibitor at the event, go to www.sdbif.org/walk. You can even design your own fund-raising page and send it out to all of your friends, family and supporters. You can also register by calling our office at (619) 294-6541.

Together, we can make this year's surviveHEADSTRONG event the largest show of support for the brain injury community yet. Get involved now by visiting our website and registering, joining a team or creating a team today!



FRIENDS OF THE SDBIF THANK YOU FOR YOUR DONATION!

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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 require the experience and expertise of a qualified brain injury attorney.

Social Security Disability

The Social Security Administration (SSA) is governed by complicated rules and regulations. To understand these rules and regulations, you need to speak the language of the SSA. In California and across the country, the SSA denies more than half (about 65%) of all initial applications for disability benefits. 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:
(619) 338-9000 or (877) 700-3994 toll free

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FRIENDRAISER 2019 RECAP

On Saturday, September 21st SDBIF held our 19th annual Friendraiser event. This event attracted over 200 attendees and was held at the beautiful Mission Trails Regional Park. It was absolutely inspiring to see so many people from our brain injury community come together to support SDBIF's efforts and network among their peers.

We were honored to have Mary Seau, NFL great Junior Seau's sister and founder of the Mary Seau CTE Foundation, share a few words about brain injury and her personal experience as our Honorary Chair. Guests enjoyed great food and wine, music by Jeff and Herb and Dryad Flutes, star and planet gazing with George Varga of the San Diego Astronomy Association, a great silent auction, our Win-the-Wine and gift raffles, art made available by our wonderful survivor artists, and great conversation. This year's event raised \$38,000 to support SDBIF's programs and services.

The success of this event would not have been possible without the generous support of our sponsors, with special appreciation to our title sponsor, Gomez Trial Attorneys. We also want to thank our silent auction item donors and numerous volunteers. We couldn't have done this without you. Thank you!

For additional information about this event, including a picture slideshow, visit: <https://sdbif.org/index/events/sdbif-2019-friendraiser/>



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Pedro & Kazumi Leon
Mark McDonough, Ph.D.
Walter W. Strauser, M.D.

Special Thanks to Our Survivor Artists

Deborah Consaul • Donovan Cronkhite
Christina Hardy • Fani Hason
Megan Hurley • Sam Laisure
Heidi Lerner • Ryan Olson
Kurt Rotzinger • Michelle Schaefer
Alana Shipman • Linda Stamets

Remember to save the date for next year's Friendraiser – Saturday, September 26, 2020!



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**Holiday Party,
December 21, 2019,
Joyce Beers Community Center**

**13th Annual
SDBIF surviveHEADSTRONG,
Saturday, March 21, 2020,
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

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