

Brain Injury Press

First Quarter 2024, Issue 258

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

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Brianda Muñoz
Co-Administrator of
Howard House



JOIN OR CREATE A TEAM

REGISTER & SHARE

DONATE & FUNDRAISE

Join us for San Diego's greatest celebration of brain injury recovery!

Save the date — Saturday, March 23rd — and make your way to Mission Bay, DeAnza Cove Park. This is your chance to come together with friends and family, and walk or roll in support of Brain Injury Awareness Month. Together, let's make this year's surviveHEADSTRONG Walk and Health Fair event the most remarkable one yet!

You are an integral part of this event, as we unite to become a powerful force advocating for brain injury recovery. Together, we can achieve so much more. Let's come together to celebrate the remarkable achievements in brain injury recovery that have been made over the past year. Survivors, families, friends, caregivers, students, volunteers, and brain injury professionals will all be present to provide unwavering support, encouragement, and inspiration to those on their path to recovery.

Discover the Health Fair, a must-visit event where you'll have the opportunity to explore and gather valuable information from a wide range of companies, groups, and agencies dedicated to supporting our brain injury community. Get ready to groove to the beats of **DJ Jason Morris**, whose music will ignite your desire to dance! And before we set off on our exciting journey around the bay, **NeuroLab 360** will guide us through invigorating warmup exercises. Indulge in delicious snacks, participate in an exciting raffle with incredible prizes, but above all, reconnect with old friends, forge new friendships, and unite to showcase the resilience and inspiration of the San Diego Brain Injury Community.



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Meet SDBIF's Newest Team Member: **Brianda Muñoz**



Brianda Muñoz, raised in Escondido, CA, has taken on a caregiver role from a young age, helping raise her two siblings. This greatly influenced her career path and for over 13 years she has been working as a professional caregiver for people with different cognitive impairments. Brianda has worked in an Assisted Living and Memory Care unit where she worked with patients diagnosed with Alzheimer's, Lewy Body Dementia, Parkinsons Disease, Down Syndrome, and other special needs.

She started working at Howard House in 2022 and loves seeing the difference she makes in brain injury patients' lives. She is even taking the next step in her career by earning her CNA certificate. We are thrilled to have Brianda as part of the Howard House Team!

LETTERS TO SDBIF

I am a volunteer for the San Diego Brain Injury Foundation (SDBIF) because this organization is incredibly important.

The impact the SDBIF has made, and continues to make, in the lives of brain injury survivors and their families is simply amazing. The resources provided by the foundation, like The Howard House, help survivors regain their independence and improve their quality of life. Life after experiencing a traumatic brain injury is not easy, and the support the SDBIF provides these survivors and their families is crucial.

I would highly recommend volunteering for the SDBIF to anyone who is looking for an opportunity to make a positive impact in their community. The foundation's work is truly inspiring and it has helped many people in San Diego County. Any time I can do anything to assist them in the important work they do, I will - as it really is an honor to work with this incredible organization.



Want to share your story? Please do! **CLICK HERE** and write a review of your experience with SDBIF.

A Message from SDBIF's Exec. Director, Dr. Roslyn Knox

Hello Brain Injury Community!

As we step into the promise of 2024, let's take a moment to reflect on the collective achievements of 2023. The core mission of the San Diego Brain Injury Foundation (SDBIF) is to act as a vital bridge, providing resources and connections to the brain injury community. Last year, our focus was on advancing the very fabric of SDBIF—serving as a lifeline—connecting survivors to quality providers, enriching environments, and activities that enhance their quality of life. Our multifaceted goal encompassed providing unwavering support to families and friends, fostering collaborations, increasing awareness and education about brain injuries, employing compassionate and qualified individuals to facilitate survivors' recovery and care, expanding our geographical reach, and optimizing our office systems to connect services. Above all, it meant instilling real hope in survivors and their families.



I extend heartfelt gratitude to each of you who walked alongside us during this transformative year. Navigating transitions is never easy, but it's essential. The SDBIF team has worked tirelessly to implement updates and develop new processes that we are eager to unveil in 2024.

In a snapshot of 2023, we achieved:

- Expansion into rural areas of San Diego, Imperial, Inland, and Orange counties
- Provision of more multi-lingual materials, expanded access to resources, and support
- Establishment of a Family, Friends, and Caregivers support group
- Strengthened focused on education and awareness through the Saturday Speaker Series
- Implementing hybrid access for monthly meetings at a new meeting location in Liberty Station
- Comprehensive renovation of the SDBIF Howard House, a residential home for survivors
- Increased collaborations with service providers and updates to our resource database
- Expansion of social reintegration activities
- Revamping of social and vocational programs for survivors
- Organization and accomplishment of the largest surviveHEADSTRONG Walk ever
- Return of the first in-person FriendRaiser event in three years
- Implementation of new operating technology to streamline administrative procedures

Amidst these achievements, we encountered challenges, delays, and necessary rewrites. Your unwavering support and patience during these times have been invaluable.

The accomplishments of SDBIF in 2023 fuel our excitement for what lies ahead in 2024. We eagerly anticipate your continued presence throughout the year as we build upon the 40-year foundation that is SDBIF. Whether you are a survivor, family member, professional, or advocate, thank you for being a cherished Friend in support of the San Diego Brain Injury Foundation.

Stay tuned on SDBIF social media for upcoming activities and events.

With gratitude and anticipation,
Roslyn Knox, Ph.D., MBA, Executive Director of SDBIF

A handwritten signature in blue ink that reads "Roslyn Knox".



continued from page 1

Create a team, join a team, or register as a participant at sdbif.org/walk— the choice is yours! Spread the word to your friends and family and let's come together to make a difference in raising awareness for brain injury.

Even if you can't attend the event, you can still make an impact by creating a team and using it as a platform to educate, advocate and fundraise!

By registering today, you'll not only be supporting our community but also ensuring that our services continue to reach those in need. Mark your calendars for March 23rd and let's make this event a success!





2023 Friends of the Foundation Drive Came Close to Reaching Our Goal

Your generosity helped us raise \$12,000 out of a \$15,000 goal for SDBIF's 2023 end-of-the-year Friends of the Foundation Drive. These funds play a vital role in sustaining our foundation and enabling us to continue to offer free services, resources and programs to our expanding brain injury community.

We extend our heartfelt gratitude to all the generous donors who not only contributed but also spread the word among their loved ones, urging them to donate as well.

We ask you now, to help us reach our 2024 surviveHEADSTRONG fundraising target of \$70,000 by contributing and spreading the word about this campaign among your loved ones. Every single dollar counts and will make a difference. To make a donation to surviveHEADSTRONG, kindly visit sdbif.org/surviveheadstrong-donate.

We are truly grateful for your unwavering loyalty, kindness, and commitment to supporting SDBIF. Together, we are making an impact on the lives of those affected by brain injury. Thank you for being a valued friend of the Foundation.





We had a blast celebrating the 2023 holidays with you!

SDBIF had a wonderful time celebrating the holidays with 85 of our dearest friends! We all came together in Suite 204 at Barracks 16 in Liberty Station, which was beautifully decorated for the occasion. The atmosphere was filled with love and positivity as families and friends gathered, chatting, laughing, and simply enjoying each other's company. We had an array of delicious holiday treats, and every survivor received a special goodie bag. To top it off, we had a cake to honor our survivors, friends, and families. With the delightful music provided by MusicWorx, we sang holiday songs and had an incredibly joyful time. We want to express our gratitude to all of you for joining us and for making the holiday season even more special.







**Are you excited for the 2024
surviveHEADSTRONG Walk & Health Fair?
We definitely are!!!**







**Create Your Team or
Register for sH24 today!
[CLICK HERE](#)**

**Interested in doing
more? Sponsor sH24!
[CLICK HERE](#)**

**Want to be an Exhibitor
at the Health Fair?
[CLICK HERE](#)**

**Can't attend, but want to
support us? Donate now!
[CLICK HERE](#)**



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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**

Enhancing Comfort & Personalization at Howard House

Over the past six months, Howard House, our residential home for eight level 4 and 5 brain injury survivors, has undergone significant renovations aimed at enhancing both the physical environment and personalization for our residents.

Interior Renovations:

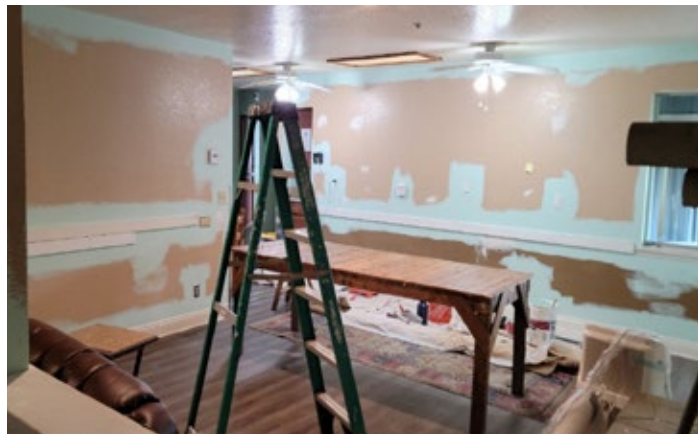
- » We are thrilled to announce that the inside renovations are nearing completion.
- » The entire interior of the home has been freshly painted, breathing new life into our living spaces.
- » Common areas such as the activity room, reading room, entertainment room, and dining room have been outfitted with updated furnishings, creating inviting spaces for socialization and relaxation.
- » Each resident's room has been furnished with updated furniture, and we are now entering the decor phase.
- » We are excited to collaborate with our residents to ensure that each room reflects their unique personalities and preferences.

Personalized Touches:

- » We are delighted to receive input from our residents regarding their preferred room decor.
- » For example, Kimberly expressed her love for rainbows, and we are honored to incorporate a rainbow theme into her room.

Exterior Updates:

- » External updates to the property include the addition of a new gazebo and renovated sitting areas, providing residents with inviting spaces to enjoy the outdoors.
- » The deck surrounding the second floor offers breathtaking views of the Escondido mountains and landscapes, and we are currently enhancing it with new sitting areas for residents to savor spectacular sunrises and sunsets.



Commitment to Resident Well-being:

- » Our residents are at the heart of everything we do.
- » This is a “home-away-from-home,” and we take great pride in ensuring that it is a comfortable, safe, and thriving environment.
- » Our dedicated team is committed to supporting our residents on their recovery journey, providing daily therapies and recreational activities tailored to their physical, cognitive, and social needs.
- » We strive to maintain a healthy and welcoming atmosphere that fosters healing and acceptance for each individual under our care.

At Howard House, we remain steadfast in our commitment to empowering our residents and helping them progress along their recovery path, one step at a time.



SDBIF will be Hosting our First-Annual Brain Injury Symposium this July!

Empowering Recovery: Navigating the Journey of Brain Injury A Symposium Connecting Individuals and Resources

Our symposium aims to serve as a guiding light through the labyrinth of brain injury recovery. Traumatic brain injuries thrust individuals and their loved ones into uncharted territory, marked by medical complexities and emotional turbulence. 'Empowering Recovery' brings together a consortium of experts and resources, offering clarity amidst the confusion. Through insightful presentations and collaborative discussions, attendees will gain invaluable insights into navigating the pivotal stages of recovery. Our mission is to empower survivors and their support networks with the knowledge and tools needed to forge a path toward healing and restoration. Join us in fostering resilience, hope, and progress on the journey to recovery.

Price of attendance to be determined.

What to Expect

- » Engaging Expert Panel discussions covering access, needs, questions, best practices & resources for the brain injury community
- » Insightful Breakout Sessions addressing specific brain injury priorities
- » Opportunities for networking
- » Lunch provided
- » Exhibitors showcasing healthcare & wellness service

Who Should Attend

Neurological Practitioners; Physicians, Nurse Practitioners, Physician Assistants; Allied Health Providers; Mental Health Providers; Community Advocates; Natural Healing Practitioners; Brain Injury Survivors; Family Members, Friends, Caregivers; Physical Fitness Experts; State & County Agency Representatives; Legislatures; Legal Representatives; ADA Compliant Providers



SDBIF remembers Kyle Coopridner

The first born to Patti and Coop in Great Falls, Montana, Kyle made them proud as he embraced being a big brother to six sisters, became a successful businessman in Germany, and made them grandparents to Tamy and Julian.

Kyle's zeal for life and inner strength helped him survive the near fatal 1989 car accident; that began what he at times referred to as his 'second life'. Kyle met the challenges of his changed life and as he moved back to the U.S. for added support from his

mom and dad, Patti and Coop in La Jolla welcomed him with open arms and pride.

Kyle's 'second life' in the greater San Diego community positively impacted his neighbors and all those he encountered with his radiant smile, kind words, and acts of generosity. Not a day passed that Kyle did not share his love of music and creation of art. His pieces have been displayed at venues as varied as UCSD, ICA, and Sophie's Gallery.

Kyle's many artworks, including those at local exhibits over the years, he signed "Vinci van Kyle". The next time you see a colorful sky or brilliant sunset, imagine it was painted by Kyle.

Kyle, you and your smile are truly missed.

COMMUNITY NEWS

SDBIF Saturday Meeting Recaps & Video Links

**JANUARY
2024**

SD Sheriff Dept's Blue Envelope Program

Sgt. Amber Reeves
San Diego Sheriff
Department

[▶ WATCH THE VIDEO NOW](#)

**FEBRUARY
2024**

Physical Therapy Evaluation After Brain Injury

Kristine Negrete
PT, DPT, NCS, ATP
Co-Founder, NeuroLab 360

[▶ WATCH THE VIDEO NOW](#)

Upcoming Saturday Speaker Series Meetings

**SATURDAY,
APR 20,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
AUG 17,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
MAY 18,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
OCT 19,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
JUN 15,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
NOV 16,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
JUL 20,
2024**

In-Person & Zoom

Topic & Speaker TBA

[Add This To Your Calendar](#)

**SATURDAY,
DEC 21,
2024**

In-Person ONLY 🎉

HOLIDAY PARTY!!!

[Add This To Your Calendar](#)

Want to see all of
SDBIF's videos?



CLICK HERE

Subscribe to get notification
of newly posted videos

SDBIF & Community Upcoming Events

SDBIF EVENTS

FEBRUARY ZOOM Survivor Peer Support Grp

Friday, February 23, 2024 from 2-3:30 pm (PST)

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

MARCH ZOOM Family & Friends Support Grp

Friday, March 8, 2024 from 2-3:30 pm (PST)

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



Saturday, March 23, 2024
MISSION BAY PARK DE ANZA COVE
Registration Opens at **8 am**
Warm Up & Walk at **9 am**
SD 2024 REGISTER TODAY!!!

MARCH ZOOM Survivor Peer Support Grp

Friday, March 29, 2024 from 2-3:30 pm (PST)

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

APRIL ZOOM Family & Friends Support Grp

Friday, April 12, 2024 from 2-3:30 pm (PST)

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

APRIL ZOOM Survivor Peer Support Grp

Friday, April 26, 2024 from 2-3:30 pm (PST)

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

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

SD Writers Ink Office

Liberty Station Arts District, Barracks 16

2730 Historic Decatur Rd #204

San Diego, CA 92106

3RD-PARTY PARTNER EVENTS

NEUROLAB 360

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

In-Person CogFit Group—Wed, 3/6 @ 10:45 am

In-Person Adaptive Yoga—Wed, 3/6 & 20 @ 12 pm

In-Person & Online Aphasia Group—Fri, 3/8 & 22 @ 11 am

PALS MEETINGS

MORE INFO: mmw002@health.ucsd.edu

Online Aphasia Class—Thur, 3/7, 14, 21, 28 @ 10 am

Art Class—Wed, 3/6 & 20 @ 2 pm

Clay Class—Wed, 3/13 & 27 @ 2 pm

SCRIPPS STROKE & BRAIN INJURY

MORE INFO: Deborah Pimstone, 760-633-6709
pimstone.deborah@scrippshealth.org

In-Person & Online Survivors & Loved Ones

Support Group—Tue, 3/12 & 26 @ 2:30-3:45 pm

In-Person Brain Masters—Wed, 3/6, 13, 20, 27 @ 2:30-3:30 pm

SHARP EVENTS

MORE INFO: Grace Latimer or Jim Lizardo,
619-740-4683

Online Gentle Fitness—Tue, 3/5, 12, 19, 26 @ 9:30 am



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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

"The San Diego Brain Injury Foundation really helped me recover it all...They saved me from the isolation that some people actually experience."

Christina Hardy, brain injury survivor



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MARCH IS BRAIN INJURY AWARENESS MONTH!

Saturday, March 23, 2024 | 8 am-1 pm | Mission Bay Park De Anza Cove Park

Celebrate With All Your Brain Injury Recovery Friends

REGISTER, CREATE OR JOIN A TEAM TODAY

[CLICK HERE](#) OR GO TO SDBIF.ORG/REGISTER

There are so many ways to raise awareness, funds and support for the brain injury community...you can:

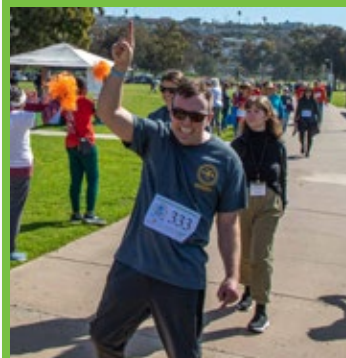
Register, Create or Join a Team



Share this with Friends & Family



Make a Donation



Support Us... Be a Sponsor

Go To This Link:
SDBIF.org/sHsponsor

Be a Health Fair Exhibitor

Go To This Link:
SDBIF.org/sHexhibitor