

Brain Injury Press

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

2nd Quarter 2011, Issue 224 Serving brain injury survivors and their families since 1983

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Save The Dates

11th Annual Friendraiser

Gourmet food, wine, art, music entertainment & silent auction.



**Saturday, October 22,
 5:30--8:30pm**

**Mission Trails Regional Park
 One Father Junipero Serra
 Trail, San Diego, 92119**

2nd Annual Statewide Conference on Acquired/Traumatic Brain Injury

"Resources and Pathways to Recovery" was the title of the program at the 2nd Annual Statewide Conference on Acquired/Traumatic Brain Injury held in Los Angeles on April 29, 2011 sponsored by the Brain Injury Association of California. San Diego was well represented with Heike Kessler-Heiberg lecturing on getting the most out of a doctor visit, Dr. Barbara Welsh-Osga addressing the topic of grief and loss following a brain injury, and Joanne and Herb Hein of Hein Speech-Language Pathology, lecturing on executive functioning and improving organizational skills after a brain injury.

Dr. Cynthia Boyd discussed traumatic brain injury as one of the complications from combat and Cindy Pahr shared the San Diego USD brain injury services model for children.

Jim McBride, an SDBIF Board of Director, was awarded the Caregiver's Award for his continued service on the board of the San Diego Brain Injury Foundation, and his most recent work with a new video entitled, "How Parents Cope When a Child is Injured."



Donna Benson and Jim McBride

The father of a brain injured daughter, Jim has dedicated his life to inform parents of brain-injured children that although their lives have been turned upside down, there are other people like them who have found ways to cope and keep their families together.

Donna Benson was the recipient of the "Survivor's Award" for her volunteer work with the San Diego Brain Injury Foundation and as a role model to other survivors through her volunteer work and active involvement in sports. Although Donna had to learn to walk and talk again, she remains active in sports and represents one of the greatest examples of hope, endurance, and vibrant life after brain injury.

Next year's conference will again be held in Los Angeles at the California Endowment Center. Watch for information about this event in future newsletters.



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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.

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 Phone: 619-294-6541
www.sdbif.org

Foundation News:

Are you a member of SDBIF?

The San Diego Brain Injury Foundation relies on your membership dues and donations to operate and assist families and survivors. Many of you who receive this newsletter are not yet members of SDBIF. You may use the form on the back of this newsletter or visit our website: sdbif.org and click on the "Donate Now" button. Designate that this is a "membership fee." \$20 for survivors/friends/family/students; \$50 for professionals.

Consider making a monthly pledge to the Foundation either on line or by calling the office: 619-294-6541.

It is important that people with brain injuries, their families and the professionals in the field all work together to achieve our mission. We cannot do this without your help!

Help SDBIF double or triple your gift at no extra cost to you.

You can increase your gift to SDBIF without any cost to you....through your company's Matching Gift Program. Ask your Human Resources department for the necessary form (retirees, also) fill it out and mail to SDBIF, P.O. Box 84601, San Diego, CA 92138 or call the office at 619-294-6541 for more information.

VOLUNTEERS NEEDED for fundraising. SDBIF has fun community outreach projects that need your help. Duties include phone calling, mailings, copying, driving survivors to outreach presentations, and networking. The foundation can't do it without you. Help us make this project a good time for all. Call 619-294-6541 or e-mail: sdbif@aol.com.

Thank you to the Escondido Rotary

Volunteers with the Escondido Rotary Club tackled tasks on the "to-do" list at Howard House, the residential 24 hour care facility operated by the San Diego Brain Injury Foundation.

About two dozen volunteers painted the home's physical therapy—rehabilitation room a friendly tangerine orange, planted a garden in the back of the property and rebuilt a retaining wall in the front, removing chunks of rotted wood.

Beth Anderson, administrator of the Howard House, said volunteer efforts such as this help relieve a burden when it comes to maintenance. "We are a nonprofit organization, so we rely on the help from the community,



whether it's time or money," she said. "These projects save us money."

The board of directors along with the residents and staff of Howard House would like to thank the volunteers from the Escondido Rotary for all of their assistance!

Hundreds Mark Brain Injury Awareness Month with 4th Annual Walk for Thought

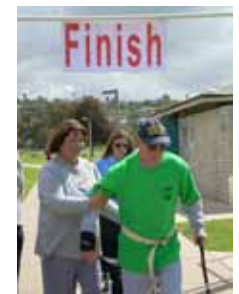
The Brain Injury Association of California once again teamed up with Freedom House, a nonprofit organization to provide a home for survivors of brain injury who desire to live independently, and the San Diego Brain Injury Foundation along with several nonprofit organizations across the state to host the 4th Annual Statewide Walk For Thought.

The San Diego event took place Saturday, March 26th at Mission Bay—De Anza Cove.

Close to 500 survivors, friends and family members participated in the event. Oliver Rhodes led everyone in warm-up exercises and Tony Shin, reporter for NBC, acted as emcee. Exhibitors from various rehab facilities

and service providers shared information and local resources.

The Walk for Thought is a wonderful opportunity to not only raise funds for a good cause, but to renew friendships and help build awareness for brain injury in the community. Each year the event has grown, and next year we hope to be even bigger!



SDIBF would like to thank Donna Lewis and her committee along with the following sponsors:

Ability Rehabilitation Specialists, Access to Independence, Alvarado Hospital Medical Center, Better Life Mobility, Betty Santohigashi, Brain Injury Association of California, California Physical Therapy Association, Centre for Neuro Skills, Debbie Moore - Yoga -Sharp Rehab, Cognition Ignition, Dr. Joy Ministries, Freedom House, Heidi Lerner, Lasting Impressions Print Shop, Learning Services, NBC San Diego, Ohana Chiropractic, Pure Flo Water Co., Rehab Without Walls a Gentiva Company, Scripps, SDCCD Continuing Education ABI Programs, Sholders & Metz Families, Smolin Family, South Bay Rehabilitation Center, Therapeutic Recreation-Park & Rec, Think First-Sharp

A special thank you to Tony Shin of NBC and Oliver Rhodes, Corporate Health Dynamics

Fantastic Four

by Ron Logan

We can't always control what brings us together. Sometimes it's a common interest. Sometimes a random event. Sometimes it's both.

In the middle of a grass field at the OTC in Chula Vista is a group of soccer players. All men. All over the age of 15. And all have a disability from cerebral palsy, stroke, or traumatic brain injury. In this group, most have CP. Four have TBI.



Four years ago, Gavin Sibayan, 30, was a Sargent in the U.S. Army. He was hit by IEDs three times – the third sent shrapnel into the left side of his

head. He was awarded the Purple Heart. Today, Sibayan trains with the paralympic team and is learning goalkeeping. "Others may be laying on the couch," said Sibayan, "But I want to better myself."



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James Hilaire, 27, is Haitian. In 2008, during a routine play while goalkeeping for the University of New Haven, he dove at

an opponent's feet to save the ball. The player's knee struck the side of Hilaire's head. The impact broke his jaw and caused a contusion to his brain. The doctors thought he might not survive. Now Hilaire is back on the field hoping to represent his country at the 2012 Paralympics. "I want to show people that my injury can't stop me," Hilaire said in an interview for the Stamford Advocate. "My message is don't EVER give up!"



Alex Dornbusch, 22, was a competitive soccer player in the Olympic Development Program before he struck a parked automobile

while riding his bicycle without a helmet. "Alex is an experienced player with a very competitive playing background," said U.S. Paralympic head coach Jay

Hoffman. Dornbusch is working to earn a spot on the roster.



Nick Creasey was 5-years-old when he had a tumor the size of a grapefruit removed from his brain. His motor function area was damaged during surgery. Now at just 20, he has already traveled the globe to represent the USA. "He brings a great work ethic to the game and has become a very versatile player," said Hoffman.

Together, these four athletes are preparing for the World Championships in June and the opportunity for their team to qualify for the 2012 Paralympics in London.

The team is always looking to expand their player pool. For more information contact Dana Schoenwetter at dana.schoenwetter@usoc.org or visit www.youtube.com/user/rlogan2009 and www.soccerparasite.com

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Brain Injury



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This Golf Tournament was *Sweeter than Wine*

About one hundred survivors, family members, friends, and co-workers along with a special musical guest covered 18 holes of golf on the beautiful course at Rancho Bernardo Inn for the annual SDBIF golf tournament in April 2011, raising both money and spirits.

Each year a brain injury survivor is selected to receive a scholarship from the Don Strom Scholarship Fund to play in the annual golf classic. This year's recipient was Jimmie Rodgers. When golfers arrived at the 1st hole, they were met by the special musical guest—pop/rock singer Jimmie Rodgers, who recorded major hits in the 1950s and 1960s such as "Kisses Sweeter Than Wine," "Oh Oh, I'm Falling in Love Again," "Secretly," "Are You Really Mine," and "Bimbombay." Rodgers visited with golfers and teed off with them on the 1st hole.

Golfer Bob Gardner was friends with Bill Smith when Bill and his wife, Dee established the tournament 26 years ago. "I've been on board since the beginning," says Bob. "This tournament is all about people. Every time I swing a golf club, I say, 'It's for a good cause.'"

In addition to golfing, brain injury survivors turned out to volunteer and lend a hand at the tournament. Christina Hoenig says, "I was at Mesa College's ABI program and wanted to extend myself. I learned about SDBIF, and now help with the newsletter and today is my first golf tournament. I'm selling raffle tickets!"

The tournament raised over \$45,000.

According to Don Strom, co-chair of the tournament, the funds will go towards Howard House, the 24-hour, long-term facility for brain injury survivors that is located in Escondido and operated by the SDBIF. Funds also provide a variety of services to brain injury survivors such as linking them with agencies and resources, producing educational materials like the *Brain Injury Guide for Families*, DVDs, and more.



Jimmie Rodgers and Don Strom

Following the afternoon of golf, there were prizes, dinner, a raffle and auction. Rick Keating, the emcee for the evening acknowledged the Tomlinson

Foundation and all the sponsors that helped make the day so successful. It was during dinner that Rodgers shared his story of brain injury and a long recovery. In 1967, at the height of his musical career, Rodgers suffered a vicious personal attack that caused brain damage that essentially ended his singing career. He endured dozens of surgeries over the next several years. He fought his way back, and today, he is a certified golf instructor. He encouraged everyone to continue their comebacks.

Friendship loyalty and the desire to help brain injury survivors make this golf tournament special. So to all who served on the golf committee, all the golfers and everyone who contributed time, energy, gifts, and financial support, the board of directors says, "Thank you."

Hope to see all of you again next year, Monday, April 30, 2012.

Looking for Long-Term Residential Care? San Diego Brain Injury Foundation's Howard House has openings Now!

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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

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Special thanks to Larry Wight, our auctioneer, to Bob Serrano at Round Table Pizza for the printing of our raffle tickets, Stone Brewing Co. for beverages, John Christensen for our thank you cards, Taco Luiten & Andrea Lambert and the staff at Rancho Bernardo Inn, Warrior Golf, Jeff Wine-Vino Logos, Sports Authority, Escondido, Vince Bartsch, Silver Becerra, and Nicole Ward, our photographers, Bill and Dee Smith, Don Strom and their wonderful committee, and our special guest, Jimmie Rodgers.



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COMMUNITY NEWS

Brain Injury Association of California Advocates for Brain Injury Survivors

BIACAL has sponsored a bill in the California legislature. SB253 would provide that health care service plan contracts and health insurance policies may not deny coverage for medically necessary treatment of acquired brain injuries at any of various facilities that are properly licensed and accredited as specified. The bill would also prohibit denial of coverage because the treating facility is not in or near the home of the enrollee of insured.

It is conservatively estimated that the State will save \$165 billion annually in lifetime savings by allowing patients with brain injury to be properly treated in the most appropriate treatment settings to reduce disability.

The Brain Injury Association of California wants to ensure that people who sustain brain injury in California are properly treated to their maximal recovery for their good and for the good of the financial well being of our State.

Alvarado Hospital SoCal Rehab Golf Classic and Academy,

Wednesday, September 21,
at Riverwalk Golf Club 3pm Shotgun start
Open to all survivors (\$35) and Healthcare professionals.
For information, contact Mary Williams 619-229-7362

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SDBIF SATURDAY MEETINGS

NORTH COUNTY: 10am--noon

July 9, 2011: *How Parents Cope when a Child is Brain Injured*—

New SDBIF video produced by Jim McBride, SDBIF board member. When a child sustains a brain injury, the family is immediately thrown into crisis. Four parents are featured in this video. Agathe Padovani, photographer and Shaun Boyte, editor will share their experience of making the video.

August 13, 2011: *Family Caregiving 101*—Alejandra Ceja-Aguilar, MA., Director of Education and Outreach, Southern Caregiver Resource Center. Alejandra will address many of the issues facing caregivers such as depression and frustration, stress and exhaustion, anger and guilt.

September 10, 2011: *TBI: One Woman's Journey*—Tonia Wittkower, survivor. Tonia's traumatic brain injury resulted in physical, emotional, cognitive and behavioral changes that affected not only her life, but that of her family. Tonia will present a video which looks at the impact of her injury and will follow up with a period of questions and answers.

October 8 2011: *Getting Back to Work*—Robert Price, Department of Rehabilitation. Many brain injury survivors hope that in time, they will be able to return to work. Robert will discuss the assistance his department offers to people with disabilities who want to return to active employment.

Location: *Our meeting location is the Conference Center at Scripps Hospital, Encinitas. The hospital is located west of Interstate #5 on Santa Fe Drive. Enter the driveway for the Emergency Room and the Conference Center will be on the right. Parking is available in front of the Conference Center. The address of the hospital is 354 Santa Fe Drive, Encinitas, CA 92024. For additional directions, call 760-753-6501.*

SAN DIEGO CENTRAL: 10am--noon

July, 2011: THERE WILL BE NO MEETING THIS MONTH.

August 20, 2011: *The ABI Program*—Scott Bankston, M.S., CRC, & John Bromma, M.S., CRC, S.D. Community College District. What is the Acquired Brain Injury Program? Scott will lead a discussion with a panel of survivors who attend the ABI program at Mesa College. Find out if this program could help you.

September 17, 2011: *"Of All the Things I've Lost, I Miss my Memory the Most"*—Eudora Nelson, Speech Pathologist/author. Memory loss is frequently one of the impairments of brain injury. Eudora will share compensatory strategies to aid memory loss.

October 15, 2011: *Organization for Daily Living*—Joanne & Herb Hein, Co-Owners of Hein Speech-Language Pathology, Inc. and Founding Board of Directors, SDBIF. Brain injury impacts a person's ability to function in everyday situations from attending school to caring for a home to returning to work. Herb & Joanne will identify



compensatory strategies that help build independence and improve organization skills.

Location: *Our meeting location is the Joyce Beers Community Center in Hillcrest. The Joyce Beers Community Center, 1230 Cleveland Avenue, is part of the Uptown District Shopping Center (Ralphs & Trader Joes) near 163, north of University Avenue in San Diego, 92103. If you get lost and need additional directions call the Uptown District Shopping security guard at 619-419-4787.*

For Spanish Speaking groups!

Contact Ruben Ceballos at 619-293-3500 ext 216

The Couple's Group will be taking a break for the summer. For more information, call 619-294-6541 or e-mail us at sdbif@aol.com.



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