

Brain Injury Press

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

4th Quarter 2010, Issue 222 Serving brain injury survivors and their families since 1983

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Save The Date

Holiday Party

December 18

Joyce Beer Community

Center 10am – noon

Come join the fun and celebrate the holidays. Entertainment will be provided by the fabulous and talented **Sharp Players & Norwegian Men's Choir**

Don't miss the special recognition of our SDBIF volunteers

4th Annual Walk for Thought

Saturday, March 26, 2011

Mission Bay Park, San Diego

SDBIF would like to thank the Rotary Club of Escondido and Bill and Dee Smith for sponsoring this edition of the newsletter.

10th Annual Friendraiser

On a beautiful sunny day, Sunday October 24, about 150 friends of the Foundation gathered for the 10th Annual Friendraiser to enjoy good food, fine wine, fellowship and unique silent auction items along with crafts and art from survivors.

Patsy Sholders, SDBIF president, commented on how happy people were—from the wine servers who donated their time and wares, to the survivors who were selling their crafts, to the wonderful guests and long-time supporters and friends who continue to come and support SDBIF, the volunteers who did whatever needed to be done, and brought their own friends, and those who spent their hard-earned cash to help our services continue to be successful and available.



Over \$18,000 was raised to support Howard House and the key support services of the foundation—free monthly support groups including one for couples, siblings and Spanish speaking members; our free quarterly newsletter; a help line; the website: www.sdbif.org; and outreach to hospitals and the military.

The SDBIF Board would like to express our heartfelt gratitude for all who came to the event and those who could not attend, but were kind enough to send in a contribution.



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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.

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:

As we approach the end of the year and the holiday season, we enter a time of reflection and giving. The last two years have been challenging for the San Diego Brain Injury Foundation—like so many other nonprofits. Our donations are down by a significant amount; our fundraisers have made \$15,000 less than hoped for, and we have had to draw on invested funds at a rate which will not be sustainable to keep our organization going.

We do not receive any federal or state funds, so we depend on the generosity of people like you. Please dig deep and contribute what you can. You may contribute on line by going to our secure, convenient website www.sdbif.org. and click on "Donate Now through Network for Good." Or you may contribute with a monthly pledge by calling the office and we'll send you envelopes.

We thank you for your consideration.

COMMUNITY NEWS

California Charter of Brain Injury Association Unveils New Name

To create a united brand with the Brain Injury Association of America (BIAA), the California Brain Injury Association—a

nonprofit chartered state affiliate—has unveiled a name change and new logo. Effective immediately, **the organization will be known as the Brain Injury Association of California (BIACAL).**

Founded in 1980, the BIAA now has 44 chartered state affiliates across the country. BIACAL's mission is to be the voice of brain injury. Visit their new website at biacal.org for more information.



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Save the date for the Annual Golf Classic



Monday, April 25, 2011

Friendraiser 2010



The board would like to extend a special thank you to the following.

Major Sponsors

Sharp Rehabilitation Services; Richard Giometti, Dotty Ryder
Scott & Betsy Boney, Dan & JoAnn Stoll, Josephine Habodasz McBratney
Mary & Stephen Lewis, The O'Neil Family, Learning Services
The Westreich Foundation, Sharon Keith, Better Life Mobility Center
Barons The Marketplace, Metz Public Relations



To our Honorary Committee

Ability Rehabilitation Specialists, Dr. Christine Baser,
Lorraine Camenzuli, Ph.D.

Centre for Neuro Skills, Bob & Gail Conrad, Kyle Coopridner
Daniel Gardner, M.D., David Goldin, Esq., Tom & Maureen Hanifin
Mary & Stephen Lewis, Lawrence F. Marshall, M.D.
Barbara Welsh-Osga, Ph.D.

To **Eli Shemirani of Barons The Marketplace** for organizing the
following wineries who donated their wine:

South Coast Winery, Franklin Distillers, Honig Vineyard,
Winery Ferrari Carrano, Chateau Ste. Michelle, Wente Brothers and to
PRP for providing international wines.





Special Thanks to the following:

Jason Morris, DJ

Maris Laipenieks – California Pizza Kitchen, La Jolla

Tammi & Carmen – Souplantation, Rancho Bernardo

San Diego Center for the Blind & Everett Gant

Platinum Party Rentals, A Knights Quest

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To all of the survivors who contributed to the arts and crafts faire.

Roberta Adins, Silver Becerra, Stacey Eaton

Christina Hardy, Howard House Residents

Janine Kelley, Heidi Lerner, Maggie Marshall

Chryssa Owen, Kurt Rotzinger, Betty Santohigashi

Lana & Nicole Schlimmer

and to all the volunteers and our amazing committee!

Factors Impacting Sense of Community for Individuals with Brain Injury: A Preliminary Summary of Findings

by Nicole Ditchman, PhD

Thank you to everyone who participated in the research study looking at factors contributing to a sense of community for individuals with brain injury.

The purpose of this study was to explore factors contributing to sense of community (SOC) for individuals with brain injury. SOC refers to feelings of belonging and attachment one has for a community, such as one's town or city (McMillan & Chavis, 1986). Several key findings came from this exploratory study.

First, SOC was found to be positively associated with higher reports of overall life satisfaction, suggesting that it is an important outcome to consider in the rehabilitation process.

Second, SOC levels were found to range across participants, indicating that some individuals with brain injury feel a strong sense of belonging in their towns while others do not. Differences in SOC appear to be influenced by both individual and community characteristics. In particular, size of social support network was found to be the strongest independent predictor of SOC in this study, suggesting that individuals with larger social support networks in their communities report higher SOC.

Third, findings also provided support for the idea that social self-efficacy (belief in one's ability to succeed in social interactions) indirectly impacts SOC through increased engagement in neighboring behaviors and social support network size.


Thus, intervention strategies targeted at increasing social opportunities that can facilitate the development of a positive sense of self and expectancies for positive interactions may increase SOC; however, further research is needed to understand the complex relationships of factors impacting SOC for individuals with brain injury.



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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


Specialists in Brain Injury Care

The Impact of Vision on ABI Rehabilitation

by Dr. Karen E. Love, OD, FCOVD

Vision deficits are extremely common after Brain Injury. 87 to 90% of Acquired Brain injury survivors have vision deficits. The most common vision deficits following Brain Injury are Visual Field Defects, which affect 47- 67% of survivors, Eye Movement Disorders, which affect 51-57% of survivors and Eye Coordination Disorders, which affect 37-56% of survivors. These vision deficits have a significant impact on Brain Injury Rehabilitation and activities of daily living. Vision deficits affect balance and orientation in space, and can even affect speech and cognition. Vestibular Rehabilitation/Balance involves dynamic interaction with eye coordination and focusing.

Cognitive Rehabilitation and Speech/Language Rehabilitation requires *jump eye* movements, *visual scanning*, and periods of accurate and *stable fixation*. Our sense of vision is essential for recognizing where we are in space and where other objects are located relative to ourselves. It is the primary sensory modality for telling us what things are and where they are located. Interacting, moving your body, talking with other people, and trying to comprehend concepts becomes significantly harder when you do not have accurate and stable information about where your body is located, where the floor is, or what objects are surrounding you. Vision deficits can be evaluated and treated

by a Neuro-Optometrist using special optical devices like lenses, prisms, and occlusion as well as with therapeutic intervention. Treatment and rehabilitation of vision deficits may be able to shorten recovery time and improve a survivor's response to many other therapeutic interventions including Physical Therapy and Occupational Therapy as well as Speech and Cognitive Therapy and provide for overall increased performance of activities of daily living.

Karen E. Love, OD, FCOVD

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Foot Drop Options

by Julie Hom, MPT, NCS

Foot drop is a serious condition that often contributes to difficulty walking and to falls. It occurs when the muscles of the lower leg are weakened and unable to repeatedly lift the foot while walking. Foot drop results in the toes easily catching on the ground causing someone to trip and potentially leading to a fall and injury. There are multiple conditions that can cause foot drop which includes stroke, traumatic brain injury, multiple sclerosis, and nerve injury.

Foot drop can be addressed in several ways:

- 1) **Physical therapy** is important to improve the strength, flexibility, coordination, and endurance of the muscles responsible for lifting the foot.

- 2) **Bracing:** There are several styles of an Ankle-Foot Orthosis (AFO) that assists with holding the foot in the right position. A physical therapist can assist with your decision.
- 3) **Electrical Stimulation:** There are two wireless functional electrical stimulation units on the market right now – the Bioness L300 and the Walkaide. Electrodes are placed over the muscles responsible for lifting the foot and assist with consistency while walking.

In summary, it is important to address deficits with walking such as foot drop to prevent falls, improve energy conservation, and increase the ease of mobility. A physical therapist who

specializes in the treatment of neurological diagnoses such as stroke and brain injury can assist in your recovery and decisions in treatment for foot drop.

Julie Hom, MPT, NCS is the owner of Ability Rehabilitation Specialists, a highly specialized outpatient physical and occupational therapy clinic. They offer the Movement Recovery Program for Stroke and Brain Injury survivors that is covered by most insurances. They also offer group balance classes on Tuesday evenings. To find out more, call (858)456-2114 or log onto www.physicaltherapysandiego.com.

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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Over 4000 people subscribe to our newsletter, which means we print and mail almost 16,000 issues a year.



Over the past five years, many of you have opted to receive the newsletter by e-mail. Money saved goes directly into programs and services for brain injury survivors.

If you are interested in going green, e-mail us at sdbifnewsletter@aol.com to receive a pdf file.

SDBIF SATURDAY MEETINGS



February 12, 2011: *Tips, Tactics and Techniques for Reducing Fall Related Injuries* — Joanne Price, Response Link of San Diego. Falls are currently the leading cause of brain injury. Joanne will be covering topics including medication management, home safety checklist,

balance and exercise information, and valuable community resources.

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.*

North County: 10am--noon

January 8, 2011: *Navigating the System*— Todd Higgins, Disability Rights California. Recently there have been cuts to some of the resources people with TBI and their families are entitled to. Todd will discuss how to minimize the effect of these cuts, your right to public benefits, educational services, work and healthcare and will answer questions about Medicare and Social Security benefits. (This topic is tentative.)

COUPLE'S GROUP FOR BRAIN INJURY SURVIVORS

Connect with others who are experiencing the same emotions. Share information about new research and medication. Develop new friends.

Second Sunday of the month 4:30 pm, potluck and discussion

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San Diego Central: 10am--noon

January, 15, 2011 *Sights and Symptoms*—Dr. Karen E. Love, OD, FCOVD. Impaired vision is frequently a problem after a brain injury. Dr. Love will discuss some of the symptoms indicating a vision problem and rehabilitation following an injury.

February 19, 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.

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.*

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elderly with the objective
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Calling all Cooks!

(and those who just try
really hard)

Freedom House, a local
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Food for Thought!

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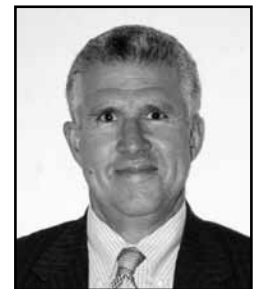
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- Personal concern for brain injury survivors and their caregivers

Brain Injury



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LEVELS OF GIVING:

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Champions:	\$2,500 – \$4,999
Olympians:	\$1,000 – \$2,499
Heroes:	\$250 – \$999
Angels:	\$20 – \$249

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