

Brain Injury Press

Our Mission is to improve the quality of life for brain injury survivors and their families living in San Diego County.

1st Quarter 2010, Issue 219 Serving brain injury survivors and their families since 1983

In This Issue

Foundation News	2
Discovering & Recovering Together	3
25th Annual Golf Classic	5
Community News	5
SDBIF Saturday Meetings	7
Friends of SDBIF	9

Save The Date

3rd Annual Walk for Thought

Saturday, March 20, 2010
 Mission Bay Park, San Diego

25th Annual Golf Classic

Monday, April 26, 2010
 Country Club of Rancho Bernardo

March is the month to renew your membership!

Go on line at www.sdbif.org.
 Click on the "Donate Now" button.

Designate that this is a "membership fee".
 \$20 for survivors/friends/family/students
 \$50 for professionals

March Marks Brain Injury Awareness Month with 3rd Annual Walk for Thought

It's just a few weeks away! The 3rd Annual Walk for Thought will be held at Mission Bay--De Anza Cove, which is the same location as last year, on March 20, 2010. This is the third year for us to collaborate with CALBIA, and Freedom House, a nonprofit organization formed to provide an independent living environment for persons who have Traumatic Brain Injuries.

This event is especially fun, as it is something everyone can do. It's a short walk, and any kind of walking is acceptable, even walking or doing supportive motion in place! Registration



Students from the Acquired Brain Injury Program, Mesa College

will begin at 8:00 a.m. and the walk begins at 9:00 a.m. The registration fee for adults is \$25 and includes a T-shirt. Persons with a brain injury can register for \$15. This includes a T-shirt and one year membership to CALBIA. We not only raise money and build awareness in the community; we reach out to our survivors and their families.

Oliver Rhodes, a recreation therapist and past board member of SDBIF will lead us in stretching exercises to get us in the spirit of things. Hot dogs and drinks will be available for purchase.

We are ready to register teams on-line. It is easier than ever to start a team and gain support, even from people who can't be there. **Simply start by going to the CALBIA website at www.calbia.org and click on the Walk For Thought logo on the lower left corner.** That will take you to the donor drive site and you can begin to register. Click on San Diego. Click "Register now," and follow directions.

If you do not have access to a computer or a credit card to register,

Continued on page 2



Board of Directors

- Francesca Castagnola
Member-at-large
- Chuck Degeneffe, PhD
President
- Ruben Ceballos
- Lisa Franklin
- Lynn Gagne
- Maureen Hanifin
Member-at-large
- Donna Lewis
Secretary
- Michael Lobatz, MD
- Jim McBride
- Mark McDonough, PhD
- Kris Nelson
- Cecilia Romo
- Patsy Sholders
- Jerome Stenehjerm, MD
- Dan Stoll
Vice President

Staff

- Susan Hansen
Chief Operating Officer
- Stephanie Bidegain
Office Manager
- Beth Anderson
Howard House Administrator

The Brain Injury Press

A quarterly publication that reports on what's going on in San Diego and around the country in support of brain injury survivors and their families. We welcome suggestions and articles by readers.

SDBIF, PO Box 84601,
San Diego, CA 92138
E-mail: sdbif@aol.com
Fax: 619-294-2911
Phone: 619-294-6541
www.sdbif.org

Foundation News:

SDBIF

would like to welcome back Jim McBride as a board member. Jim is a management consultant with extensive experience in organizational communication, planning, public relations, marketing support, and business development. His work has been published in national journals and cited in two text books. He is a lecturer in the School of Journalism & Media Studies at San Diego State, where he teaches public relations methods and media techniques.



Jim formerly served five years on the SDBIF board including three years as secretary. He is the father of a brain injured daughter, who was 18 years old when she sustained a traumatic brain injury in a car accident. She lived for 10 years, fighting and smiling, inspiring her family, and bringing friends and neighbors closer together.

We are glad to have Jim as a Board Member again.

Continued from cover 3rd Annual Walk for Thought

you may attend "Registration Day" at the San Diego Brain Injury office, 3590 Camino del Rio North, San Diego, CA 92108 on Friday, March 5, from 10am--3pm. Simply bring your registration fee (cash or check made out to CALBIA) and a list of e-mail addresses to whom you would like to invite to sponsor you.

Each year, we seem to have more involvement, more

SDBIF Website

SDBIF has a new and improved website! We have made it easier than ever to be in touch with our events, new research, new services or legislation about brain injury.

It is also much easier to get in touch with us, find out about volunteer opportunities and fund-raising activities. It is equipped with new stories of survivors and updates on some of our members.

SDBIF would like to thank Paula Elliot-Jacobsen of ELLIOTTREIVERS assoc. for her assistance in the new design. We have made the website not only more user-friendly, but more fluid. We will be updating our information as it comes in so that we can all stay a little more connected.

Check it out!

www.sdbif.org

connections, and more fun. Let's make this one the best ever. Hope to see everyone there!



Discovering and Recovering Together

It is November 21, 2009 – another beautiful day at the beach in La Jolla, California. As the waves crash gently onto the shore, a minister performs a ceremony for two young people who are embarking upon a new life together as husband and wife. Vows and rings are exchanged, the couple kisses, the audience applauds. Everyone is smiling. Sounds like a million weddings that take place every week on the shores of the Pacific, doesn't it? But there is one very big difference in this scenario – the two people getting married are both survivors of traumatic brain injury and Chuck Hansen, another brain injury survivor, officiated at the ceremony.

The bride: Brittney Olberding remembers always wanting to be a nurse from when she was a little

girl, "That's all I was directed to doing since I was a small child." She was a nursing student at Azusa Pacific University and was in the last quarter of completing her BSN/RN Nursing Program when her life changed forever the early morning hours of October 8, 2006. "I either fell



asleep at the wheel or more likely was text messaging while driving on the freeway. I hit a disabled

car, sending my car rolling off the freeway down a hill. The tow truck that was picking up the disabled vehicle (I had just hit) thought the skid marks on the freeway looked unusual. So, he drove back and found my car rolled down on the side of the freeway. I had already suffered anoxia (lack of oxygen to the brain), the police who found me could not determine exactly how long I had been down there, so they just looked at my last text message and deduced from there."

Brittney was life-flighted to a hospital in L.A., eventually transferred to two other hospitals, and later received several years of speech, physical and occupational therapies. She feels that her recovery was miraculous, but still suffers from dysarthria



Collaboration, Cooperation, Compassion....

At Learning Services these words mean something. Since 1987, Learning Services has been dedicated to providing specialized services for adults with acquired brain injuries. After twenty years, we remain a leader in supported living and residential rehabilitation in California. Our programs offer a range of residential treatment and supported living options, which provide flexible and supportive environments for individuals to live and grow.

To learn more about our Southern California program, call 888.419.9955, or visit learningservices.com.



Southern California Program 2335 Bear Valley Parkway | Escondido, CA 92027



(slurred speech) especially when stressed or tired, cranial nerve damage to the face, and ataxia (neurological deficit involving motor coordination) that affects her balance and motor skills. "My MVA result(ed) in me going from a vegetable to walking and talking, but with deficits; though, no one thought I'd be here."

The groom: Matt Wilder was in the process of attaining a degree in Computer Science when he was struck by a Cadillac doing 55 mph on January 6, 2001. He suffered a contra coup brain injury (the accident caused his brain to impact the other side of the skull from the initial hit). His injuries have caused Matt to now have weak multitasking skills and attention to details, increased sensitivity to stimulation (can be more easily overwhelmed than before the accident), and issues with right side weakness and balance.

The meet-up: Matt and Brittney both attended the ABI classes at Mesa College. In September of 2007, Matt was showing the class ABI pictures that he had posted on his Facebook and

Brittney suggested that they become Facebook friends. They lived quite a distance from each other (he in San Diego and she in Oceanside), their relationship blossomed when they began Facebook messaging each other (Matt says upwards of 1500 email threads between them). They officially began dating on November 2, 2007.

Brittney says that she and Matt were drawn to each other because "we could relate in ...a lot of aspects to our TBI recoveries. No one else could truly understand the difficulty we'd been through and are experiencing." Matt was drawn to Brittney because "she has deep thoughts and ..she's really cute too! ABI challenges are unlike any other relationship challenges, but thankfully we balance each other out and have complimentary personalities." For Christmas 2007, "Matt gave Brittney his love" and he and Brittney were engaged on the Skyfari Ride at the San Diego Zoo in July, 2009.

All relationships have communication issues, and a couple sharing TBI recovery

have even more complicated challenges. Matt says, "Brittney has trouble articulating her words when she's tired or stressed and (I) have comprehension issues when (I'm) tired or stressed.... Sometimes it takes a third party to interpret and make sense of our conversations. Luckily we have supportive families and professionals that are there to help us." Brittney shares that, "We both have short term memory losses. It is certainly an issue with both of us, but to differing degrees. Matt has a more severe deficit than (I do). Every person who's married says, 'there are good days and bad days', but I feel that (the) cliché is so much more intensified by a brain injury...The bad days are made (especially) much more severe..... That's just the life we lead now, it's not good or bad, it just is and takes lots of compensation."

All of us at the San Diego Brain Injury Foundation wish Brittney and Matt the very best in their relationship and will continue to offer our support toward their joint happiness and recovery.



Creating safe, accessible homes for independent living

Specializing in:

- All Sizes and Styles of Grab Bars
- Ramps: Modular and Custom
- Walk-In Tubs
- No Threshold Showers
 - Fiberglass units or tile
- Shower and Bath Seats
- Door Widening / Automated Door Openers
- Home Automation Devices
- All Bath and Plumbing Fixtures
- Lifts and Elevators

Call 858.776.8700 Today for Your FREE In-Home Consultation

Please visit www.AIPRemodeling.com to see how we have helped hundreds of San Diegans overcome their Mobility Challenges

A Fully Licensed and Insured General Contractor (#807715)

Brain injury's cost to society is estimated at \$60 billion per year.

SDBIF Hosts the 25th Annual Golf Classic

Golfers! Join us Monday, April 26, 2010 at the Country Club of Rancho Bernardo, a private golf course, for a day of golf!

Bill and Dee Smith hosted the first golf tournament for SDBIF in an attempt to raise money for Howard House, a home in Escondido for six people with brain injuries that needed 24 hour care. Kevin, their son who had experienced a ruptured brain—aneurysm while attending San Diego State University, was one of the residents.

Each year the tournament grew. This event over the years has raised nearly one million dollars. Your participation as a sponsor or golfer will help us go over the million dollar mark this year! The proceeds now go to both the operation of SDBIF and Howard House.



Bill and Dee Smith



Don Strom with SAE Brother, Rick Keating

In the past six years, Don Strom has been the co-chair of the golf classic with Bill Smith. In 2004, the Don Strom Scholarship Fund was established by his SAE Fraternity Brothers from the University of Washington. **This year they will have raised over \$10,000.** Each year a brain injury survivor is selected to receive a scholarship to play in the annual golf classic.

Mike Peters, Gary Cook, and Joe Zakarian were among the group of people who were on the original steering committee. They have continued to be involved in the golf committee and play each year.

Looking for Long-Term Residential Care?

San Diego Brain Injury Foundation's
Howard House has openings Now!

Call 760-480-7468 for more info



This lovely 6,000 square foot facility is tucked away on one acre of land in a tree-lined neighborhood in Escondido.

Residents enjoy:

- therapy room
- art room
- swimming pool
- specially equipped vans for day trips and medical appointments
- regular weekly outings
- nourishing meals
- a harmonious, cozy environment
- maximum 6 adult residents



Howard House, is a 24-hour, long-term ARF residential-care facility exclusively for brain-injured individuals, operated by the non-profit San Diego Brain Injury Foundation.

For more information, call Beth-Anderson at Howard House, 760-480-7468

SDBIF Hosts the 25th Annual Golf Classic



George Lynch

SDBIF would like to recognize everyone who has contributed to make this tournament such a success, but the list would be too long! We want to thank all of those who have spent tireless hours on the golf committee, volunteers who have helped the day of the event, those sponsoring golf holes, raffle prizes and major cash donations, but especially those who play year after year!



Gary Cook on the left and Mike Peterson on the right with their winning foursome from 2009.

Contact the SDBIF office at 619-294-6541 if you are interested in playing in the tournament, joining the golf planning committee, or being a major sponsor. Ask about sponsorship opportunities for your company. This is a great way to raise awareness of your company and **help SDBIF celebrate at its 25th Silver Anniversary golf tournament.**



John Pion



Ev Ricker and Phil Given



Gail and David D'Cruz



Dr. Jerome Stenhjem, Debbie Moore, and Ron Mayer



Al LaSota



SDBIF SATURDAY MEETINGS

March 20, 2010 There will be no support group meetings at Scripps Hospital, Encinitas or Joyce Beers. Join us for the 3rd Annual Walk for Thought, March 20, at Mission Bay Park. Check the website for details!

North County: 10am--noon

April 10, 2010:

Feeding Your Brain — **Anthony Humphrey, RD, Clinical Nutrition Manager, Alvarado Hospital and Tammy Krasne, dietician intern.** Decades of research have confirmed that our diet influences the health of our brain. The speakers will discuss healthy guidelines to keep your brain nourished and functioning at peak capacity.

May 8, 2010:

Neuroscience Workshop— **Julianne McCall**, graduate student, Biomedical Sciences, UCSD. Brain injury survivors and their families will gain a better understanding of the brain and appreciate the complexity of the structure of the brain by participating in this workshop. Julianne works in the Center for Neural Repair, UCSD Medical School.

June 12, 2010: Adaptive Sports— **Andrea Esposito**, Recreation Specialist, Park and Recreation. After a brain injury, many survivors continue to participate in sporting activities. Andrea will share therapeutic recreation services that are available through the Park and Recreation program in San Diego.

Location: *Conference Center at Scripps Hospital, Encinitas, 354 Santa Fe Drive, Encinitas, CA 92024. Enter the driveway for the Emergency Room and the Conference Center will be on the right. Parking is available in front of the Conferencer Center. For additional directions, call 760-753-6501.*

1st Quarter / Brain Injury Press

Couple's Group

When one partner in a pair suffers a brain injury, the relationship itself changes. Relationships need to recover, too! All couples are invited to join this group.

This group meets once/month for a pot-luck on the 2nd Sunday of the month, at 4:30pm. Drinks, cups and plates, etc. are furnished. The members take turns hosting the event.

If you are interested, please call the SDBIF office: 619-294-6541 with your contact information or e-mail us at sdbif@aol.com.



Regain Your Short Term Memory and Cognitive Skills

Learning Disabilities

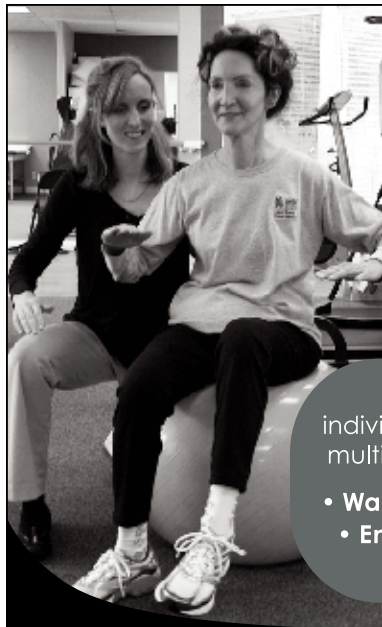
Brain Injuries

Gifted Underachievers

 **Cognition
IGNITION**
Where minds get in gear

165 S. El Camino Real, Suite F
Encinitas, CA 92024

760.436.2408 • www.cognitionignition.com



**PHYSICAL THERAPY AND
OCCUPATIONAL THERAPY**

**FIND THE
RIGHT THERAPISTS
MAXIMIZE
YOUR RECOVERY!**

ABILITY specializes in treatment for individuals with a brain injury or stroke. Our multidisciplinary programs will get results.

- Walk strong • Balance and coordination
- Enhance mobility • Improve quality of life and independence


Ability
Rehabilitation
Specialists

858.456.2114
www.physicaltherapysandiego.com

**737 Pearl Street, Suite 108,
La Jolla, CA 92037**

SDBIF SATURDAY MEETINGS

San Diego Central: 10am--noon

April 17, 2010

Legal Issues for Brain Injury Survivors – Adriana Cespedes, Attorney at Law. Legal issues including estate planning, conservatorships, durable powers of attorney, and issues affecting injury claims will be discussed.

May 15, 2010 **THERE WILL BE NO MEETING THIS MONTH.**

Save the date for the 1st Annual Statewide Conference on ATBI Resources and Pathways to Brain Injury Recovery, LAX Marriott Hotel in Los Angeles, CA. Go to www.calbia.org for details.

June 19, 2010

Enhancing Recovery – Judi Ravetti, The Adaptive Clothing Store and Ryan Dirks, Nationally Certified Massage Therapist and Holistic Healer. Judi will be presenting clothing for those with limited ability. Ryan will offer valuable tips on ways to live in balance with a brain injury.

Location: *Joyce Beers Community Center is part of the Uptown District Shopping Center (Ralphs & Trader Joes) near 163 in San Diego, 92103. It is just north of University Avenue on Vermont Street. If you get lost and need additional directions call the Uptown District Shopping Center security guard at 619-823-2616.*

Bilingual (English/Spanish)

South Bay Support Group for individuals with a brain injury, family and friends.

Meets the 2nd Saturday of each month 1:00–2:30pm

Precious Blood Catholic church

1245 4th Avenue • Chula Vista, CA 91911

Contact: Ruben Ceballos 619-293-3500 ext 216 or rceballos@a2isd.org

Cecilia Romo: romoces1@gmail.com

San Diego Memorial Society

Dignified, Inexpensive Cremation & Burial Plans

13446 Poway Road

PMB # 207

Poway, CA 92064-4714

P: (858) 391-1267

F: (858) 391-1268

E: volunteer@sdmsonline.com

www.sdmsonline.com

Law Office of David L. Goldin

A Professional Corporation

Please call David Goldin for a free consultation.

- JD Stanford Law School
- MBA Stanford Business School
- Member SDBIF since 1984
- Highest legal ability and ethical rating by Martin Dale-Hubbell Legal Directory continuously since 1984
- Specializes in litigation with emphasis on serious brain injury cases
- Personal concern for brain injury survivors and their caregivers

Brain Injury



Is Not An Illusion



945 Fourth Avenue
San Diego, CA 92101

goldin@lawinfo.com

www.headlaw.com

phone: 619/235-6344

phone toll free: 866/headlaw

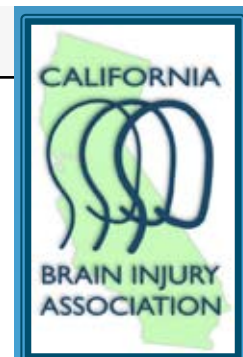
COMMUNITY NEWS

1st Annual Statewide Conference on ATBI Resources & Pathways to Brain Injury Recovery

Sponsored by California Brain Injury Association

Saturday, May 15, 2010

More Information: www.calbia.org



5th Annual Brain Injury Rehabilitation Conference

Sponsored by the Scripps Memorial Hospital Encinitas Rehabilitation Center

March 26—27, 2010

Register online: www.scripps.org/conferenceservices or 858-652-5400

FRIENDS OF SDBIF

Dr. Adi & Roberta Adins
Cathy & Richard Alder
Maria Aranda
Ken Archer
Melody Bacha
Flores Bishop
Bob & Margo Boles
Rita Bongard
Vince Burnett
Kevin & Lisa Byrne
Rose Chambers
Frances Maday & Sally Clamp
Connie Clarke
Donna M. Crowley
Clark Clipson Ph.D
Debra Daenzer
Sheila A. Douglas
Wes & Joan Evenson
Sally & David Ewald
Morey & Jeanne Feldman
Jean & James Frasco
Bob Gardner
Frank Grabarits
Loretta & Jerry Heiser
Anne Heller
Letitia Ho
Dennis & Hilda Isaac
Elicia James
Lynn & John Gagne
Christian & Sharon Keith
Beth & Tim Kunicki

Kerry Leiser
Larry Lewis
Carol Ann Lindsay
Ernest & Yvonne Lopez
Dr. Amy Magnusson
George & Diane Maguire
Jacques & Ellen Maubert
Rex & Cheryl Miller
Mary Moloney
Kristine Nelson
Kevin O'Connor
Marie & Engel Rotzinger
Jim & Linda Schick
Bonita & Robert Smith
Randall William Smith M.D.
Linda Solway
Dan & JoAnn Stoll
Walter Strauser
Jane LaFazio & Don Strom
Lila Strom
Seema Sueko
Gil & Carol Tanzer
Tracy Tortorelli
Diana Brotherton-Ware & Richard
Townsend
Jay & Cathie Wegrzyn
Sally & Josh Weinman
Bill & Betty Witman
Hede & Joachim Wolff
Joe Zakarian
Sue Zesky

Escondido Rotary Supports SDBIF

Rotarians presented a \$1000 check to Susan Hansen, chief operating officer of the San Diego Brain Injury Foundation. This donation will go to fund physical therapy, art therapy and water safety at Howard House. Bill and Dee Smith matched the check for support of operating expenses of the Foundation.

SDBIF would like to thank **The Country Friends** whose mission is to support human care agencies with emphasis on those providing services to women, children and the elderly with the objective of "helping people to help themselves" for their very generous donation for our Community Outreach program.

IN HONOR OF

Ronald Bongard

by Rita Bongard

Frank Cerasoli

by Constance Clarke

Jerry Heiser

by Loretta Heiser

Christian Keith

by Sharon Keith

Jean Kendrick

by Kenneth Archer

Kurt Rotzinger

by Marie & Engel Rotzinger

Bill & Dee Smith

by Joe Zakarian

Dan Stoll

by Diana Brotherton-Ware

Students of Clairemont High School

by Tracey Tortorelli

IN MEMORY OF

Roger Judge

by Don Strom & Jane LaFazio

Candice A. Lindsay

by Carol Lindsay

**Every 23 seconds someone
in the US sustains a
traumatic brain injury.**

**Every year brain injury
affects more than 11,000
people in San Diego
County alone.**

HOW TO BECOME A MEMBER OF SDBIF

Name: _____

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Amount: \$ _____

E-mail: _____

Membership: Brain Injury Survivor first year is free. Family/Friend/Student: \$20. Professional: \$50. Organization: \$100.

LEVELS OF GIVING:

Miracle Workers:	\$10,000 plus
Stars:	\$5,000 – \$9,999
Champions:	\$2,500 – \$4,999
Olympians:	\$1,000 – \$2,499
Heroes:	\$250 – \$999
Angels:	\$20 – \$249

Your contribution is tax deductible as allowed by the law. The Foundation is a 501©3 non-profit organization. Our federal tax ID number is 33-0072774. Please send your check to: SDBIF, PO Box 84601, San Diego, CA 92138-4601. You may also contribute online by visiting www.sdbif.org. *Thank you!*

WANT TO ADVERTISE?

Reach more than 3800 brain injury survivors, family members, professionals and associated agencies with your message.

2 1/4w x 4 3/4t	\$50 per issue
4 3/4w x 4 3/4t	\$100 per issue
1/2 page	\$175 per issue
full page	\$400 per issue

Would you like to receive the SDBIF Brain Injury Press via e-mail?

Email sdbifnewsletter@aol.com to receive a pdf file.

Monday, April 26, 2010
& 25th Annual Golf Classic
Saturday, March 20, 2010
3rd Annual Walk for Thought

Return Service Requested

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

Resources for the journey towards recovery.

SAN DIEGO
BRAIN INJURY FOUNDATION



Nonprofit Organization
U.S. Postage
PAID
Permit No. 2456
San Diego, CA