

OUR MISSION: to improve the quality of life for brain injury survivors and their families

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Roslyn Knox, PhD, MBA
new SDBIF Executive Director



Dear Brain Injury Community,

As president of SDBIF and on behalf of the Board, I want to thank you for your support of our organization and the collaborations developed over the years and, in the past three years, with Kurt Buske as our Executive Director.

You may or may not know that Kurt has relocated to Texas and, therefore, is not able to continue with the works he began.

The Board and I searched hard for a successor who believes in our mission and has the skills to carry on our programs. I am pleased to inform you that we have found a successor, Dr. Roslyn Knox. Roslyn comes to us with 20 years of experience in grant writing and implementation, work with non-profit organizations and professional coaching. She is very passionate about our cause and about helping people be their best selves. She will continue the work of SDBIF, our DOR grant, and the many programs that are currently being offered by our organization. She has a vision of continued growth which will help us in our charge of outreach providing effective programs and support for those affected by brain injuries.

We wish Kurt the best in his new ventures and appreciate his guidance as we transition this leadership.

Thank you again for being a part of our brain injury community.

Respectfully,



Cindy Pahr

President, SDBIF Board of Directors

In San Diego County alone,
over **30,000 people** sustain a brain injury each year.

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Meet SDBIF's New Executive Director, Dr. Roslyn Knox



October 4, 2022 (San Diego, CA)—

The San Diego Brain Injury Foundation (SDBIF) is proud to introduce Roslyn Knox, PhD, MBA, as their new Executive Director. Dr. Knox's role will be to lead SDBIF as they expand into new markets, develop new programs to serve the brain injury community and strengthen the network of brain injury community contacts SDBIF works with to ensure survivors (and those affected by brain injury) have access to necessary resources.

Over the last 25 years, she has had diverse experiences working in under-served communities, including: successfully executing growth strategies, developing and administering programs, building networks, teaching, procuring program funding, training, expanding community engagement and reach, and conducting research. Dr. Knox is a Certified Professional Coach helping women and girls that have been egregiously affected by trauma or tragedy shift their mindset to achieve life and career goals.

Dr. Knox has first-hand experience of surviving traumatic injury affecting her life and injury of close family members. In her own words, "My years-long journey of re-building and re-directing the trajectory of my life, lit an inextinguishable fire in me to use all my knowledge, experience, skills, and education to help survivors and their families. I am excited and grateful to work with the brain injury community, and support survivors on their journey to successfully reclaim their lives."

SDBIF COO, Stephanie Bidegain, commented, "It is going to be a pleasure to work alongside Dr. Knox as she takes SDBIF into the future. She is a true leader that brings a long-term vision and direction for the Foundation, as well as passion and determination to see that these next steps are done correctly. We are all excited to have her on board."

Welcome Roslyn—we are very excited to have you on board!



A Great Gathering for the 15th Annual surviveHEADSTRONG

What a standout day for the brain injury community! Emerging from the pandemic, there were over 400 survivors, family, friends and professionals that came out to Mission Bay to celebrate brain injury recovery.

The phrase, “it’s so good to see your smile again!” was probably one of the most said (and under-rated) comments at the event. While Covid-19 protocol was strictly adhered to, the genuine joy to be around each other again was profound.

In addition, the surviveHEADSTRONG Health Fair offered resources from many agencies and organizations who serve the brain injury community. We had an energetic warm-up

led by Jessie Agrimis and Kristine Negrete of NeuroLab 360. DJ Jason Morris kept us moving (as always) to his wonderful selection of tunes and celebrated as participants crossed the finish line—many carrying the tote bag sponsored by NeuroRestorative.

All of this would not be possible without our fabulous sponsors, the teams and all the individuals who fundraised and donated. In fact, we had a record 23 teams this year and raised over \$60,000! We also must note, that since the very first surviveHEADSTRONG 15 years ago, Team ABI has raised over \$300,000!

So, mark your calendars, gather your teams, and get excited—the 2023 surviveHEADSTRONG returns on March 18, 2023. We can’t wait!

A HUGE Thank You To Our Sponsors, Health Fair Exhibitors & Participants!



Snacks Provided by



surviveHEADSTRONG HEALTH FAIR EXHIBITORS

Beyond Concussion
Centre for Neuro Skills
Devore Realty Group

Farm Fresh to You
Gomez Trial Attorneys
Learning Services
NeuroLab 360

NeuroRestorative
OG Yoga
PALS
SDRI

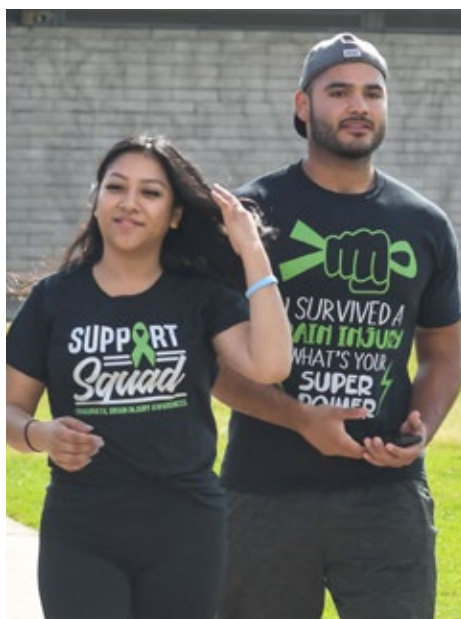
SDCCD ABI Program
Sharp Rehab
South Bay Rehab



Scenes from 2022 surviveHEADSTRONG



Scenes from 2022 surviveHEADSTRONG





CELEBRATE • ADVOCATE
EDUCATE • COLLABORATE
PARTICIPATE • DONATE

We All Need Friends

There are sooo many ways to be a friend of brain injury recovery—and we want you to show your support in whatever way suits you best:

- **ADVOCATE** for brain injury survivor rights.
- **EDUCATE** the public on effects of brain injury.
- **PARTICIPATE** in to raise brain injury awareness.
- **COLLABORATE** to further brain injury recovery.
- **CELEBRATE** the achievements of survivors.
- **DONATE** to the Friends of the Foundation drive!

Your donations help SDBIF continue to serve our wonderful (and expanding) brain injury community, as we have done since 1983. SDBIF offers many programs free-of-charge for our survivors and their families. We need your



support to continue to provide information and services like our Helpline, *Brain Injury Guide for Families*, educational speaker meetings, scholarships, online network, Day of Art, and much, much more.

Please consider being a Friend of the Foundation and DONATE today. We thank you all for supporting us and the work we do.



San Diego Disability Law Group, APC

Helping brain injury survivors and their families for over 35 years

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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 them, you need to speak SSA language. 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 toll-free (877) 700-3994**

SDBIF Expands Its Reach in SoCal

We Hear YOU. The brain injury community asked for more services, more support, more inclusion, and more areas served. The San Diego Brain Injury Foundation is answering that call! We are excited to share all the upcoming expansions SDBIF is bringing to you.

Our brain injury community deserves the best. It is SDBIF's mission to connect you to the resources and support that you, your family and friends want to help meet your needs throughout your recovery journey. Just a few of our exciting expansions include:

- » Expanding services to **Riverside** and **Imperial Counties**
- » Providing more survivor **Education** and **Outreach** in **Hispanic Communities**
- » A Job Club providing **Vocational** and **Job Readiness Skills**
- » Individual **Peer-to-Peer Mentor** support
- » Providing **Multi-Lingual Literature** and **Resource** support

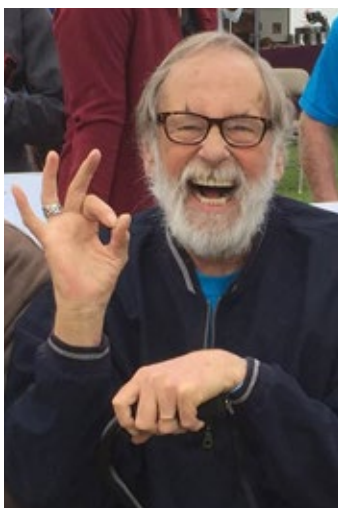


- » **Quarterly In-Person Activities** for survivors and friends of the Brain Injury Community
- » Hybrid **Speaker Series** offering **Virtual and In-Person** tips and tools for recovery success
- » **Personal Case Consultation Services** for survivors and their families

Together, in collaboration with friends of the brain injury community, SDBIF has been on a mission to lift up survivors and their families since 1983. We are excited and honored to further expand our services. Stay tuned my friends—2023 is going to be an EXCITING Year!



Select programs funded by a grant from the Department of Rehabilitation



Charles Hansen
Jan 21, 1943 – Aug 13, 2022

A Smile We Will All Miss

The brain injury community lost someone special with the passing of Chuck Hansen. Known to many in the brain injury community, Chuck was the greeter at many SDBIF meetings and events. You could always depend on being welcomed with his quick wit and smile.

Chuck was the husband of our former Executive Director, Susan Hansen. In 1997, Chuck suffered a brain aneurysm, but he lived every

day filled with joy and gratitude. He appreciated or every breath he took and taught us all to live in the present and enjoy every moment.

Chuck will be remembered for his unique sense of humor, jokes and wonderful stories of growing up in the Midwest. He wrote hundreds of short stories about his childhood, his long love affair with his wife, and his experiences as a father. He will be missed by all.

FOUNDATION NEWS

SDBIF Saturday Meeting Recaps & Video Links

KEY PRINCIPLES OF RELATIONSHIP DEVELOPMENT

Sharing Experiences, Emotions & Memories

Trust

Collaboration (Partnership)

Guidance

Giving Feedback

Communication

Non-judgment

Reflection

JANUARY 2022

Gail Ludwig
M.A.CCC.

Developing key relationships help us make the most of our recovery. Hear Gail give us tips to build them.

[▶ WATCH THE VIDEO NOW](#)

PHYSICAL THERAPY EVALUATION AFTER A TBI



JUNE 2022

Jessie Agrimis
P.T., D.P.T., N.C.S., A.T.P.

They lead us through what to expect from going through a physical therapy assessment after a brain injury.

[▶ WATCH THE VIDEO NOW](#)

YOGA HEALING JOURNEY FOR TBI SURVIVORS



FEBRUARY 2022

JoAnn Jaffe
Yoga Practitioner

Learn how to meet yourself where you are, cultivate strength to move forward, and connect with your body.

[▶ WATCH THE VIDEO NOW](#)

MINDFULNESS AND COGNITIVE REHAB



JULY 2022

Lindsey Unger
M.S., CCC-SLP

As a speech pathologist, she uses mindfulness in therapy sessions to help the survivor get the most out of it.

[▶ WATCH THE VIDEO NOW](#)

BRAIN INJURY & ALZHEIMER'S



APRIL 2022

Mohammed Ahmed
M.D., Kaizen Brain Center

A specialist in dementia & brain injury, he will discuss the connections between TBI & Alzheimer's.

[▶ WATCH THE VIDEO NOW](#)

SDCCD'S ACQUIRED BRAIN INJURY (ABI) PROGRAM



AUGUST 2022

Heike Kessler-Heiberg
Assoc. Professor

Info about the ABI Program's schedule, classes, how to enroll and other updates to the one-of-a-kind program.

[▶ WATCH THE VIDEO NOW](#)

EMPLOYMENT AFTER A BRAIN INJURY

Preparing for Return to Work:
Gaining Employment



MAY 2022

Briana Lefman
M.S., C.R.C., C.C.T.P., L.P.C.C.

A talk about different considerations, challenges & solutions when looking for or returning to a job after a TBI.

[▶ WATCH THE VIDEO NOW](#)



CLICK HERE

to go to SDBIF's
YouTube Channel to see
all available videos

Be sure you **SUBSCRIBE** to get notified
of new video releases!

Join SDBIF's Online Community

REQUEST TO JOIN THE NETWORK

SDBIF has created a safe, private online community where the brain injury community can come together to ask questions, give advice, hear about different events, and more—welcome to the SDBIF Mighty Network!

No companies tracking what you say or looking to sell you on something. Just fellow brain injury survivors, professionals, caretakers, family members and other individuals looking to connect and interact with one another, regardless of your location.

This community encompasses people from around the world, from all walks of life, in different stages of their journey to recovery, with different experiences to share. We want to make sure no one feels alone, so if you want to join, email info@sdbif.org or **click the button ABOVE**.



Click HERE to write a review for SDBIF today

We are considering re-starting the **Couples Support Group**.

If this interests you, **CLICK HERE** to send SDBIF an email. Thanks!

Upcoming Events

SDBIF EVENTS

OCTOBER **ZOOM** Survivor Peer Support Group

October 28, 2022 from 2-3:30 pm (PST)

Only 15 spaces are available—[REGISTER HERE](#)

NOVEMBER Speaker Series **ZOOM** Meeting

Saturday, **November 19**, from 10-Noon (PST)

<https://us02web.zoom.us/j/5019416338>

DECEMBER HOLIDAY PARTY!!! **IN PERSON!!!**

Saturday, December 17, from 10-Noon (PST)

@ [Joyce Beers Community Center](#)



ALVARADO / PALS MEETINGS

MORE INFO: alvaradohospital.com/pals

Online Aphasia Class—Mondays @ 10 am (PST)

Art Class—1st & 3rd Wednesday @ 2 pm (PST)

Online Book Club—Wednesdays @ 10 am (PST)

SCRIPPS STROKE & BRAIN INJURY

MORE INFO: Deborah Pimstone, 760-633-6709

pimstone.deborah@scrippshealth.org

Survivors & Loved Ones Support & Education Grp
2nd & 4th Tuesdays each month, 2:30-3:45pm

In-Person (w/ masks) & **Online** (contact for link)

Do you want to receive a mailed version of future SDBIF Brain Injury Newsletters?
If so, please **CLICK HERE** and fill out a short form.

BRAIN INJURY IN THE NEWS

Rodney Harrison urges players to ‘not depend on the NFL’ & not return to field if they are hurt as it ‘is not worth it’

By Patrick Djordjevic for [DailyMail.com](https://www.dailymail.com)

Sunday Night Football analyst Rodney Harrison issued a passionate plea to NFL stars to not return to the field if they get hurt following the handling of Tua Tagovailoa’s distressing situation in the Thursday night game.

The two-time Super Bowl champion’s comments follow a joint statement by the NFL and NFLPA in which changes to the concussion protocol are said to be imminent.

Harrison’s comments and the statement come in the wake of Miami Dolphins quarterback Tua Tagovailoa being taken to hospital with a concussion against Cincinnati.

The incident came after the Dolphins quarterback surprisingly finished out his side’s win over the Bills last Sunday, despite receiving a brutal hit in the first half.

Harrison, a 49-year-old retired pro, played 15 seasons in the NFL, nine with the San Diego Chargers before his final six in Foxborough with New England.

‘I would get hit, the entire stadium was spinning around and I would go back into the game,’ Harrison said of his playing days on NBC’s SNF pregame coverage.

‘It’s not worth it—and I would implore these young men; don’t go back on that football field if you get hurt.’

‘I don’t want them to have to feel like me and so many other former players that had to deal with concussions; whether it’s depression, anxiety, paranoia, broken relationships, not being able to



communicate with your spouse and things like that,’ Harrison continued.

‘It’s a lot—CTE takes you to a dark place and I want these players to know it’s not worth it.’

‘Please take care of yourself. Don’t depend on the NFL, don’t depend on anybody. If there’s something wrong with your head, report it.’

On Saturday, the NFL and NFLPA announced they are working collaboratively to modify the aforementioned protocols and anticipate changes to occur in the ‘coming days.’

The statement, released Saturday evening, read: ‘The joint NFL-NFLPA investigation into the application of the Concussion Protocol involving Miami Dolphins’ quarterback Tua Tagovailoa remains ongoing. Therefore, we have not made any conclusions about medical errors or protocol violations.

‘The NFL and the NFLPA agree that modifications to the Concussion Protocol are needed to enhance player safety.

‘The NFLPA’s Mackey-White Health & Safety Committee and the NFL’s Head Neck and Spine

BRAIN INJURY IN THE NEWS



Photographer: Jeff Dean/AP

Committee have already begun conversations around the use of the term “Gross Motor Instability” and we anticipate changes to the protocol being made in the coming days based on what has been learned thus far in the review process.

‘The NFL and NFLPA share a strong appreciation for the unaffiliated neurotrauma consultants who contribute their time and expertise to our game solely to advance player safety. This program has made our game safer for the athletes who play it for the past twelve seasons.

The gravity of Tagovailoa’s injury last weekend vs. the Bills—and the broader discussions surrounding protocols—were reinforced Thursday against the Bengals, as he left the field on a stretcher following another brutal blow to the head.

This time, Tagovailoa was diagnosed with a concussion and hospitalized (he was discharged Thursday night and flew home with the team), lending credence to the idea that he shouldn’t

have been playing in the Dolphins’ Week 4 matchup to begin with.

The quarterback was officially diagnosed with a back problem Sunday and with concussion protocols claimed to have been followed.

Tagovailoa is said to be in good spirits on his road to recovery if his statement on Twitter Friday is anything to go by.

‘I want to thank everyone for all of their prayers and support since the game last night,’ he wrote.

‘It was difficult to not be able to finish the game and be there with my teammates, but I am grateful for the support and care I’ve received from the Dolphins, my friends and family, and all the people who have reached out.

‘I’m feeling much better and focused on recovering so I can get back out on the field with my teammates.’



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to send SDBIF your video

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Advocate \$15

Every \$15 provides 30 minutes of telephone helpline service to those in need—survivors, family, caregivers—we are here for you!

DONATE



Champion \$25

Your \$25 donation provides the funding for 1 month of the online network that over 300 brain injury survivors and people affected by brain injury are a part of.

DONATE



Hero \$50

Each \$50 donation pays for 1 hour of personalized case consultation service to brain injury survivors.

DONATE



Legend \$100

With your donation of \$100, we can make the SDBIF "Journey to Recovery—A Brain Injury Guide for Families" book available to families in need, continue to print and mail the newsletters and provide other informational resources for free.

DONATE