

Brain Injury Press

Second Quarter 2023, Issue 256

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

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A Special Night for Friends of the Brain Injury Community



Purchase Tickets

Be A Sponsor

After a 3-year hiatus, SDBIF is excited to be celebrating the 20th Annual Friendraiser on September 23, 2023 at the Mission Trails Regional Park Visitor Center!

The Friendraiser is always a fun-filled evening where professionals in the brain injury community can come together with survivors and families to network, enjoy a beautiful sunset, sample wines and hors d'oeuvres, raise money through a silent auction and shop for hand-made gifts showcased by our brain injury survivor.

All of the artists featured at this event have suffered a brain injury and have used the expressive arts as part of their recovery. They will be sharing both their talents and their inspiring stories and all sales of their art at the event goes directly to them!

Music will be provided by Tyler Stamets, son of Linda Stamets, one of our survivor artists. Once the sun has set, guests can stargaze through the telescopes of George Varga from the San Diego Astronomy Association.

Proceeds from the Friendraiser go toward providing life-changing resources for those affected by brain injury. So please join us! Buy a ticket at give.classy.org/SDBIF2023FR and come out for a wonderful evening amongst friends to raise money for our brain injury community.



Patty Ornelas

Program Coordinator & Community Liaison

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Meet SDBIF’s Newest Team
Member: **Patty Ornelas**



Patty Ornelas was born and raised in San Diego County. She earned her bachelor’s degree in Sociology, and a Trauma in Force Certification. She is dedicated to helping those in our community who need extra support. The past several years, she has worked and volunteered in the Social Services field, including working with homeless, foster care, and domestic violence populations. She is dedicated to use her experience to help advocate for resources and educate the public to increase awareness of these communities in need.

In her own words, “I’m really excited to be a part of SDBIF because I’m helping spread awareness and educating so many people about the needs of brain injury survivors. Even better, I have been able to help many survivors and their families through SDBIF’s free-of-charge services. To be a part of a group that helps change lives and provides support when people feel like they have no idea what to do next is incredibly rewarding.”

LETTER TO SDBIF

Just wanted to share with you what a difference our ABI Trust (which is largely funded by our participation in surviveHEADSTRONG) can make in our students’ lives. One of our PM students was able to buy special glasses “Theraspecs” with some trust fund money. So wonderful we can help in this way and make a difference in our students’ lives.

QUOTE FROM PM ABI PROGRAM STUDENT:
“I haven’t really been able to leave my bedroom for the past 2-3 years or engage in anything I used to enjoy since developing photophobia, so being able to tolerate the sunlight long enough to make it to the art exhibit of one of my favorite artists and then be able to experience it, felt very meaningful to me. Thank you so much for recommending it, it was probably the happiest I had felt in a very long time!”

A Message from SDBIF’s Executive Director,
Dr. Roslyn Knox



Hello Brain Injury Community!

We said that 2023 was going to be an exciting year...and we are off to a great start! The 16th annual surviveHEADSTRONG walk and health fair has been, by far, the largest and most impactful one EVER! Because of you, we had more teams and donors raising funds and awareness than ever before. On behalf of the SDBIF Team, we want to thank you for being a part of this celebration of life, recovery, and accomplishment of our survivors. Your participation tells survivors that supporting brain injury recovery means the world to you.

Keeping the momentum going, we kicked off our Family and Caregivers Peer-to-Peer Support Group on July 14th. This group is a safe and private forum for all family members and caregivers of brain injury survivors. This facilitated group will share tips and best practices between each other and have a place to talk with others that are on similar journeys as they are in caring for loved ones and friends.

Looking for some Saturday socializing? Starting in October, SDBIF will be moving the Saturday Speaker Series meetings to the SD Writers Ink office in Liberty Station! And to celebrate this new location, how about a little Cafecito? Prior to the monthly Saturday Speaker Series, from 9:00-10:00am, join our multi-lingual team and friends of brain injury recovery for coffee, conversations, and good company!

At SDBIF, we are always seeking innovative ways to connect survivors to social activities and events that matter to you. Beginning October 2023, we will sponsor or collaborate with other organizations to create special monthly activities the first Thursday of the month. (activities subject to change)

- October 5th**
Art & Music Exchange
- November 2nd**
Thankful-for-Friends Luncheon

This September, after a 3-year hiatus, get ready to gather again at the **20th Anniversary Fundraiser**—a special night for friends, professionals, and supporters of brain injury recovery. So, let’s celebrate together at the stunning Mission Trails Regional Park with art by brain injury survivors, great music, tasty hors d’oeuvres, wine tasting, star-gazing and silent auction, and industry networking.

SDBIF is continuously working to serve you—the brain injury communities of the San Diego, Riverside and Imperial Counties. We are creating more educational and outreach materials in Spanish and English to engage with more people. Our team is connecting survivors to more medical, health and wellness, social, and vocational resources to aid in their recovery journey. If you are in an area that would like more information and access to our services, or have a suggestion for an activity or service program, please let us know! Contact our office at 619-294-6541 or info@sdbif.org.

Keep breaking through those recovery milestones—you are not alone! SDBIF and the entire community are here to support you on your journey.

WHAT AN INCREDIBLE DAY TOGETHER!!!

surviveHEADSTRONG 2024 will be on March 23, 2024



surviveHEADSTRONG 2023 was Incredible & Made Us Even More Excited for Next Year's!

It's hard to put into words the gratitude we at SDBIF have for all of you who helped make **surviveHEADSTRONG 2023 presented by Gomez Trial Attorneys** officially the biggest and best ever! The atmosphere surrounding this year's event was filled with hope, excitement, and an energy that permeated joy into the hearts of everyone who was a part of it, near and far.

With a record-setting 27 teams, over 600 participants gathered at Mission Bay Park to celebrate their achievements together. We smiled for our team pictures, got energized by the music of our emcee, DJ Jason Morris, warmed up with Kristine and Jessie of NeuroLab 360, and reconnected with friends and family. It was a beautiful reunion to behold when people who haven't seen each other in 3 years were able to once again unite and celebrate together!

The surviveHEADSTRONG presented by Gomez Trial Attorneys Health Fair had more exhibitors than ever too! With a wide range of resources for brain injury survivors and their family and friends, attendees were able to engage with each exhibitor

to learn about their services and products. The journey to recovery takes a village, and our Health Fair was a tremendous showcase of how we are stronger together.

With greetings done, warm-up completed, and NeuroRestorative-sponsored tote bags filled with goodies and information from exhibitors, excitement grew as everyone lined up at the starting line. Then they were off!

It was quite the sight to see the hundreds of participants walking, rolling and supporting each other as they proceeded down the picturesque sidewalk next to Mission Bay. It wasn't long for the first participants to cross the finish line. But they weren't done—they stayed to celebrate everyone as they crossed the finish line too! This is the heart and soul of surviveHEADSTRONG—to experience the camaraderie, love and unity that makes our brain injury community so special and so strong.

March is Brain Injury Awareness month, and this year we did better than ever. Our community was featured on all 4 major news channels, we



received a commendation from the Chamber of Commerce and surviveHEADSTRONG presented by Gomez Trial Attorneys raised over \$75,000! All these funds go directly back into our community through the free-of-charge services SDBIF offers to survivors and their family and friends.

None of this is possible without everyone one of you—words cannot express the depth of our appreciation for all that you do to make this such a special event.

SOOO...mark and save **March 23, 2024**, on your calendar for next year's surviveHEADSTRONG event. Let's keep the momentum going—we can't wait to see EVERYONE again next year!



THANK YOU SPONSORS!



SDBIF appreciates all of the Health Fair Exhibitors, too!

ABI Program, SDCCD
Centre for Neuro Skills
Devore Realty Group
Empower NeuroRehab
Farm Fresh to You
Gomez Trial Attorneys
Healthy Within
Hidden Valley Ranch Rehabilitation, Inc.
Kaizen Brain Center

NeuroLab 360
NeuroRestorative
PALS, Alvarado Hospital
Paradise Valley Hospital
Physio2Go
Restore Hyper Wellness
RISE Healthcare Group
Sharp Healthcare
Thorson Law Group, LTD
Vivistim Therapy

Thank you to EVERY participant, sponsor, donor, exhibitor and supporter for making this year's event such a HUGE success.

Jacquelyn Ackland	Rebecca Askew	Frank Baumann	Teddee A Boylan
Alison Adelmam	Craig Ausburger	Norlinda Baumann	Wilhelmina Bradley
Ben Adelman	Chelsea Baak	Don Beary	Todd Bransford
Marc Adelman	Gail Bachman	Linda Beaty	William Braun
Ahsan Ahmed	Shelby Baker	Marie Bekkema	Sarah Bretz
Maliha Ahmed	Christine Balderas	Viviana Bell	Taylor Breland
Mohammed Ahmed	Stephanie Baldueza	Tina Benshoof	Margie Bremer
Mark & Charlene Albrecht	Ysadora Baldueza	Constance Berg	Linda Briggs
Sameera Ali	Renee Banks	Jackie Berg	Joleen Brins
Anita Allen	Andreia Barbosa	Ron Bernal	John Bromma
Doris Alport	Alex Barbosa	Dawn Berthiaume	Kree Brown
Siba Altahan	Devin Barbosa	Diane Besemer	Kandee Brown
Connie Alvarez	Gabriella Barbosa	Uncle Pete Beyer	Spencer Brown
Dina Amaral	John Barbosa	Augstin Bingham	Charles Bueno
Brett Anacker	Salvador Barkema	Gretchen Bitterin	Dilys Brundage
Diane Anderson	April Barker	Patty Black	Connor Buckley
Tania Anderson	Shanae Barlow	Matthew Blanchard	Courtney Buckley
Elyar Ansari	Baptiste Barnett	Taylor Bloom	Sheila Buckley
Hossein Ansari	Michelle Barnett	Heidi Blue	Bobbie Burness
Marisa Apalategui	Richie Barnett	Steve Blue	Landon Busse
Heather Apple	Marcela Baron	Nora Bodrian	Tanya Buzzanga
Barbara Archer	Victor Baron	Lauren Boe	Tony Cadena
Philip Archer	Patricia Barta	Marty Bohl	Susan Calleran
Suzana Arellano	Chad Bartle	Sharon Bohle	Nicole Campbell
Michael Arritola	Brandi Bass	Brent Boomhower	Alycia Cardona
Jarnesha Artis	Michael Basson	Christine Boris Esteban	Mary Sue Carrillo
Chelsea Asaro	Bea Bastien	Clifford Boro	Randy Carrillo



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Lisa Carulli	Eric Csesznegi	Lora Dunlap	Nick Fey
Elizabeth Carvalho	Daniel Cuesta	Lynn & Tim Duoos	Shawn Fiala
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Laymaria Chavez	Marco D'Angelo	C. Egusa	Maureen Flores
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Amir Zarrin
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Ashlee Zimmerman
Jeremy Zimmerman
Zivadin Zivkovic



See more photos in the
SDBIF Facebook Gallery
CLICK HERE

Spreading Awareness & Support In SoCal

Community outreach and education are critical in SDBIF’s expansion efforts for Riverside County. So far this year, we have conducted educational presentations to social workers at Walden Family Services, professors at California State University, San Bernardino, to Mujeres Activas en la Salud from Riverside Community Health Foundation and have participated in Southwest Healthcare’s community health fair in Temecula where hundreds of community members showed up to learn about local resources available to them!



Our goal is to educate communities about brain injury awareness and its impact on survivors and their families, resources available for brain injury, SDBIF programs and services, and so much more. By spreading awareness, we are broadening community support, but most importantly, we

are telling those directly impacted by brain injury that we are here – they are not alone.

If you are interested in having SDBIF make an educational presentation, please contact us at 619-294-6541 or email us at info@sdbif.org.



San Diego Disability Law Group, APC

Helping brain injury survivors and their families for over 35 years

1901 First Ave., Ste 104, San Diego, CA 92101 sandiegodisabilitylaw.com

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

A Special Thanks to These Grant Partners—
We Couldn’t Do What We Do Without Them

Sharon Keith and the Keith Family Fund, a donor advised fund at the California Community Foundation. SDBIF has received this grant for many years. It’s purpose is to offset the cost for some of our residents who are living at Howard House. We are so thankful for this generous donation as it allows us to provide quality care and improve the quality of life for our residents. You are our HERO Sharon Keith!

The **Country Friends** generous grant with additional funding by the **Michael Arritola Foundation**, at the San Diego Foundation, allowed SDBIF to update and enjoy a brand new office environment. We are so thankful!

A special thanks to **Cynthia Gordon and M. John Bunnell of the Carstarphen Family Charitable Fund** at Schwab Charitable for their

generous grant in memory of Charles Frederick Carstarphen Jr. Your many years of support have allowed SDBIF to make a difference in the lives of many survivors and their families.

SDBIF has also received and is thankful for the generous contributions from the following:

- » **Quinn Family Charitable Fund** (Carole and Edwin Quinn)
- » **Steven M. Bronson Donor Advised Fund** at Schwab Charitable
- » **Escondido Rotary Club**
- » **Mayer Family Fund** as a component fund at Madison Community Foundation
- » **Arte Suave Elite**—Alfredo Muscoso, for a charity event donation
- » **Modo Yoga** for their donation from their Karma Classes where SDBIF was the chosen charity to support

Passing of one of SDBIF’s First-Served Survivors, Ron Mayer

We are sad to announce that SDBIF has lost a survivor who was one of the first served by the San Diego Brain Injury Foundation. Ronald Earl Mayer was born in San Diego, CA on January 17, 1955, and he unexpectedly passed away on Monday, June 12, 2023 at Scripps Grossmont Hospital. He had been a resident in a senior care facility since February, 2023 for rehabilitation after a fall that same month.

Ron sustained his brain injury while still in high school at age 17 from a motorcycle accident. He and his parents, Margaret and the late Leslie Mayer, tried to find help and support and became some of the first participants of the San Diego Brain Injury Foundation meetings in 1983.

Ron loved to golf and was the recipient of the Don Strom Golf Scholarship and golfed in the SDBIF tournament in 2009.

Friends and family speak of Ron as a man with the sweetest disposition, being tender and sentimental. Many express how much Ron would light up the room with his smile and great personality. He was an inspiration with his determination and never-give-up attitude. He will truly be missed by all of us at SDBIF.



FOUNDATION NEWS

SDBIF Saturday Meeting Recaps & Video Links




SOCIAL SECURITY BENEFITS & WORK INCENTIVES

JANUARY 2023

Aleyda Toruno
WIPA Project Director, Disability Rights California

Social Security work incentives that allow you to transition to work while receiving benefits.

[▶ WATCH THE VIDEO NOW](#)




SDCCD ACQUIRED BRAIN INJURY PROGRAM

JULY 15, 2023

Rosa Monzon, M.S., CRC
Counselor & Instructor

Learn about the Acquired Brain Injury (ABI) Program—Enrollment, Schedule, Classes Available & Program Updates.

[▶ WATCH THE VIDEO NOW](#)



NEUROFEEDBACK TO TREAT BRAIN INJURY

FEBRUARY 2023

Divya Kakaiya, Ph.D.
Healthy Within

Learn about neurofeedback: what it is, how it works and the successes seen in brain injury rehabilitation.

[▶ WATCH THE VIDEO NOW](#)



AGING IN PLACE—RECOVERY AT HOME

AUGUST 19, 2023

Darlene Pidgeon, MBA, RN, CAPS
Founder, Castle Maven

Learn about Aging in Place—the concept, where to begin and solutions for you.

[▶ WATCH THE VIDEO NOW](#)



MILD TBI POST-CONCUSSIVE SYNDROME

APRIL 2023

Chloe Green Ph.D.
William Bernaldo, PT, DPT, NCS
Katie Bell, OTD, OTR/L, CBIS
Empower NeuroRehab

Symptoms & treatments from rehabilitation specialists.

[▶ WATCH THE VIDEO NOW](#)



[CLICK HERE](#)

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

SUBSCRIBE to get notified of new videos!

Upcoming Saturday Meetings

OCTOBER 21, 2023

Challenged Sailors San Diego
Daniel Willan
Director Community Outreach

Learn about their therapeutic & recreational adaptive sailing opportunities.

[Add This to Your Calendar](#)

NOVEMBER 18, 2023

SAVE THE DATE

The topic and speaker is still to be confirmed.

[Add This to Your Calendar](#)

DECEMBER 16, 2023

HOLIDAY PARTY!!!

Join SDBIF and your friends for fun holiday festivities, food, giveaways and music!

[Add This to Your Calendar](#)

FOUNDATION NEWS

Upcoming Events

SDBIF EVENTS



SEPT ZOOM Family & Friends Support Group
Friday, September 8, 2023 from 2-3:30 pm (PST)
Only 15 spaces are available—[REGISTER HERE](#)

SEPT ZOOM Survivor Peer Support Group
Friday, September 29, 2023 from 2-3:30 pm (PST)
Only 15 spaces are available—[REGISTER HERE](#)

OCTOBER Speaker Series Meeting
Saturday, October 21, from 10-Noon (PST)
ZOOM: <https://us02web.zoom.us/j/5019416338>
NEW IN-PERSON: San Diego Writers Ink office in Liberty Station, 2730 Historic Decatur Rd #204, San Diego, CA 92106

OCT ZOOM Family & Friends Support Group
Friday, October 8, 2023 from 2-3:30 pm (PST)
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OCT ZOOM Survivor Peer Support Group
Friday, October 29, 2023 from 2-3:30 pm (PST)
Only 15 spaces are available—[REGISTER HERE](#)

****NEW IN-PERSON SATURDAY MEETING LOCATION****

SD Writers Ink Office
Arts District of Liberty Station
2730 Historic Decatur Rd #204
San Diego, CA 92106

3RD-PARTY PARTNER EVENTS

SD PARKS & REC BALBOA PARK DISCOVERY WALK
MORE INFO: mwilliams3@primehealthcare.com
(619) 229-7362

In-Person on Sept 22 from 10:30-1:30, register by Sept 19 for a free guided tour of Balboa Park with a scavenger hunt.

ALVARADO / PALS MEETINGS
MORE INFO: alvaradohospital.com/pals
(619) 229-7362

Online Aphasia Class—Mondays @ 10 am (PST)
Art Class—1st & 3rd Wednesday @ 2 pm (PST)

NEUROLAB 360
MORE INFO: neurolab360.com/free-services
(760) 704-8237

In-Person CogFit Group—1st Wed @ 10:45 am
In-Person Adaptive Yoga—1st & 3rd Wed @ 12 pm

In-Person & Online Aphasia Group—2nd & 4th Friday @ 11 am

SCRIPPS STROKE & BRAIN INJURY
MORE INFO: [Deborah Pimstone, 760-633-6709](mailto:Deborah.Pimstone@scrippshealth.org)
pimstone.deborah@scrippshealth.org

In-Person & Online Survivors & Loved Ones Support Group, 2nd & 4th Tuesdays, 2:30-3:45 pm





Do you want a mailed, paper version of future SDBIF Brain Injury Newsletters?
If so, please [CLICK HERE](#) and fill out a short form.

SDBIF

Friendraiser

WINE • ART • MUSIC

Saturday, September 23, 2023

6:00-8:30 pm



Purchase Tickets to go to the Friendraiser
CLICK HERE





P.O. Box 84601
San Diego, CA
92138-4601

Return Service Requested

Share your brain injury recovery story and how SDBIF has played a part of it!

If we use your video to teach the public about brain injury recovery, you will get a gift card!

[CLICK HERE](#)
to send SDBIF your video

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



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Saturday, Sept 23, 2023

SDBIF
Friendraiser
WINE • ART • MUSIC

A Special Night for Friends of the Brain Injury Community

We are coming together to raise money and awareness for the programs, services, and resources vital to those affected by brain injury.

Purchase Event Tickets



Sponsor a Survivor Ticket



Make a Donation



Be a Friendraiser Sponsor

Go To This Link:
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Make an In-Kind Donation

Go To This Link:
SDBIF.org/FRinkind