

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 2021, Issue 251 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:

The saga of COVID-19 continues into 2021. Who would have thought this would be our reality a year into this pandemic! At SDBIF, we very much miss seeing everyone in person at our groups and community events. Although we have been staying connected via virtual gatherings, I think everyone is growing somewhat weary of not having in person connections these days.



Save The Date



**14th Annual
surviveHEADSTRONG**
Saturday, March 20, 2021
www.sdbif.org/sh2021
See page 3 for details

Friendraiser
Saturday, September 18, 2021
Details coming soon!

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


SDBIF has been continuing our programs and services via virtual formats and continues to serve a growing number of survivors and their family members. We are pleased to say that 2020 was SDBIF's most successful year in our long history in regards to numbers of individuals served and budget growth. We are amazed at the support our community has offered to SDBIF during these unprecedented and challenging times. We cannot thank you enough for your support!

March is Brain Injury Awareness month and we are celebrating with our 14th annual surviveHEADSTRONG event that is happening on March 20, 2021 – virtually! Participants have the flexibility of participating at any time and place prior to our virtual gathering on March 20th. If you haven't registered already, we encourage you to do so in support of our amazing community. See page 3 for more information.

We are so happy to report that our Friends of the Foundation fundraising drive was a huge success! See page 2 for additional details. Please note that we are starting to plan for this year's Friendraiser event and encourage everyone to save the date of September 18th. Details will be coming soon!

SDBIF has some great speakers lined up for our 2021 group schedule. Visit page 4 for additional details. If you are interested in any of the presentations we have had over the past year, we encourage you to view our recordings of these presentations. Please visit our website at <https://sdbif.org/resources/sdbif-informational-videos/> or YouTube channel (search for thesdbif) to access these video recordings.

As always, 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.

SDBIF, PO Box 84601, San Diego, CA 92138

E-mail: info@sdbif.org Fax: 619-294-2911

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

FOUNDATION NEWS:

SCHOLARSHIP OPPORTUNITY

The San Diego Brain Injury Foundation (SDBIF) is pleased to offer scholarship opportunities for brain injury survivors that are residents of San Diego County. We have two \$500 scholarships available that will be awarded in July 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 **May 31, 2021**. 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.

BOARD OF DIRECTORS OPPORTUNITIES AT SDBIF

SDBIF has opportunities for individuals interested in serving on our Board of Directors. Are you a survivor, family member or professional looking to serve the brain injury community? Are you looking to contribute your expertise to a committed, passionate non-profit Board? We want to talk to you! SDBIF currently has opportunities for individuals with financial, fundraising, event planning, strategic planning, legal, medical, brain injury and general non-profit expertise. If you are interested in discussing opportunities to serve on SDBIF's Board, please contact Kurt Buske, Executive Director, at (619) 294-6541 or kurt@sdbif.org.

FRIENDS OF THE FOUNDATION WRAP UP

SDBIF's Friends of the Foundation fundraising drive was a HUGE success. We cannot thank our community enough for their generosity during these challenging times. Our goal for this drive was to raise \$10,000 and we are thrilled to report that we raised close to **\$16,000!!** Funds raised during the Friends of the Foundation drive will be used to directly support SDBIF's free programs and services. A HUGE thanks to everyone who contributed to this fundraising drive!

2021 FRIENDRAISER EVENT

SDBIF's Friendraiser is back for 2021! This year's event is likely to be fully virtual, but we will be working on making it as true to our typical Friendraiser format as possible. Stay tuned for more information and mark the date of **September 18th** on your calendar!

SDBIF'S MIGHTY NETWORK

Have you joined our growing, private, online network yet? 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 interesting information. We also post upcoming events in this network, including our speaker and support groups. There are currently over 350 members in this network and we 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/>

Join the Celebration!

sdbif.org/sh2021
(619) 294-6541

March 20, 2021

Celebrating Brain Injury Recovery
HEAD the SMOLIN FAMILY SDBIF

HONORARY COMMITTEE: Dan Gardner, M.D., Carl Miller, U.S., FLSM, Jessica Shewelson, M.D., Walter Sennar, M.D., Barbara Walsh-Diogo, Ph.D., Kevin Yen, M.D., Mark McDonough, Ph.D.

Our 14th annual surviveHEADSTRONG live, virtual event will be held on Saturday, March 20th, from 9:00 am to 10:00 am. Since we are not celebrating in person this year, the virtual piece is more of a celebration of all of this year's participants who are getting outdoors and walking, rolling, gathering, running or just supporting our community during Brain Injury Awareness month. For more information visit www.sdbif.org/sh2021.

A Celebration of Brain Injury Recovery



#sh2021

BRIAN VAN VECHTEN

ANDREW HEIBERG

CATHY YOUNG

BARBARA WELSH-OSGA



FRAN KENNEDY



Thanks to Our Amazing Sponsors!

Please note that although you can still register for or donate to this year's event, you would not receive a participant kit with T shirt at this time.

SDBIF Group Meetings

All group meetings are still being held via Zoom until things are safe and we are able to use our community rooms again. Additional information is posted on our website at www.sdbif.org and our online network.

Speaker Group Meetings

April 17, 2021 - Gary S. Seale, PhD. Dr. Seale is the Regional Director of Clinical Services for the Centre for Neuro Skills. Topic: Self-Care Strategies During the COVID-19 Pandemic and Beyond. Dr. Seale will introduce several self-care ideas and strategies including: Positive Psychology Strategies, Resilience Practices, Approach-oriented Coping Techniques and Best Practices for Self-Care.

May 15, 2021 - Rose Rode, Balance and Vestibular Physical Therapist, Sharp Memorial Hospital. Topic: Balance and Fall Prevention.

June 19, 2021 - Barbara Welsh-Osga. Dr. Welsh-Osga is a clinical psychologist who specializes in treating issues related to neurorehabilitation and behavioral medicine. The topic for this presentation is: Coping with Transitions and Grief after Brain Injury.

July 17, 2021 – Mohammed Ahmed, MD. Dr. Ahmed is a Neuropsychiatrist and Medical Director of Kaizen Brain Center. Dr. Ahmed is a specialist in both memory disorders/dementia and brain injury medicine. Topic: Brain Injury Assessment, Diagnosis, Treatment and Developing a Care Team After Brain Injury.

August 21, 2021 - topic and speaker TBA

October 16, 2021 - Matthew Audia, PT, DPT, CMP. Dr. Audia is a Physical Therapist and the Founder of Audia Physical Therapy.

November 20, 2021 - topic and speaker TBA

December 18, 2021 – HOLIDAY PARTY (location TBA)

Zoom link for online speaker group meetings is <https://us02web.zoom.us/j/5019416338>

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.

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.

FRIENDS OF SDBIF THANK YOU FOR YOUR DONATION!

Friends OF THE FOUNDATION Drive

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Resources for the journey towards recovery

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Return Service Requested

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Saturday, March 20, 2021
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Fundraiser
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Nonprofit
Organization
U.S. Postage
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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

How to Become A Friend of SDBIF

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Address: _____

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Brain Injury Survivor first year is free. Family/Friend/Student:
\$30. Professional: \$50. Organization: \$100

LEVELS OF GIVING

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Stars	\$5,000	\$9,999
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Heroes	\$250	\$999
Angels	\$20	\$249

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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