

Brain Injury Press

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

Summer 2020, Issue 249 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:

First of all, we must say that we greatly miss seeing you all in person at our groups, art programs, meetings and events! We are all doing our best to adapt to present realities and hold hope we will be able to interact with our community again in person soon.

Like most organizations, SDBIF has had to redesign the way we deliver some of our services and, unfortunately, cancel and reschedule events. As a small (but mighty!) organization, SDBIF really depends upon funds generated from our surviveHEADSTRONG and Friendraiser events to keep our services going and free of charge. Unfortunately, we have had to reschedule surviveHEADSTRONG twice already and are now looking at our 3rd and final date option, September 20, 2020. We hold hope that this new date will work for this outdoor event, but current circumstances and virus conditions are fluid and constantly changing, making planning difficult and flexibility important. Please bear with us as we continue to evaluate the feasibility and logistics of this important event. Our event will certainly look different this year and if we are unable to all participate together at the same time, we will have re-designed options for your participation in this much anticipated event. See page 5 for more information. In other event news, we have made the difficult decision to cancel our Friendraiser event this year – see page 3 for additional details.



Save The Date



13th Annual surviveHEADSTRONG

Sunday, September 20, 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

We are still holding our group meetings on the same schedule as planned prior to pandemic restrictions being instituted, but via Zoom. Our groups have been going great and we have had significantly more participants than we typically have at our in-person groups. If you haven't attended a group yet, we encourage you to do so. See page 4 for our upcoming group schedule. To help keep everyone connected during these times, we have also launched a private, invitation only online network for the brain injury community - our "Mighty Network." We have over 300 members in this private network and encourage you to check it out if you haven't already. See page 3 for additional details.

Again, we really miss seeing everyone. We have implemented new ways to help keep our community connected during these unprecedented times and will continue to explore options to expand virtual service offerings as the current pandemic continues. We hope everyone is staying safe and well and want you to know that we continue to be available to support the brain injury community with information and assistance, resource connection and group meetings during these challenging times.

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



ANGELA PENNELLA is a brain injury survivor and self-described "Hope Angel." Angela sustained her brain injury from a car accident and, after a long and difficult rehabilitation process, now shares her personal story and experiences to educate, inspire, bring awareness and hope to the brain injury community. Angela is a Certified Life Coach, creator of the Achiever Syndrome, a speaker and writer, and a real estate agent. Angela is excited to bring her experience to SDBIF's Board and we are so thankful to have her as part of our organization.

ANTHONY ZACCAGLIN is a former doctor, current author and a brain injury survivor. Anthony has devoted his life post injury to further studying and understanding the road of a brain injury survivor. Anthony's published book, "The Real Deal: Finding the Summit of Life After a TBI," explores the journey after a brain injury based upon his personal experiences. Anthony currently works with the Gomez Law Firm as a Brain Injury Client Liaison. In this counselor/confidant position, he helps brain injury clients better understand both the medical and legal processes and helps Gomez better understand their brain injury clients. We are thankful to have Anthony on SDBIF's Board of Directors.

SDBIF RECEIVES DONATION FROM SUBARU OF AMERICA



Representatives from Bob Baker Subaru stopped by our offices to present a donation for \$16,640! This is the 2nd year that SDBIF has been a local beneficiary of Subaru of America's Share the Love campaign, where a portion of proceeds from cars sold at Bob Baker Subaru in Carlsbad go to a local charity of the purchaser's choice. This year, Subaru partnered with Local Media San Diego and put on a benefit concert as part of the Share the Love Campaign. In addition to the generous donation from Bob Baker Subaru, SDBIF also received \$4,167 from Local Media San Diego from benefit concert proceeds. Thank you Subaru of America, Bob Baker Subaru and Local Media San Diego – your support to our community is incredible and appreciated!

SDBIF RECEIVES GRANT FROM THE CARSTARPHEN FAMILY CHARITABLE FUND

The Carstarphen Family Charitable Fund has been a long-time supporter of SDBIF and made a generous contribution to help us out during these uncertain and challenging times. Their grant is very appreciated and helps us continue to provide free services to the brain injury community and adjust our service infrastructure to adapt to present realities.

SDBIF LAUNCHES ONLINE COMMUNITY

SDBIF has launched a private, online, invitation only network for the brain injury community. This community was created on the Mighty Networks platform for brain injury survivors, family members and professionals to share information, discuss topics relevant to brain injury, ask questions and stay connected. Members are able to connect with each other, ask questions and share relevant information. We also post upcoming events in this network, including a new peer support group format we have launched. We currently have over 300 members in this network and encourage you to connect if you haven't already. You can email us at info@sdbif.org or go to this link to request an invitation to this great and growing online community - <https://san-diego-brain-injury-foundation.mn.co/>

SDBIF FRIENDRAISER EVENT CANCELLED

In light of the continuing COVID-19 pandemic, related uncertainties and the difficulty of practicing social distancing during this particular event, we have had to cancel our Friendraiser this year. This is the first time we have had to cancel this event and we are very sad to have to do so. This event was scheduled to be held on September 26, 2020. As a result, we will be holding our 20th annual Friendraiser in September of 2021. Stay tuned for more details to be released next year. Beyond being a fun time and great opportunity to bring our community together, funds raised from this event are critical to SDBIF's ability to offer free services to the brain injury community. We will be organizing a Friendraiser fundraising drive in place of this event and are considering other options to engage our community, but know that nothing can really replace our coveted Friendraiser. We invite you to stay tuned for information on our Friendraiser fundraising drive and hold hope that our community will continue to support SDBIF through these challenging times even though we won't be having a great time together in person.

DONNA BENSON ~ IN MEMORIAM ~



We are sad to announce that Donna Benson passed away on May 16, 2020. If you have been to any of SDBIF's events or "mailing parties," you have likely met Donna. Donna was a huge supporter of SDBIF and our most active and long-standing volunteer, helping tirelessly with anything we needed support with over the last 20 years. Donna had a knack for organizing activities and people during our events and was critical in regards to ensuring our surviveHEADSTRONG and Friendraiser events functioned smoothly with her work behind the scenes. Donna was an incredibly inspiring woman, having survived a brain injury in 1999 due to a benign brain tumor and surgery, and colon cancer in 2001. After her brain injury, Donna did some amazing things including: receiving her AA degree in History; participating in 19 biking events for the Multiple Sclerosis Society; competing in numerous senior women's basketball games, including the Senior Nationals in St. Louis, Stanford, Houston, Minneapolis and Birmingham; and becoming a competitive Dragon Boat racer with the San Diego Team Survivor Sea Dragons. We will never forget Donna and her incredible spirit. Donna really embodied resilience and volunteerism and we are forever grateful to her.

Support SDBIF by shopping through

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](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 so your purchases will support SDBIF. Thank you for your support by just doing what you already were going to do!

2020 Speaker Group Series ~ Saturdays, 10am - noon

All group meetings are currently being held via Zoom until further notice; access information posted on our website and group email notifications.

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 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?

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:
Zoom meeting until further notice.

SDBIF Peer Support Group

Last Friday of every month
from 2pm to 3:30pm
This peer support group is limited to 15 survivors and requires advance registration for each meeting. Email us at info@sdbif.org for registration information or register through the Events section in our online Mighty Network if you are a member.



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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

Due to COVID-19 this group is not currently meeting. It will reconvene once we beat this pandemic. Stay safe.



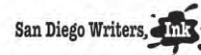
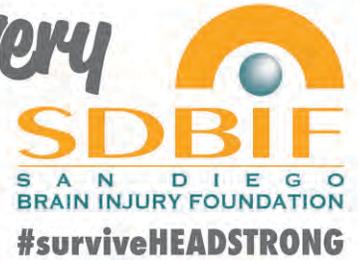
due to extended stay-at-home orders
the Celebration is rescheduled for
September 20, 2020
yes, that is a Sunday



Celebrating Brain Injury Recovery



the **SMOLIN**
FAMILY



HONORARY COMMITTEE Dan Gardner, M.D. Carl Hillier, O.D., FCOVD Harish Hosalkar, M.D. Amy Magnusson, M.D.
Mark McDonough, Ph.D. Jerome Stenehjem, M.D. Walter Strauser, M.D. Barbara Welsh-Osga, Ph.D. Kevin Yoo, M.D.

FRIENDS OF SDBIF THANK YOU FOR YOUR DONATION!

Elizabeth Anderson
Susan Biffi
Toni Biggs
Marsha Buske
Debra Daenzer
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Poway Performing Arts
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at Rancho Bernardo High School
Judith Sherven
Randall William Smith M.D.
Susan Smith
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Dean Stalter
Dr. Michael Stenstrom
Kevin Yoo, M.D.

IN HONOR OF

*Stephanie Bidegain by
Robin Nelson*

*Teresa Dwight by
Judith Sherven*

IN MEMORY OF

*Donna Benson by
Elisa Ayala*

*Donna Benson by
Don Strom and Jane LaFazio*

*Donna Benson by
Donna Benson's estate*

GRANTS

*Carstarphen Family Charitable Fund
at Schwab Charitable*



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

VOLUNTEER OPPORTUNITIES 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.

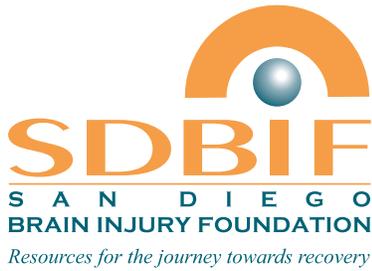
It is a great way to “give back” and to get involved with our organization in a meaningful way.

We are always looking to connect with volunteers and currently have needs in the following areas:

- 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. We currently have openings on our Board of Directors for the following: a Treasurer (some accounting/budgeting expertise is helpful); for individuals with fundraising and marketing experience; and for survivors and family of survivors.
- 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 in this article)!
- Helping out with a variety of functions at our **two large annual community fundraising events** – surviveHEADSTRONG (in March typically, but on September 20th in 2020) and our Friendraiser in September (2021). 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**. Although we are holding our Saturday meetings via Zoom during the current pandemic, we are looking for volunteers to help as soon as we can meet in person again. 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.

If you are interested in any of these volunteer opportunities, simply email Kurt Buske at kurt@sdbif.org and let us know the area you are interested in.

We look forward to connecting with you!



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Return Service Requested

**13th Annual
surviveHEADSTRONG**
Sunday, September 20, 2020
Mission Bay Park,
DeAnza 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

Your contribution is tax deductible as allowed by the law. The Foundation is a 501c3 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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