



# Brain Injury Press

Quarter 1, 2025, Issue 262

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

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## Join the Movement: 2025 surviveHEADSTRONG San Diego Walk & Health Fair presented by Thorson Law Group!

Every inch counts. Every voice matters. The 2025 surviveHEADSTRONG San Diego Walk and Health Fair, presented by Thorson Law Group, on Saturday, March 22, 2025, is more than just an event—it's a movement of strength, support, and solidarity for those affected by brain injuries. This annual gathering brings together survivors, families, caregivers, medical professionals, and advocates to celebrate recovery, raise awareness, and build a stronger community.

### WHY YOU SHOULD JOIN

This inspiring event is more than just a walk (or roll!)—it's a powerful day of connection, education, and hope. Whether you're a survivor, a caregiver, a medical professional, or a supporter, your presence makes a difference.

- **Walk for a Cause** – Every step raises awareness for brain injury recovery
- **Engage with the Community** – Meet survivors, families, and experts dedicated to healing and advocacy
- **Have Fun!** – Enjoy music, activities, and a supportive atmosphere filled with encouragement and celebration

### WHY THIS EVENT MATTERS

Brain injuries can change lives in an instant. From concussions to traumatic brain injuries (TBIs), survivors face *continued on page 4*

## BOARD OF DIRECTORS

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## Follow SDBIF on Social Media



## In Loving Memory of Timothy S. Scheidt June 8, 1958 – November 14, 2024

It is with great sadness that we share the passing of our cherished Board Member, Tim Scheidt.

Timothy S. Scheidt, a beloved educator, father, grandfather, and passionate supporter of the brain injury community, passed away on November 14, 2024, after a courageous battle with cancer. His legacy of kindness, creativity, and dedication to family and learning will forever be cherished by all who knew him.



Tim joined our Board in 2021 as our Treasurer and brought creativity, empathy and an entrepreneurial spirit with a strong commitment to serve and support brain injury survivors and their families.

At his core, Tim was a passionate educator whose career spanned over 40 years. He served as a teacher, principal, district administrator and Adjunct Professor of Educational Leadership at National University, influencing countless students and colleagues with his innovative ideas and steadfast dedication to learning. Through his company, GSP Publishing, he brought math to life with creative programs such as Fantasy Baseball and NBA Math Hoops, combining his love of sports and mathematics to engage students across the country.

Tim's love of writing was another defining aspect of his life. Whether through professional projects or creative works, he expressed himself with clarity and heart. One of his most cherished accomplishments was authoring *Finding Solace at the Kensington Cafe*, a poignant reflection of his imagination and spirit.

In 2018, Tim's life took on a new mission after his daughter, Nicole, suffered a traumatic brain injury. His commitment to his daughter was paramount throughout the last 6 years. While this accident was a major source of pain for him, he took that tragedy and devoted countless hours to his daughter and the brain injury community as a whole.

Tim was such a humble man who made an incredible impact on our Foundation and the brain injury community in general. Tim's spirit will live in those who knew him. We will miss his kindness, generosity, thoughtfulness, financial acumen and his gentle spirit.

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

## Greetings Brain Injury Community Friends!

As we step into 2025, we reflect on the tremendous progress we have made as the trusted resource hub for brain injury survivors and their families. Together, we are navigating the journey of recovery and reintegration, and this year promises to be one of our most impactful yet.

In 2025, we are amplifying our focus on **awareness, access, engagement, and connectivity** to ensure every community has the support they need. This means forging meaningful partnerships that open doors to recovery and reintegration services, health and wellness activities, and vital resources. Whether you're a survivor, a family member, or a healthcare provider, our initiatives are designed to meet your unique needs.



One of our primary goals is to increase **direct connections to brain injury healthcare professionals** who will share their expertise, knowledge, and resources. We aim to enhance the continuum of care and ensure survivors and families have access to comprehensive, individualized support. We're also introducing several exciting new services to make your journey smoother and more empowering:

- **Individualized Navigation Plans:** Tailored specifically to each survivor's unique needs, these plans provide a clear roadmap to assist with recovery and reintegration.
- **Workshops and Seminar Series:** Interactive, expert-led sessions that equip survivors and families with valuable insights and tools for success.
- **Personalized Assistance:** One-on-one support to help navigate the often-complex road of brain injury recovery.
- **Walk-in assistance** for survivors and families to access assistance with Resources and information.

We're listening closely to the needs of survivors and their families, and our commitment remains steadfast: **to find new and effective ways to address your challenges and provide meaningful solutions.**

Another priority, is enhancing connectivity among professional service providers in the brain injury space. Our aim is to create a seamless continuum of care that adapts to the diverse and evolving needs of each survivor.

2025 is shaping up to be a year of **growth, unity, support, education, and engagement.** We are honored to be part of your journey and to witness your courage and determination every step of the way.

Enjoy our first-quarter newsletter, packed with exciting updates, upcoming events, and opportunities to connect with our community and partners. We encourage you to stay engaged, reach out, participate, educate, and donate. Every step you take matters—and we're with you every step of the way.

*With gratitude and anticipation,*

A handwritten signature in blue ink that reads "Roslyn Knox". The signature is fluid and cursive, with a large initial "R".

Roslyn Knox, Ph.D., MBA,  
Executive Director of SDBIF





*continued from page 1*

significant challenges—but they also demonstrate incredible resilience. That’s why we walk and roll together: to support brain injury survivors and their families, raise critical awareness, and help fund life-changing programs through the San Diego Brain Injury Foundation (SDBIF).

At Mission Bay Park, hundreds of participants will come together for a day filled with hope, connection, and empowerment. Whether you join for yourself, a loved one, or the millions affected by brain injuries, your participation makes a real difference.

### WHAT TO EXPECT

This event is about coming together as a community. Here’s what you’ll experience:

- A Scenic Walk for Recovery – Stroll alongside survivors and supporters in a beautiful, uplifting setting.
- A Vibrant Health Fair – Discover resources, expert insights, and support services tailored for brain injury recovery and care.
- High-Energy Warm-Up & Music – Get pumped up before the walk with Oliver Rhodes, whose infectious energy will have you ready to move and roll! Plus, enjoy energetic beats from DJ Jason Morris, filling the air with music that will make you want to dance, celebrate, and embrace the incredible achievements of our brain injury community.
- Fun for All Ages – Enjoy music, interactive activities, and a sense of unity that will leave you feeling energized and inspired.

### EVENT DETAILS

**LOCATION:** Mission Bay Park de Anza Cove, San Diego

**DATE:** Saturday, March 22, 2025, from 8am – 1pm

**REGISTRATION:** Go to [SDBIF.org/walk](https://www.sdbif.org/walk) or you can scan the QR Code Below

Learn more or Register  
for sH25 today!  
[SDBIF.org/Walk](https://www.sdbif.org/Walk)





## YOUR SUPPORT MAKES AN IMPACT

Funds raised from the event help SDBIF continue its mission of providing education, resources, and advocacy for brain injury survivors and their families. By joining us, you're directly contributing to programs that empower recovery and foster independence.

## HOW YOU CAN HELP

- **Register to Participate** – Join us for this inspiring event!
- **Form a Team** – Walk and roll with friends, family, or colleagues for an even greater impact.
- **Spread the Word** – Share on social media and encourage others to participate.
- **Donate** – If you can't attend, consider making a donation to support brain injury survivors.

**Together, we can make a difference.** Proceeds benefit the San Diego Brain Injury Foundation (SDBIF), ensuring survivors and their families receive critical resources and support.

Help us make this the biggest surviveHEADSTRONG yet! Participate. Connect. Inspire.

Sign up today and walk with us toward recovery!

## THANK YOU SPONSORS!







**Whether you can attend in person or not,  
there are SOOOOO many way to get involved  
with surviveHEADSTRONG with SDBIF  
presented by Thorson Law Group**



**CLICK  
HERE**

**to Register,  
Join a  
Team or  
Create a  
Team**

**CLICK  
HERE**

**to Donate  
to a Team  
or in  
Honor of  
Someone**

**CLICK  
HERE**

**to Learn  
About  
being a  
Health Fair  
Exhibitor**











## Creativity in Action: SDBIF's January Day of Art Brings Survivors Together

On January 17th, creativity and community came alive as 12 brain injury survivors joined SDBIF's Day of Art—all from the comfort of their own homes! Guided by the incredible Lovejoy, a longtime SDBIF art instructor, participants tapped into their artistic side, creating stunning masterpieces while connecting with others in a fun, interactive, and uplifting virtual experience.

### A CANVAS FOR CONNECTION

More than just an art class, this event was a celebration of creativity, healing, and camaraderie. As participants painted, they shared their works, admired each other's progress, and supported one another—proving that art has the power to inspire, uplift, and unite. Whether beginners or experienced artists, everyone felt the magic of expressing themselves through color and creativity.

### READY TO CREATE YOUR OWN MASTERPIECE?

If you missed this one, don't worry! SDBIF hosts a Day of Art each quarter in 2025, and the next event is happening on April 18th! This virtual gathering is perfect for anyone—whether you're a seasoned

painter or have never picked up a brush before. Lovejoy's expert guidance makes it easy and fun for everyone!

### LIMITED SPOTS AVAILABLE—REGISTER TODAY!

Spaces are limited, so don't wait! Unleash your creativity, connect with others, and experience the joy of painting in a relaxed, supportive environment.

#### APRIL 18—Virtual

20 spaces available—[Register by April 7](#)

#### JULY 18—In-Person (Liberty Station)

15 spaces available—[Register by July 7](#)

#### OCTOBER 17—VIRTUAL

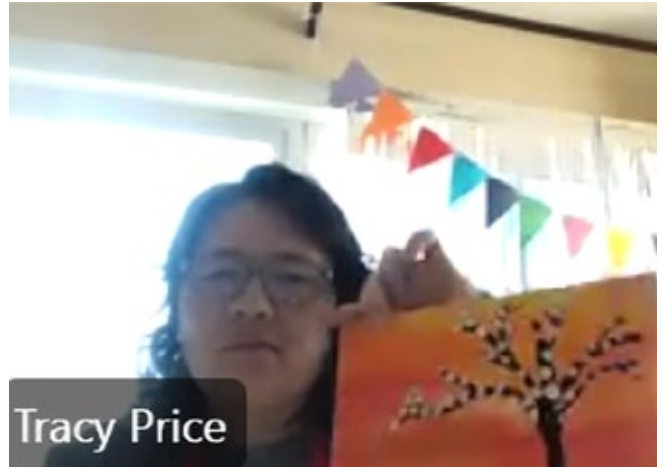
20 spaces available—[Register by October 6](#)

If you're ready to unleash your creativity, connect with an inspiring community, and have fun, mark your calendar for the next Day of Art on April 18th! No experience? No problem! With expert guidance from Lovejoy, you'll be amazed at what you can create. All you need is a desire to explore, express, and enjoy! Keep an eye out for our emails so that you can register and join us for some fun!





**Simple Sunset Cherry blossom**



Tracy Price

**April 18 is Day of Art for Brain Injury Survivors**

**CLICK HERE to Reserve Your Spot by APRIL 7**



## **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](http://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**

# COMMUNITY NEWS

## Exciting Developments at Howard House!



The San Diego Brain Injury Foundation is delighted to highlight the dynamic and meaningful activities happening at Howard House, a residential home providing 24/7 care for extraordinary individuals recovering from traumatic brain injuries. Our community thrives on an atmosphere of progress, healing, and joy. We are proud to share the remarkable milestones and events our residents continue to achieve and celebrate.

### Engagement and Enrichment at Howard House

At Howard House, we are proud to have an exceptional team dedicated to delivering the highest quality care to our residents. Each month, we organize a variety of activities designed to foster connection and engagement, both within our community and beyond. Recently, we celebrated the holiday season by attending several festive Christmas events. We also kicked off the new year with a Zoo outing. As we move forward, we remain committed to embracing our community and making the most of the opportunities it offer.

Howard House has undergone numerous changes recently, and one of the most exciting additions is the new ramp. This beautiful enhancement has been a highlight of the new year, greatly improving accessibility for our residents. Along with the ramp, the house



has seen several remodels and interior decor upgrades, creating a refreshed and welcoming environment for everyone.

### Thank you for being a part of our journey!

As we continue to grow and make meaningful changes at Howard House, we are grateful for the unwavering support of our community, families, and team members. Your encouragement and involvement inspire us to create a thriving environment where progress and joy flourish.

Stay tuned for more updates in the coming months as we share the milestones, stories, and activities that make Howard House so special.

### Happy birthday celebrations this quarter:

- Richard Gallo—January 15th
- Kristian Castellon—March 14th
- Alejandro Arroyo—March 20th





## 2025 Community Forums with Juanita Rios are for Everyone...Even Those Who Only Speak Spanish

SDBIF's Quarterly Community Forums are an incredible opportunity for brain injury survivors, caregivers, families, and professionals to come together, stay informed, and connect with valuable resources. Whether you are looking for support, expert insights, or ways to engage with the brain injury community, these forums are open to all!

At each forum, SDBIF shares updates on programs, services, and resources, including support groups, monthly social activities, the Saturday Speaker Series, and resource consultations. Additionally, attendees will hear about exciting upcoming events, such as the annual Symposium and Friendraiser.

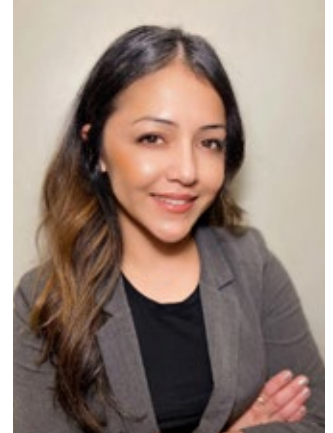
### **A FORUM FOR EVERYONE—INCLUDING A SPANISH SESSION!**

SDBIF is committed to ensuring that all members of the brain injury community have access to critical information. That's why the forum includes a dedicated Spanish-language session, providing the same valuable updates and discussions for Spanish-speaking participants.

### **NEXT FORUM DATE: MAY 19, 2025**

**English Session:** 11 AM – 12 PM (PST)—Register at [SDBIF.org/Forum](https://sdbif.org/Forum)

**Spanish Session:** 12 PM – 1 PM (PST)—Register at [SDBIF.org/Foro](https://sdbif.org/Foro)



### **HAVE A RESOURCE TO SHARE WITH THE COMMUNITY?**

If you have an important resource that could benefit the brain injury community and are interested in being a guest speaker, we'd love to hear from you! Email [info@sdbif.org](mailto:info@sdbif.org) to learn more about speaking opportunities and how you can get involved with SDBIF's efforts.

Join us at the Quarterly Community Forum and be part of a supportive, informative, and inclusive conversation—because together, we are stronger!



# SAVE THE DATE!!!

## SATURDAY, JUNE 21, 2025

@ ADMIRAL BAKER CLUB HOUSE

[CLICK HERE TO LEARN MORE](#)

*Speakers & Topics to be announced soon!*

# COMMUNITY NEWS

## Upcoming 2025 Saturday Speaker Series Meetings

**SATURDAY,**  
**APR 19,**  
**2025**

***In-Person & Zoom***  
*Adaptive Yoga with  
Debbie Moore*  
[Add This To Your Calendar](#)

**SATURDAY,**  
**OCT 18,**  
**2025**

***In-Person & Zoom***  
*TBD*  
[Add This To Your Calendar](#)

**SATURDAY,**  
**MAY 17,**  
**2025**

***In-Person & Zoom***  
*SDBIF Programs & Activities  
Updates with Special Guests*  
[Add This To Your Calendar](#)

**SATURDAY,**  
**NOV 15,**  
**2025**

***In-Person ONLY***  
*Game Day!!! Join your friends  
for a day of fun and laughter*  
[Add This To Your Calendar](#)

**SATURDAY,**  
**JUL 19,**  
**2025**

***In-Person ONLY***  
*Game Day!!! Join your friends  
for a day of fun and laughter*  
[Add This To Your Calendar](#)

**SATURDAY,**  
**DEC 20,**  
**2025**

***In-Person ONLY***  
**HOLIDAY PARTY!!!**  
**LOCATION TBD**  
[Add This To Your Calendar](#)



**SATURDAY,**  
**AUG 16,**  
**2025**

***In-Person & Zoom***  
*ABI Program Updates &  
Information*  
[Add This To Your Calendar](#)



**[CLICK HERE](#)**  
to see all SDBIF's videos

***Join Us In-Person for the  
Saturday Meetings &  
Stay After for an HOUR of  
Socializing with Friends  
and light bites!***

**IN-PERSON LOCATION**  
**SD Writers Ink Office**  
Liberty Station Arts District, Barracks 16  
2730 Historic Decatur Rd #204  
San Diego, CA 92106



**GreatNonprofits**  
REVIEWS THAT MAKE A DIFFERENCE

**Have a story to share with SDBIF  
and the brain injury community?**

**[CLICK HERE](#)**

to write a review of your  
experience with SDBIF and  
in the process help us remain  
a Top-Rated Non-Profit!



## SDBIF & Community Upcoming Events


### SDBIF EVENTS

[sdbif.org/events](https://sdbif.org/events)

#### **MAR ZOOM** Family & Friends Support Grp

Friday, March 14, 2025 from 2-3:30 pm (PST)

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



**Survive Headstrong**  
San Diego 2025  
PRESENTED BY TLG

**Saturday, March 22, 2025**

**CLICK HERE to Register Today!!!**

MISSION BAY PARK DE ANZA COVE

#### **MAR ZOOM** Survivor Peer Support Grp

Friday, March 28, 2025 from 2-3:30 pm (PST)

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

#### **APR ZOOM** Family & Friends Support Grp

Friday, April 11, 2025 from 2-3:30 pm (PST)

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



**April 18 is a Day of Art for Brain Injury Survivors**

**CLICK HERE to Reserve Your Spot by APRIL 7**

#### **APR ZOOM** Survivor Peer Support Grp

Friday, April 25, 2025 from 2-3:30 pm (PST)

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

#### **MAY ZOOM** Family & Friends Support Grp

Friday, May 9, 2025 from 2-3:30 pm (PST)

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

### 3<sup>RD</sup>-PARTY PARTNER EVENTS

#### BLACK PLAGUE BREWING 4<sup>TH</sup> ANNUAL

#### GRANT GEBLER

#### CAR SHOW & BENEFIT CONCERT

PROCEEDS BENEFIT SDBIF

16 MARCH 2025 | NOON–5 PM

2550 JASON CT, OCEANSIDE, CA

**CLICK HERE**  
for info

#### NEUROLAB 360

**MORE INFO:** [neurolab360.com/free-services](https://neurolab360.com/free-services)  
(760) 704-8237

In-Person CogFit Group—Wed, 3/5 @ 10:45 am

In-Person Adaptive Yoga—Wed, 3/5 & 19 @ 12 pm

In-Person Stroke Support Grp—Wed, 3/12 @ 4 pm

HYBRID Aphasia Group—Fri, 3/14 & 28 @ 11 am

#### PALS MEETINGS

**MORE INFO:** [mmw002@health.ucsd.edu](mailto:mmw002@health.ucsd.edu)

In-Person Art Class—Wed, 3/5 & 19 @ 2 pm

ONLINE Aphasia Class—Thur, 3/6, 13, 20, 27 @ 10am

In-Person Support Group—Fri, 3/7 @ 11am

#### SCRIPPS STROKE & BRAIN INJURY

**MORE INFO:** Deborah Pimstone, 760-633-6709  
[pimstone.deborah@scrippshealth.org](mailto:pimstone.deborah@scrippshealth.org)

In-Person Brain Masters—Wed, 3/5, 12, 19, 26 @ 2:30-3:30 pm

HYBRID Stroke & TBI Support Group—Tue, 3/11 & 25 @ 2:30-3:45 pm

#### SHARP EVENTS

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

Online Gentle Fitness—Tue, 3/4, 11, 18, 25 @ 9:30am

**DOR** DEPARTMENT of REHABILITATION  
Employment, Independence & Equality

Select programs funded by a grant from the Department of Rehabilitation

## SDBIF is updating our database!

Please click this button to update your preferences and profile information, so that you are only receiving the information you want. No spam from us!

**Click HERE**  
to Update Your Preferences Now

# SDBIF Navigation Action Plan (NavAP)



Contact  
SDBIF



Schedule an  
Assessment



Identify Needs  
& Wants



Deliver  
NavAP



Access to SISR Program, Vocational Workshops,  
ALT Library, Transportation Vouchers & More!

## SDBIF Helps Survivor Reintegration by Providing Reintegration Navigation Action Plans and New Benefits that Come with It

As our Executive Director stated in her letter, one of SDBIF's goals is **to find new and effective ways to address reintegration challenges and provide meaningful solutions by offering individualized navigation action plans for survivors.**

### WHAT IS A NAVIGATION ACTION PLAN?

A Navigation Action Plan (**NavAP**) identifies a survivor's needs and current barriers and provides steps on how to address, work through and overcome them.

This plan serves as a roadmap, outlining the steps the brain injury survivor must take to progress towards their short-term goals. The NavAP addresses the survivor's physical, emotional, and cognitive needs, as well as personal goals and preferences; and includes tailored recommendations and actionable steps, ensuring that the survivor has a clear and achievable pathway to follow.

### HOW DOES A SURVIVOR OBTAIN A NAVAP?

A survivor needs to do a simple 30-45-minute assessment completed with a SDBIF Program Coordinator. These are completed over the phone (or it can be in-person), where the Program

Coordinator will ask a series of questions to get to know and understand the survivor's situation, challenges, and aspirations better.

Better yet, It is VERY easy to ask for one of these assessments to be done. **All a survivor has to do is call SDBIF's Telephone Helpline at (619) 294-6541 or email [info@SDBIF.org](mailto:info@SDBIF.org) and ask to schedule one!**

## Sample NavAP

SDBIF SAN DIEGO BRAIN INJURY FOUNDATION		Navigation Action Plan	
Survivor Name: _____		Case Manager: _____ Date: _____	
<small>Case Management offered by the San Diego Brain Injury Foundation (SDBIF) is intended to help guide survivors and their family members towards helpful resources related to specific concerns they have. If you have any questions about this Action Plan, please contact SDBIF for additional assistance at 619-294-6541.</small>			
Problem/Need/Concern	Action Steps/Resources		
Does not do much during the day and has limited social connections.	1. SDBIF has speaker groups and support groups on a monthly basis. SURVIVOR is encouraged to attend Saturday speaker group meetings once they are held in person again. If SURVIVOR gets access to a computer, he is encouraged to attend our Zoom based speaker and support groups.  2. SURVIVOR attended the ABI program many years ago and was encouraged to enroll in this program again as it would help with skill building as well as social connection. Having something productive to do during the day would be very helpful for SURVIVOR. Case Manager will help SURVIVOR connect with Brandi Bass to explore admission to the ABI program. Brandi can be reached via phone at (619) 388-1952 or via email at <a href="mailto:bbass@sdccid.edu">bbass@sdccid.edu</a> .		
Does not have access to a computer currently, which limits his connections with others.	The San Diego Futures Foundation has computers available at no to low cost for individuals with disabilities. Case Manager will contact the San Diego Futures Foundation on SURVIVOR's behalf to inquire about obtaining a computer for him. The San Diego Futures Foundation can be reached at 619-391-0050 and their website is <a href="http://sdifutures.org">sdifutures.org</a>		



## HOW MUCH DOES A NAVAP COST?

NOTHING!!! These are Free-of-Charge thanks to funding from the California Department of Rehabilitation and the generous donations of SDBIF's supporters.

## WHAT ARE NEW BENEFITS SURVIVORS HAVE ACCESS TO AFTER A NAVAP IS COMPLETED?

SDBIF has begun a series of new initiatives in 2025 that active, participating survivors will have access to, once a NavAP is completed.

### SISR PROGRAM

SDBIF is partnering with **SDSU's School of Health and Human Services-Center for Clinical & Cognitive Neuroscience** to launch the **Students Invested in Survivor Reintegration (SISR) Program**. This advocate-based initiative pairs junior and senior undergraduate students with TBI survivors to assist with facilitating their reintegration from rehab to community life. Guided by Dr. Stephaine Ries, Professor, Dr. Roslyn Knox, SDBIF Executive Director, and Dr. Dan Gardner, M.D., a renowned brain injury expert, participants will receive training and support to ensure effective enrollment and engagement.

The objectives of SISR include **weekly 1-on-1 meetings** between students and survivors to enhance daily living and communication skills, **advocacy support** for navigating community resources, organization, and goal setting. Additionally, **students will assist survivors with technology through workshops**. The program will operate repeatedly on a semester basis, with ongoing assessment and reassessment using standardized instruments to track outcomes.

### COMMUNITY & VOCATIONAL READINESS WORKSHOPS

Partnering with **Rehab Without Walls**, SDBIF will host a **monthly workshop series**, each session led by licensed practitioners in various therapy disciplines. These interactive workshops will cover **essential strategies and skills to prepare participants for re-entering the community and the workforce**.



### ASSISTED LEARNING TECHNOLOGY LIBRARY

SDBIF is committed to bridging the digital divide after brain injury to address technological literacy needs. Recognizing the importance of access to technology and assistive devices, SDBIF will establish the Assisted Learning Technology (ALT) Library where **workshops will be held to assist survivors in re-learning essential technology skills**. This ALT Library will provide survivors and their families with **access to computers, the internet, assistive technology, and printed materials**, serving as a hub for workshops and technological assistance services.

### TRANSPORTATION VOUCHERS

Recognizing transportation barriers faced by survivors, SDBIF will offer financial assistance to enrolled survivors in need. Collaborating with rideshare services and public transportation systems, SDBIF will **provide passes and vouchers for healthcare appointments, social services, and SDBIF programs**. Additional assistance may be available upon request.

### UNITED FOR REINTEGRATION

SDBIF's Navigation Action Plan (NavAP) provides survivors with a personalized roadmap to overcome challenges and achieve their goals—all completely free. With new 2025 initiatives like the SISR Program, vocational workshops, assistive technology resources, and transportation vouchers, survivors have more support than ever.

If you or a loved one could benefit from a **NavAP**, **reach out today!** Just call **(619) 294-6541** or email to **info@SDBIF.org** to start your reintegration journey. **Your future is ready—let's navigate it together!**



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

Return Service Requested

**“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



LAW OFFICES OF  
**KROGER-DIAMOND & CAMPOS**  
APC

**PERSONAL INJURY—ACCIDENTS**  
Automobile | Cycle | Dog Bite | Wrongful Death | Pedestrian | Slip & Fall

Serving the community for over 30 years

<b>University Avenue</b> 3180 University Avenue, Suite 220 San Diego, CA 92104   (619) 682-5100	<b>Poinsettia Village</b> 7220 Avenida Encinas, Suite 203 Carlsbad, CA 92011   (760) 931-2900
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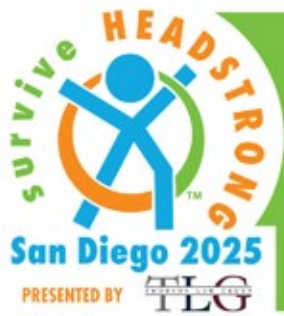
**[www.kdcinjurylaw.com](http://www.kdcinjurylaw.com)**  
A Professional Corporation      -Free Consultation | No Recovery, No fee-

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



## MARCH IS BRAIN INJURY AWARENESS MONTH!

Saturday, March 22, 2025 | 8 am-1 pm | Mission Bay Park De Anza Cove

Celebrate With All Your Brain Injury Recovery Friends

REGISTER, CREATE OR JOIN A TEAM TODAY

**CLICK A BUTTON BELOW OR GO TO [SDBIF.ORG/REGISTER](http://SDBIF.ORG/REGISTER)**

There are so many ways to raise awareness, funds and support for the brain injury community...**[CLICK](#)** below to:

Register, Create or Join a Team



OR Go To This Link:  
**[SDBIF.org/Register](http://SDBIF.org/Register)**

Make a Donation



OR Go To This Link:  
**[SDBIF.org/sHdonate](http://SDBIF.org/sHdonate)**

Be a Health Fair Exhibitor



OR Go To This Link:  
**[SDBIF.org/sHexhibit](http://SDBIF.org/sHexhibit)**

