

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 2022, 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:

2022 is off to a great start at SDBIF! As you may already know from reading our last newsletter, SDBIF has been awarded a CA Department of Rehabilitation grant which will significantly expand our programs and staff. This grant is now scheduled to launch in April, with new programs and services projected to be officially launched in summer 2022. More information will be forthcoming on this exciting development for our community.



Save the Date & Register Today!



**15th Annual
surviveHEADSTRONG**
Saturday, March 19, 2022
Mission Bay Park,
DeAnza Cove

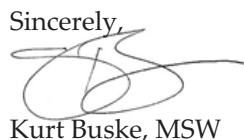
In San Diego County alone,
over 30,000 people suffer
a traumatic brain injury
every year

At this time of year, we are always focused on our surviveHEADSTRONG event, which is a big part of how we honor, celebrate and advocate during Brain Injury Awareness month. This is our largest event and the most significant gathering of the brain injury community throughout the year in San Diego. To top it off, this year is our 15 annual surviveHEADSTRONG and, after two years of virtual events, we are back to an in-person format! 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. If you haven't already registered for this great event, please do so as soon as you can. See page 3 of this newsletter for additional details or visit our website at <https://sdbif.org/sH2022/>. March 19th is the date to put on your calendar!

We are excited to announce our annual scholarship opportunity and applications are being accepted now! Visit our website to apply at <https://sdbif.org/resources/sdbif-scholarship-application/>. In addition, we have volunteer peer mentor opportunities available. Make sure to check out page 2 for more information.

SDBIF has some great speakers lined up for our 2022 group schedule. Visit page 4 for additional details. Please note that speaker group meetings will continue to be held via Zoom only unless otherwise announced. We are planning on offering in-person group meetings again soon, but most likely not until summer of this year. Please stay tuned to our email updates. If you are interested in any of the presentations we have had over the past two years, we encourage you to view the 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 we hope to see you at surviveHEADSTRONG on March 19th!

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:

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 four \$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 a Scholarship, simply complete and submit application materials by **May 31, 2022**. 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.

VOLUNTEER PEER MENTOR OPPORTUNITIES AT SDBIF

SDBIF will soon be launching a Peer Mentoring program as part of a CA Department of Rehabilitation grant we have been awarded. We have opportunities for survivors who are at least 4 years post-injury to serve as TBI mentors. Mentors will be trained and matched with other survivors (mentees) for the purpose of providing peer support based on personal experience. If you are interested in learning more, contact Kurt Buske, Executive Director, at (619) 294-6541 or kurt@sdbif.org.



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SATURDAY
March 19

**Mission Bay Park—
De Anza Cove**



SCAN THE QR CODE TO REGISTER ▶

Our 15th annual surviveHEADSTRONG event will be held on Saturday, March 19th, from 8:00am to 1:00pm! We encourage you to attend this exceptional and inspiring event, 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! For more information visit <https://sdbif.org/sH2022/>. Please note that although you can still register for, donate to and participate in this year's event, you are not guaranteed a T-shirt at this time.

Our Sponsors Are The BEST!



SDBIF Group Meetings

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

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

Note: Groups are being held via Zoom only until further notice. We anticipate that some groups later in 2022 will also be offered in-person at the Joyce Beers Community Center as well as via Zoom. Stayed tuned to our emails for updates about group structure/venue. Zoom link for speaker group meetings is
<https://us02web.zoom.us/j/5019416338>

March 2022 - THERE WILL BE NO MEETING THIS MONTH

April 16, 2022 – 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: TBI and Alzheimer's Disease.

May 21, 2022 – Briana Lefman, M.S., C.R.C., C.C.T.P., L.P.C.C. Briana is a licensed counselor and founder of Hamsa Healing Space. Topic: Employment After Brain Injury – Considerations, Challenges and Solutions.

June 18, 2022 – Jessie Agrimis, PT, DPT, NCS, ATP. Jessie is a licensed Doctor of Physical Therapy and Board-Certified Neurologic Clinical Specialist who treats individuals with a variety of neurologic conditions including brain injury, stroke, vestibular and balance disorders. Topic: Physical Therapy Assessments with TBI Survivors.

July 16, 2022 – Lindsey Unger, M.S., CCC-SLP. Lindsey is a Speech Language Pathologist and founder of Converse With Confidence, Inc. Topic: Mindfulness and Cognitive Rehab.

August 20, 2022 – Heike Kessler-Heiberg, M.S. Heike is an Associate Professor at the San Diego Community College District's Continuing Education's Acquired Brain Injury Program, where she has taught since 1989. Topic: Acquired Brain Injury (ABI) Program – Enrollment, Schedule, Classes Available and Program Updates.

September 2022 - THERE WILL BE NO MEETING THIS MONTH

October 15, 2022 – Cindy Pahr, M.Ed., CBIST. Cindy is a Certified Brain Injury Specialist Trainer, Physical & Health Impairments Education Specialist, Educational Consultant and Lecturer. Topic: Tools for Staying Organized after TBI.

November 19, 2022 – Jennifer Lester, OTR/L. Jennifer is an Occupational Therapist at Sharp working in outpatient neurology with an emphasis on Adaptive Driving. Topic: Return to Driving After a Brain Injury.

**December 17, 2022 –
HOLIDAY PARTY**

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.

SDBIF Peer Support Group

Last Friday of every month from 2:00pm to 3:30pm via Zoom. 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.

FRIENDS OF SDBIF THANK YOU FOR YOUR DONATION!

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