

Brain Injury Press

Our Mission is to improve the quality of life
for brain injury survivors and their families.

Winter 2021, Issue 253 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:

At SDBIF, we are all looking forward to 2022 and hope you are as well! After almost two years of virtual gatherings, we are excited to announce that we will be having in-person groups in 2022 and are looking forward to seeing everyone in person again.



Save The Date



15th Annual surviveHEADSTRONG

Saturday, March 19, 2022
Mission Bay Park,
DeAnza Cove

We want to thank our community for the incredible support you have shown to SDBIF's fundraising needs during these challenging times. We are ending 2021 in a stable financial position and this is due in large part to your support. We also want to thank everyone who has been participating in our virtual programs during this time. Our speaker groups, peer support group, Day of Art events, game days and virtual fundraising events have been extraordinarily well attended and we can't thank everyone enough for embracing these adjusted programs over the last two years.

SDBIF's programs and services will be expanding significantly in 2022. We have been awarded a grant from California's Department of Rehabilitation, which is anticipated to start in January 2022. This grant will enable us to expand our partnerships, add staff to our team and implement much needed services for survivors. See page 2 of this newsletter for additional details.

Please remember to REGISTER for our 15th annual surviveHEADSTRONG event which will be held on March 19, 2022! This year's event will be back to an in-person format after two years of being virtual. We will also continue to have a virtual option this year to accommodate folks who can't or who are not comfortable attending an in-person event. We are anticipating that this year's event will be the largest in history so you don't want to miss this one! See page 3 for details.

Finally, the end of the year is a good time for many folks to consider donating to their favorite non-profit organization(s). We encourage you to consider SDBIF as you make your end of year donations. You can email us, mail a donation to us, visit our website at <https://sdbif.org> or our donation portal at <https://give.classy.org/sdbif2021>. You can also contribute to SDBIF through the Amazon Smile program if you order from Amazon. Simply visit <https://smile.amazon.com>, select San Diego Brain Injury Foundation and shop!

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

We are looking forward to a great year ahead and appreciate each and every one of you!

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:

SDBIF AWARDED DEPARTMENT OF REHABILITATION GRANT

SDBIF is one of six agencies in California to be awarded a Department of Rehabilitation, Independent Living and Assistive Technology Section, Traumatic Brain Injury Program grant. This grant is anticipated to start on January 1, 2022 and run through June 30, 2024. With this funding, SDBIF will be strengthening our community partnerships, increasing our outreach efforts, implementing a Case Management program capable of serving more survivors and family members, launching a Peer Mentoring program, and starting a Job Club at the ABI program for survivors who are working or interested in working. We are incredibly excited to partner with DOR to implement additional and enhanced services for brain injury survivors and their family members. Stay tuned for more information to come on these new services to be offered to our community! If you are interested in being a voice on our Community Advisory Committee, charged with planning these new programs and services, please email Kurt at kurt@sdbif.org.

FRIENDS OF THE FOUNDATION DRIVE WRAP-UP

SDBIF's 2nd Friends of the Foundation fundraising drive was a HUGE success. We held this drive due to needing to cancel our Friendraiser event again this year. 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 over \$15,000!! 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!

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, enabling you to stay connected to what we are doing at SDBIF. We currently have close to 400 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/>

TRITON BRAIN INJURY NETWORK

TBIN is a student organization at UCSD that works to create a space where UCSD student volunteers can connect with brain injury survivors through virtual game days, social/recreational gatherings/events and one-on-one social connection calls/meetings. For more information about TBIN's social connection opportunities for survivors, please contact SDBIF at info@sdbif.org or 619-294-6541.

JOBS AT SDBIF!

SDBIF is planning on hiring TWO new positions in early 2022! We plan on hiring a full-time Program Coordinator/Case Manager (Master's Degree req'd) and a 30 hour per week Outreach Coordinator. Candidates for these positions must be bilingual English/Spanish. Email Kurt Buske at kurt@sdbif.org for more information about these new and exciting opportunities with SDBIF.

Join us for the 15th Anniversary of



SATURDAY
March 19

Mission Bay Park—
De Anza Cove



surviveHEADSTRONG 2022 – Save the Date & Register Today!

Our 15th annual surviveHEADSTRONG event will be held on Saturday, March 19th, from 8:00 am to 1:00 pm at Mission Bay Park – De Anza Cove. Although this will be an in-person, outdoor event with necessary precautions in place, you can also participate at a location and time of your own choosing again this year. If you have been to surviveHEADSTRONG before, you know that this is one of the largest gatherings 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 individually, as a team, walk, roll, watch, swim, hike, support, donate – get involved however you wish, knowing that your participation will contribute to supporting individuals and families coping with brain injury.

The registration fee for adults is \$30 or \$20 for adults with a brain injury. You can register as an individual, register with a team, create a team or simply donate. To register for the event, sponsor the event, be an exhibitor at the event or donate, go to <https://sdbif.org/sh2022/>. 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 contacting our office at (619) 294-6541 or info@sdbif.org.

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!



SDBIF Group Meetings

We are having most speaker group meetings in person again at the Joyce Beers Community Center. Meetings will also be live streamed via Zoom for people who want to attend virtually. We are still lining up our speakers for 2022, but the dates below are when speaker meetings will be held. Additional information will be posted on our website at www.sdbif.org and our online network as soon as it is available.

Location: Joyce Beers Community Center in Hillcrest; 3900 Vermont St., San Diego 92103

Remaining 2021 Meeting Schedule

- December 18, 2021; 10am to 12pm – **HOLIDAY PARTY** @ Joyce Beers Center (in-person event).
To access event virtually via Zoom, use this link:
<https://us02web.zoom.us/j/5019416338>

2022 Speaker Meeting Schedule – all meetings are from 10:00 am to 12:00 pm

- January 15, 2022 – topic and speaker TBA
- February 19, 2022 – topic and speaker TBA
- April 16, 2022 – topic and speaker TBA
- May 21, 2022 – topic and speaker TBA
- June 18, 2022 – topic and speaker TBA
- July 16, 2022 – topic and speaker TBA
- August 20, 2022 – topic and speaker TBA
- October 15, 2022 – topic and speaker TBA
- November 19, 2022 – topic and speaker TBA
- December 17, 2022 – **HOLIDAY PARTY**

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.



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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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15th Annual
surviveHEADSTRONG
Saturday, March 19, 2022
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 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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