

"All the news
that we remember
to print"

Talking Heads

Community
Working
Together

Newsletter for Individuals with Traumatic Brain Injury In the Bay Area

Issue 24 • Feb–Apr 2001

Its back...

The Return of "Talking Heads"

We hope you missed us while we were away, but we're back! After a brief break and reorganization, your favorite local brain injury newsletter, *Talking Heads*, is back (and on a quarterly schedule).

After over six wonderful years and 23 informative issues, *Talking Heads* editor Gerard Manuel, of the Office of Therapeutic Services (OTS), was promoted to a new (non brain-injury-oriented) position. During the search for a replacement editor, *Talking Heads* went into a brief hibernation.

Jerry Wright from the Rehabilitation Research Center (RRC) for TBI & SCI at Santa Clara Valley Medical Center has agreed to edit and produce future issues. Jerry also edits two other brain injury related newsletters: *InterAct*, the newsletter of the RRC, and *Outcome Oriented*, a newsletter that examines brain injury outcome and assessment measures.

The production of *Talking Heads* content will remain a collaborative effort of the Office of Therapeutic Services, Services for Brain Injury, and the Rehabilitation Research Center (formerly named the Traumatic Brain Injury Project).

Yes, the format looks slightly different, but the content will remain the same. You can still look forward to :

- Event Minder for brain injury events
- BrainWaves for TBI Internet resources
- Listings of local support groups
- 3-month calendar of events
- Focus on community resources, agencies, and outstanding individuals

So, thanks for waiting for us. We hope you enjoy the new *Talking Heads*!

Event Minder

Mark your calendars now for [SBI's upcoming Fifth Annual Auction on March 24 at Lou's Village](#). There is a gala dinner and entertainment... the opportunity to win a key to a treasure chest and a trip to paradise... a rip-roaringly fun, live auction... the chance to chat with San Jose Sharks players... silent auction prizes... plus much, much more! For more info call 408-291-2522.

The Public Authority-In Home Support Services is putting on an all day conference about the [State of In Home Support Services in Santa Clara County on May 4 at the De Anza College Event Center](#). Speakers will talk on: hiring, maintaining, and firing attendant care; the political climate surrounding attendant care services; and resources for funding attendant care services. Those who use or provide attendant care services are encouraged to attend.

BrainWaves

TBI Resources on the Internet!

- **Brain Matters Website**
www.tbimatters.org
Brain Matters presents community educational events having to do with brain injury. Their website includes a calendar of events, resources, and a bulletin board for posting questions. Future home of the online *Talking Heads*!
- **The Traumatic Brain Injury Resource Directory (TBIRD)**
www.tbi-sci.org/tbird
The online version of the popular 5th edition of the TBIRD covers hundreds of resources in its 25 chapters.
- **Link2Care**
www.Link2Care.net
Update: Currently this service is only available for those caring for individuals with dementia.

For a complete list of past BrainWave links, go to the Brain Matters website at: www.tbimatters.org

Please note:

This listing is intended to be a resource for all those interested in traumatic brain injuries. It does not represent an endorsement of the organizations represented nor an affirmation of the information contained therein. So there.



Local Event

Brain Injury Awareness Games

October 7, 2000

Lake Almaden Park

We hope you were one of the 100+ attendees at one of last year's best brain-injury related events. The setting was beautiful Lake Almaden Park, and it was a cool crisp day. Participants had the opportunity to participate in a 5k walk and compete in a number of diverting lawn games. Competitors earned tickets which gave them a chance at a number of fun prizes. Participants all received Brain Injury Awareness Games t-shirts. Music was provided by Big Fun, and we were all fed a great BBQ feast prepared for us by Santa Clara County Firefighter's Local 1165. The day ended with a raffle for prizes.

This event was part of an evolution of the Walk-and-Roll-athon that has been held for several years. This year the coordinating agencies got into the Olympic spirit and added lawn games to the event. Participants told us it was a gold medal winner!

Funds raised at the Brain Injury Awareness Games go towards expanding public awareness, education, and local services for brain injury.

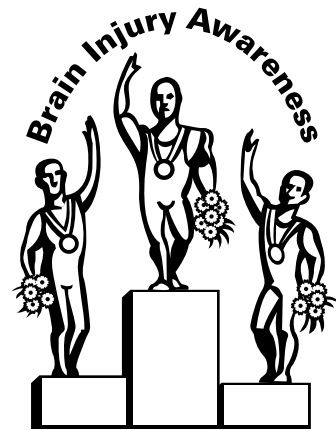
Projects include:

Brain Matters - A community education series focused on topics of interest to individuals with brain injury.

Services for Brain Injury (SBI) Scholarships - SBI provides rehabilitation services for individuals with brain injuries.

Head Injury Recreation Leisure Network (HIRLN) - HIRLN focuses on leisure development and socialization skills with activities like barbecues, camping trips, and community events.

Brain Injury Association of California (BIAC) - Proceeds will go towards brain injury related educational materials used throughout California.



GAMES and WALK



Lest we forget...

Talking Heads - Yes, you are reading *Talking Heads* right now. Money from the Games will go to pay for printing and postage.

Without you...

...It wouldn't have happened! Special thanks to our sponsors and volunteers who provided services, products and their valuable time.

*City of San Jose,
Office of Therapeutic Services*

Santa Clara Valley Medical Center

Bank of the West

Newton Medical Group

DAHL'S Equipment Rentals

Law Office of Harvey Hyman

*Santa Clara County Firefighter's
Local 1165*

Big Fun Music

Pegasus Products group

Good Earth

*SBI's Touchstones,
Adult Day Program Group & Board
Members*

Starbucks

Our Exhibitors

Our Volunteers

Bay Area Peer Support Groups and Agencies

Alameda County

East Bay Head Injury Peer Group

Rockridge Library
5366 College Ave.
Oakland, CA 94611
Bi-weekly mtgs. at 6:30 p.m., Call
Dr. Pamela Paradowski: 510-433-9955

Eden Hospital Stroke Support Group

Eden Hospital
20103 Lake Chabot Rd.
Castro Valley, CA 94546
4th Thursdays at 7:00 p.m. Call to con-
firm meetings. (Castro Valley Rm.)
Call Sylvia Dawson or Liz Whittaker
CCC: 510-889-5064 ext. 3

San Francisco County

Brainstorm

(Survivor Socialization Group)
RCH, Inc.
207 Skyline Blvd.
San Francisco, CA 94132
Monday 10 am - 4 pm
Tuesdays & Thursdays at 1-5 p.m.
Family Support Group meets twice a
year. Call Cindy Blackstone to confirm
dates and fees: 415-665-4100 x1252

Head Injury Support Group

Independent Living Resource Center
649 Mission St. 3rd Floor
San Francisco, CA 94105
Every Wednesday at 1:00 to 2:30 p.m.
Please call first for an interview
Cheryl Price: 415-543-6222.



Santa Clara County

Services for Brain Injury

Services for Brain Injury (SBI)
667 Chapman St.
San Jose, CA 95126
Call for information & details.
Patricia Sanchez: 408-295-4119

Think-A-Heads (Survivors)

Sunnyvale Parks & Recreation Center
550 Remington St.
Sunnyvale, CA
Mondays from 7-8:30 p.m - Call First.
Donna Lamb: 408-257-4719

Caregiver Spousal Support Group

Cypress Senior Center
403 S. Cypress Ave.
San Jose, CA 95117
4th Tuesdays at 7:00 p.m. to 8:30 p.m.
Penny Hogg PhD: 408-291-1125.
Co-sponsor: Rehab Research Center
for TBI & SCI

Mild Traumatic Brain Injury Support Group

Cypress Senior Center
403 S. Cypress Ave.
San Jose, CA 95128
4th Tuesdays 7 p.m. to 8:30 p.m.
Call: 408-295-9896 ext. 19: Sponsor:
Rehab Research Center for TBI & SCI

V.I.P. (Very Important Patient) Support Group

James Thompson Conference Room at
Santa Clara Valley Medical Center,
San Jose, CA 95128
4th Wednesdays 7 p.m. to 8:30 p.m.
Call: 408-295-9896 ext. 19: Sponsor:
Rehab Research Center for TBI & SCI

Peer Support Group

Silicon Valley Independent Living
Center (SVILC)
2036 Zanker Rd.
San Jose, CA 95131
Every Monday and Friday a support
group for women with disabilities.
Every Wednesday for individuals with
disabilities. Fee may be required.
You must call before attending.
Call Kris Knudsen: 408-894-9041 x205.

San Ramon

Head Injury Support Group

San Ramon Regional
Rehabilitation Hospital
7777 Norris Canyon Rd.
San Ramon, Ca 94583
4th Thursdays from 7:30 to 9 p.m.
Call ahead to confirm dates
Call JoAnn Swift 925-443-4366

Santa Cruz County

Acquired Head Injury Support Group

Elder Day Care 1410 Ocean St.,
Santa Cruz, CA 95060
4th Thursdays 6:00p.m. to 7:30 p.m.;
Call ahead to verify times. For the
Acquired Head Injury group contact
Diane Shaheen at 831-424-4359. For
the Head Injury Survivors group con-
tact Christi Bricknell at the Central
Coast Center for Independent Living
at (831) 462-8720. Three brain injury
support groups each month.
Call for info.

*If your group isn't listed here,
and you would like it to be,
please email Mary Lou Gustafson
at marylou@tbimatters.org
with your group's information
(meeting place, times, etc.)*

Please Note: This listing is intended
to be a resource for all those interested in
traumatic brain injuries. It does not rep-
resent an endorsement of the organiza-
tions represented nor an affirmation of the
information contained therein.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Talking Heads tip: You are advised to call before attending a meeting. Group or agency information is on page 3.</p>				<p>1 Brainstorm</p>	<p>2 SVILC Women's Group</p>	<p>3</p>
<p>4</p>	<p>5 Brainstorm SVILC Women's Group Think-a-Heads</p>	<p>6 Brainstorm</p>	<p>7 SF-Head Injury Group SVILC Group</p>	<p>8 Brainstorm</p>	<p>9 SVILC Women's Group</p>	<p>10 HIRLN Game Night at Cypress Senior Center 5-8PM (408) 267-0200</p>
<p>17</p>	<p>12 Brainstorm SVILC Women's Group Think-a-Heads</p>	<p>13 Brainstorm</p>	<p>14 SF-Head Injury Group SVILC Group</p>	<p>15 Brainstorm</p>	<p>16 SVILC Women's Group</p>	<p>17</p>
<p>18</p>	<p>19 Brainstorm SVILC Women's Group Think-a-Heads</p>	<p>20 Brainstorm</p>	<p>21 SF-Head Injury Group SVILC Group</p>	<p>22 Brainstorm Eden Hospital Grp San Ramon Group Santa Cruz Group</p>	<p>23 SVILC Women's Group</p>	<p>24 HIRLN Game Night at Cypress Senior Center 5-8PM (408) 267-0200</p>
<p>25</p>	<p>26 Brainstorm SVILC Women's Group Think-a-Heads</p>	<p>27 Brainstorm MBI Group Caregiver Group</p>	<p>28 SF-Head Injury Group SVILC Group VIP Group</p>			



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Community Focus: The Agencies That Bring You Talking Heads

Office of Therapeutic Services

Office of Therapeutic Services (OTS) is part of the Department of Parks, Recreation and Neighborhood Services, City of San José. OTS has been offering recreation programs for individuals of all ages and disabilities since 1972.

The Head Injury Recreation Leisure Network (HIRLN), co-sponsored by VMC Recreation Therapy Department and OTS has been providing special events for people with head injuries and their family members for over 10 years. Some of the annual HIRLN events include camping trips, Halloween parties, thanksgiving dinners, holiday carolling, and other special events in the community.

Game Night, a drop in social program for individuals with head injuries is offered on the second and fourth Saturdays of every month. Game Night participants spend the evening playing games, making dinners or going on community trips.

Another social recreation program offered by OTS is **Around The Town Club**, a program which utilizes community trips to focus on leisure awareness, independent living skills, and socialization. Common "Around The Town Club" events include outings to community clean-up projects, performing arts, dinner, and sporting events.

If you are interested in participating in any of these classes or events, please call the Office of Therapeutic Services at (408) 267-0200.

Rehabilitation Research Center for TBI & SCI

The Rehabilitation Research Center for Traumatic Brain Injury and Spinal Cord Injury (RRC for TBI/SCI) located at Santa Clara Valley Medical Center is a research and community service program funded by the U.S. Dept. of Education, Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research (NIDRR).

Community Services

Both the TBI and SCI peer support networks are ongoing with a solid core of volunteers who provide peer support to those who request it. In response to comments from the community, a quarterly education series entitled "Brain Matters" was started in April 1999. These presentations are open to clients with TBI, their families, health care professionals, and the community. The newest version of our TBI Resource Directory (TBIRD) became available May 2000 in print and online (www.tbi-sci.org/tbird). Most of our community activities and services are available for free by either downloading the information off of the RRC website (www.tbi-sci.org) or by e-mailing the appropriate staff.

TBI & SCI Research

In addition, a program of original research is supported which includes collecting information on individuals who have experienced a TBI or SCI at the time of rehabilitation and on an annual schedule for as many years post-injury as possible. These research efforts are intended to give valuable information concerning the effectiveness of rehabilitation and community re-integration efforts to hopefully improve service delivery.

Services for Brain Injury

Services for Brain Injury (SBI) continues to provide a continuum of programs to its clients and their families. Currently, SBI has seven programs that are designed to meet the needs for training at any level of functioning. Clients can enter the programs at any level, and as they improve, can advance to another level that challenges their cognitive and social skills. The ultimate goal is to place all individuals who are ready to go into the job market with on-the-job coaching.

SBI Programs are described as follows: **Adult Day Program (ADP)** serves clients by providing stimulation to further cognitive functioning, and providing respite for their families. There are two **Independent Living Skills Programs (ILS)** which address the needs of clients who are moving to more independent levels of functioning.

Functional Capacities Testing (FC) and **Vocational Evaluations (VE)** help guide the treatment plan towards job placement. The **Personal, Vocational, and Social Adjustment Program (PVSA)** is the training prior to going into **Supported Employment (SE)** where clients are assessed and placed into the best job for their skills with Job Coaching made available. **Touchstones** is SBI's evening support group that meets once per week for people who are in SBI vocational programs or are working.

All of SBI's services are needs driven by its clientele. Please call us with questions or for more information: Brian Burleson, Program Development Director, at (408) 295-4119, email to info@SBICares.org, or visit SBI's website at www.SBICares.org

Talking Heads

Talking Heads is printed by Camden Press in San Jose!

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- Talking Heads** is a collaborative publication with the following agencies:
- City of San Jose Office of Therapeutic Services
 - Rehabilitation Research Center for TBI & SCI
 - Services for Brain Injury

If you would like to receive **Talking Heads**, or would like to submit articles, please call Jerry Wright at (408) 295-9896 ext. 20 or email: talkingheads@tbimatters.org

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