

# Brain Injury Press

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

Spring 2020, Issue 248 Serving brain injury survivors and their families since 1983

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## Message from the Executive Director



Greetings SDBIF supporters, survivors and community partners:

2020 is off to a great start at the San Diego Brain Injury Foundation. Our community of support remains strong and we appreciate everyone who partners with us in our efforts to support brain injury survivors and their family members.

At this time of year, we are focused on our 13th annual surviveHEADSTRONG event. This is our largest event and the most significant gathering of the brain injury community throughout the year in San Diego. If you haven't already registered for this great event, please do so as soon as you can. See page 5 of this newsletter for additional details or visit our website at [www.sdbif.org/walk](http://www.sdbif.org/walk). This year's event will be exceptional and we are looking forward to seeing everyone there. From wonderful sponsors and exhibitors to food and activities, a fun time will be had by all. **March 21st is the date to put on your calendar!**

We also want to remind everyone that our 20th annual Friendraiser event is scheduled for Saturday, September 26, 2020. Additional details will be forthcoming. If you would like to be involved with this event as a sponsor, please connect with us for additional details.

Lastly, if you haven't been able to attend one of our groups yet this year, we invite you to do so. We have some great speakers lined up. See page 4 of this newsletter for additional details.

Sincerely,



Kurt Buske, MSW

## Save The Date



**13th Annual  
 surviveHEADSTRONG**  
 Saturday, March 21, 2020  
 Mission Bay Park  
 DeAnza Cove,  
 Build a Team  
 Register on line!  
[www.sdbif.org/walk](http://www.sdbif.org/walk)  
 See page 5 for details

**20th Annual Friendraiser**  
 Hors d'oeuvres, wine, survivor art,  
 entertainment & silent auction  
 Saturday, September 26, 2020  
 Mission Trails Regional Park

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

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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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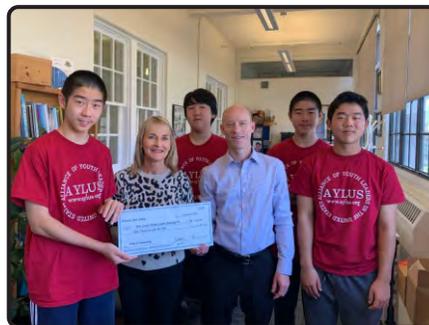
## FOUNDATION NEWS:

### SCHOLARSHIP OPPORTUNITY

The San Diego Brain Injury Foundation (SDBIF) is pleased to offer scholarship opportunities for brain injury survivors who are residents of San Diego County. We have two \$500 scholarships available that will be awarded in May of this year. These scholarships are intended to honor and encourage brain injury survivors to continue their education. This opportunity is open to graduating San Diego high school seniors and adults with acquired brain injuries and is to be used to further their education and/or training at a college or technical school. To apply for this Scholarship, simply complete and submit our application materials by April 30, 2020.

Materials are available on our website at <https://sdbif.org/resources/sdbif-scholarship-application/> or you can call our office at (619) 294-6541 or inquire via email at [info@sdbif.org](mailto:info@sdbif.org).

### SDBIF RECEIVES DONATION FROM AYLUS



On January 3rd, representatives from AYLUS (Alliance of Youth Leaders In the United States) stopped by our office to present a donation of \$1,000. AYLUS have been friends of the San Diego Brain Injury Foundation for several years now and we are so appreciative of their support. Funds donated to SDBIF came from member work on environmental cleanup initiatives such as bottle recycling over the course of the last year. We are continually inspired by this group's demonstration of leadership and community involvement. Thank you AYLUS!

### THANK YOU ESCONDIDO ROTARY!



On February 4th, the Escondido Rotary invited SDBIF's Executive Director to their monthly meeting to receive a donation of \$2,000 to support programming at Howard House, our residential care facility based in Escondido. The Escondido Rotary contributed \$1,000 and Bill Smith, a long time SDBIF partner, matched this with another \$1,000! Bill Smith was an early member of SDBIF's Board of Directors and was instrumental in establishing Howard House over 30 years ago. Several Escondido Rotary members even helped remodel Howard House to create what has become a model for residential care for brain injury survivors. Thank you Escondido Rotary and Bill Smith!

### SAN DIEGO THEATRE CONNECTION SUPPORTS SDBIF

The San Diego Theatre Connection partnered with SDBIF as the featured non-profit for 2 community theater productions that ran in February, 2020 – NUTS at Poway Community Theatre and Lend Me a Tenor at Oceanside's Star Theatre. You may have even seen our Executive Director on NBC 7 news live with Star Theatre's Managing Artistic Director where they discussed the partnership. This partnership helped bring increased awareness to brain injury and the work of SDBIF, as well as provided the opportunity for attendees to support our efforts. These were great productions and we are now hooked on community theater. Thank you San Diego Theatre Connection, Poway Community Theatre and Star Theatre!

## FOUNDATION NEWS

### FRIDAY NIGHT LIBERTY WITH RUSS LLOYD



Please consider joining us for Friday Night Liberty on May 1st. We will be featuring artist and brain injury survivor Russ Lloyd and his unique, handmade wood carvings that will be available for purchase. Here are the details:

Friday, May 1, 2020;  
5pm-8pm  
Liberty Station  
2730 Historic Decatur Rd., #205  
San Diego 92106

### DAY OF ART

Join us on Friday, April 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 Writer's 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](mailto:info@sdbif.org).



## UPCOMING COMMUNITY EVENTS

TBI Med Legal Conference,  
April 2-4, 2020,  
Manchester Grand Hotel,  
San Diego, CA

Presented by the Brain Injury Association of California, this is the largest TBI conference in the US with 75+ sessions and 100+ speakers. CLE and CME units offered. Visit <https://www.tbimedlegal.org/> for more information. *SDBIF will have an exhibit table at this event.*



Scripps Brain Injury  
Rehabilitation Conference,  
May 8-9, 2020,  
Hyatt Regency Mission Bay,  
San Diego, CA

The Annual Brain Injury Rehabilitation Conference is designed to provide a clear understanding of the need for multidisciplinary strategies in the management of patients with brain injuries. A renowned faculty of interdisciplinary specialists will present the latest in research and outcomes from a variety of medical perspectives. Visit <https://www.scripps.org/events/15th-annual-brain-injury-rehabilitation-conference-may-8-2020> for more information. *SDBIF will have an exhibit table at this event.*



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# SDBIF SATURDAY MEETINGS

## JOYCE BEERS COMMUNITY CENTER 10am - noon

**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.

**May 16, 2020: *Survivor Panel*** – Brain injury survivors will share things they have found helpful in their recovery process. Additional details TBA.

**June 20, 2020: *How Vision Resides in the Brain and How Vision Therapy Can Help Re-establish Cognitive and Functional Abilities*** – Dr. Carl Hillier, OD, FCOVD, Director, San Diego Center For Vision Care.

**August 15, 2020: *Social Security Disability and Related Considerations*** – Aline Gaba, Founder and attorney with San Diego Disability Law Group, will discuss how her organization helps brain injury survivors with obtaining Social Security Disability benefits. Aline will also discuss various considerations related to Social Security Disability benefits.

**October 17, 2020: *Practical Cognitive Strategies for Brain Injury Survivors*** – Herb and Joanne Hein, Founders of Hein Speech-Language Pathology.

**November 21, 2020: *The Acquired Brain Injury Program*** – Brandi Bass, M.S., CRC, DSPS Counselor, will discuss the ABI program, programs offered, admission criteria and related information about this unique San Diego resource for brain injury survivors.

**December 19, 2020: *Holiday Party***

**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 10am - noon

**March, 2020: THERE WILL BE NO MEETING THIS MONTH**

**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.

**October 10, 2020: *Augmented Stroke and Brain Injury Rehab: Adapting neuro-rehab to create real lasting change in the brain*** – Dr. Matthew Audia, PT, DPT, CMP, Founder, Audia Physical Therapy. Dr. Audia will answer the following questions during this presentation: (1) How can an individual with TBI create greater positive change without more time and work? and (2) Why is it that two patients with the same diagnosis, potential, support and resources can have different outcomes even with the same therapist?

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

## 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](mailto: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



sdbif.org/walk  
(619) 294-6541



Join the Movement!  
March 21, 2020



Our 20th 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. This event includes exhibitors, music, food and a fun group warm up activity!

We encourage you to attend this exceptional and inspiring 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. *It is not too late to register, but please do so as soon as possible as this event is right around the corner!*

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](http://www.sdbif.org/walk). You can even design your own fundraising 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!

Thanks to our wonderful sponsors!



# FRIENDS OF THE SDBIF THANK YOU FOR YOUR DONATION!

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## GRANTS:

Escondido Rotary Club &  
matching funds from member Bill Smith



## San Diego Disability Law Group, APC

*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 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**

1901 First Ave., Ste 104, San Diego, CA 92101  
[www.sandiegodisabilitylaw.com](http://www.sandiegodisabilitylaw.com)

## VOLUNTEERISM AT SDBIF

The San Diego Brain Injury Foundation depends upon the generosity of volunteers for many functions within our organization. We work with various community groups and individuals to accomplish tasks that are vital to the support we provide to the brain injury community. Volunteers can work with us in a variety of areas and our volunteers are incredibly diverse with a variety of abilities and skillsets. Our volunteers literally enable us to continue to function and deliver a high quality of programs and experiences to those we serve in our community. Volunteering is a great way to connect with our community and those we serve. It is a great way to “give back” and to get involved with our organization in a meaningful way.



We are always looking to connect with volunteers interested serving in the following areas:

- Helping out with our newsletter and **direct mailings**. This activity involves organizing newsletters and letters for bulk mailings. We do this approximately 5 times per year and call these gatherings our Mailing Parties. We promise, it is more fun than it sounds (see pic above)!
- Helping out with a variety of functions at our **two large annual community fundraising events** – surviveHEADSTRONG in March and our Friendraiser in September. We need approximately 30 volunteers for each of these events and it is a fun way to connect with SDBIF and the community we serve.
- Helping out with set up and registration at our monthly **Saturday speaker meetings**. Our meetings are well attended and always have great speakers. These meetings are an important service that SDBIF provides to our community and a great way to get involved in our direct services.
- Serving on our **Board of Directors**. Board participation is a great way to provide leadership and strategic oversight to SDBIF. We are always looking to connect with individuals interested in serving in this capacity.

If you are interested in any of these volunteer opportunities, simply email Kurt Buske at [kurt@sdbif.org](mailto:kurt@sdbif.org) and let us know the area you are interested in. We look forward to connecting with you!

### Support SDBIF by shopping through

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By simply shopping through [smile.amazon.com](https://smile.amazon.com) and selecting **San Diego Brain Injury Foundation** as your charity Amazon will donate **.5%** of your purchase price to SDBIF!

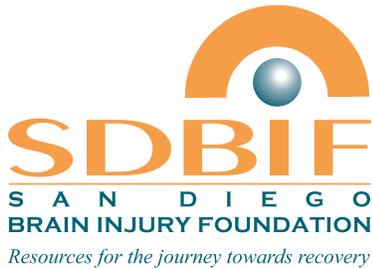
**\*\*Prime and regular Amazon shoppers can all participate!**

### Here are the steps to setting up your Amazon Smile

- Step 1** Go to [SMILE.AMAZON.COM](https://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](https://smile.amazon.com) so your purchases will support SDBIF.

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



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**Save the Date!**  
**20th Annual Friendraiser**  
Saturday, September 26, 2020  
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**How to Become A Friend of SDBIF**

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Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Brain Injury Survivor first year is free. Family/Friend/Student:  
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