

"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 25 • May–July 2001

What do people know about TBI? Findings from the Harris Poll

A recent Harris Poll conducted by the Brain Injury Association (BIA) shows that public awareness of brain injury is very low. The poll was done as part of a 5-year agreement with the Health Resources and Services Administration (HRSA), a branch of the United States Department of Health and Human Services.

Surveillance data from the Centers for Disease Control and Prevention (CDC) reveals that there are more than 5.3 million Americans (slightly more than 2% of the U.S. population) living with a disability following a traumatic brain injury. Yet, based on the Harris Poll, public awareness of brain injury and how often it occurs is very low. According to Allan Bergman, President of the BIA, "Brain injury occurs more frequently than breast cancer, AIDS, multiple sclerosis and spinal cord injury. It is quite incredible, then, to see how few people believe this is the case. We have quite a task ahead of us in helping raise awareness of brain injury."

Based on this poll, the BIA and HRSA will be conducting public awareness campaigns over the next 5 years "emphasizing how frequently brain injuries occur, how easily they can be prevented, and the rich potential for life following brain injury."

A sample of 1,012 adults aged 18 or older was surveyed over a 2-week period regarding their awareness of brain and head injury. Some of the findings include:



- 1 in 3 surveyed were not familiar with the term "brain injury"
- 1 in 20 surveyed (5%) said that they themselves had sustained a brain injury, although 1 in 3 say they know someone who has sustained a brain injury
- 7 out of 10 Americans (70%) believe it is possible for a person to recover from a brain injury, with 1 in 5 (20%) believing a brain injury is permanent
- More than half of adults (56%) believe that when a person sustains a concussion he or she sustains a brain injury. Media often does not link "concussion" with "brain injury", while concussions are the most common form of brain injury.

For a copy of The Harris Survey entitled *Public Perceptions of Brain and Head Injuries* log on to the BIA website: www.biausa.org/harrispollresults.htm

BrainWaves

TBI Resources on the Internet!

It's summer! Here are some great travel websites. Happy trails!

- **GORP**
(Great Outdoor Recreation Pages)
www.gorp.com/gorp/eclectic/disabled.htm
Founded in 1965 by world travellers Diane and Bill Greer. Provides information on outdoor resources for people with disabilities.
- **EmergingHorizons**
www.emerginghorizons.com
This unique website is an online newsletter about accessible travel. They feature foreign and domestic destinations, accessible lodgings, recreation, travel tips and lots of resources.
- **Accessible Travel Databases**
www.internets.com/disabledtravel.htm
Interested in international travel? This website provides information for accessible travel in Europe, Australia, Asia, Canada, Mexico, and the United States.

For a 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.

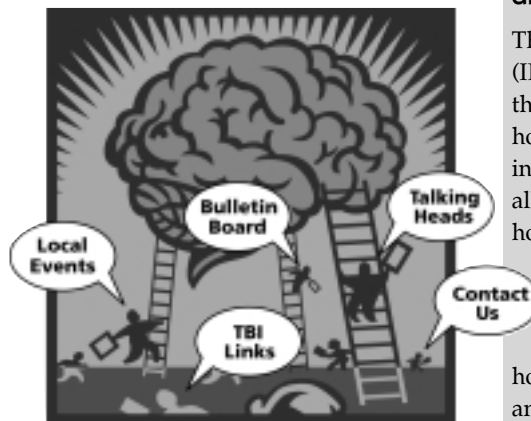
Community Focus: Agencies You Should Know About

Brain Matters: Free Educational Events

Over 700 people have attended five *Brain Matters* community educational events since February, 1999. If you haven't been part of them, you've been missing out. These events are presented by the Rehabilitation Research Center for TBI, Santa Clara Valley Medical Center.

These highly successful events are held approximately every three months and are designed to inform and educate the entire TBI community including TBI survivors, caregivers, family members, and rehabilitation professionals. The mission is to promote community awareness of the psychosocial and medical complications associated with brain injury, to provide resources to assist in the rehabilitation and community integration of the affected individual, and to provide support for family members and caregivers.

At the last meeting, which was held on January 31, 2001, the 120 people who attended listened to a panel of caregivers and persons with traumatic brain injury share their experiences as they dealt with medical issues, memory loss, disorganization, and anger. Following this, the group divided into separate groups led by professionals to discuss these issues further.



Visit the Brain Matters website at
www.tbimatters.org

The next *Brain Matters* workshop is entitled "Shattered Dreams... Renewed Hope" on May 30, 2001 from 5:30 to 8:00 p.m. at the Del Mar High School located at 1224 Del Mar Avenue, San Jose, California. The focus will be on the positive aspects following a traumatic brain injury. Speakers and group leaders will include Dan Mayclin, Ph.D., John Becker, Ph.D., Dave Masucci, Ph.D., and Rich Patterson, M.S. Admission is free, but reservations are requested. Call (800) 352-1956 x 18 or email marylou@tbimatters.org. A flyer and map are available for downloading at the Brain Matters Website at www.tbimatters.org/local.html

We hope to see you there.

Santa Clara County In-Home Supportive Services (IHSS): Personal Care Assistance and More

The In-Home Supportive Services (IHSS) is a statewide public program that funds personal care and/or housekeeping services for low-income elderly or disabled people, allowing them to remain in their own homes.

The program has many components. The Social Service Agency assesses eligibility, determines the hours of support needed, conducts annual reassessments and provides an IHSS Public Health Nurse for phone or in-person consultation. The IHSS-Public Authority provides training for consumers and IHSS workers, screens potential workers, and helps match eligible providers with consumers.

Personal Care Assistants can be hired through an Independent Provider mode where the consumer is the employer (consumer has more responsibility and more control), or through a Contract Mode where the Council of Aging of Santa Clara County is the employer (consumer has less responsibility and less control).

Eligibility for this entitlement program is determined by financial resources. For more information contact the IHSS Program at: (408) 928-3737.

BIRU Day Program for Veterans

Hey! Are you aware of the BIRU Outpatient Program at the Palo Alto VA? BIRU stands for Brain Injury Rehabilitation Unit. BIRU provides a structured day program for outpatients who have recovered from the acute effects of a Brain Injury only to be troubled by continued cognitive deficits that do not seem to improve spontaneously over time. The program is daily, Monday through Friday, and is presented in the form of various classes and groups that provide interventions to aid re-learning, and to develop compensation techniques to help overcome deficits caused by Brain Injury. If you know of a person who is a Veteran and has recovered from the acute effects of a Brain Injury, but is left with deficits that are affecting his or her quality of life please consider referring the person to the BIRU Outpatient Program at the Palo Alto VA. Contact, Paul Johnson at (650) 493-5000 x62522, or Susan Morrison at x62344 for information or referrals.

Talking Heads Needs You!

Talking Heads welcomes your contributions. Be it a personal story, a resource we should know about, comments, criticisms, or just good jokes. Hey! We're not kidding!

Send any or all ideas to:
talkingheads@tbimatters.org

Put criticisms on the back of a \$20 bill and mail to:
Jerry Wright
950 South Bascom Ave., Suite 2011
San Jose, CA 95128

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 (Castro Valley Rm.)
20103 Lake Chabot Rd.
Castro Valley, CA 94546
4th Thursdays at 7:00 p.m. Call to
confirm meetings. No meeting in
August. 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.

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.

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
Starts after Labor Day.
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
2nd & 4th Tuesdays 7 p.m. to 8:30 p.m.
Call: 408-295-9896 ext. 12. 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. 12. 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.

Santa Clara County (cont.)


Stroke/Brain Injury Support Group
Saint Louise Regional Hospital
9400 No Name Uno (Board Room)
Gilroy, CA 95020
Last Wednesday of every month
from 6 to 7:30 p.m.
Sponsors: The Rehab Place of Morgan
Hill and St. Louise Regional Hospital.
Call Carol Hughes at 408-683-9325

San Ramon

Head Injury Support Group
San Ramon Regional
Rehabilitation Hospital
7777 Norris Canyon Rd., Room C
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 New Options
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 Talking Heads at
talkingheads@tbimatters.org
with your group's information
(meeting place, times, etc.)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Talking Heads tip: You are advised to call before attending a meeting. Group or agency information is on page 3.		1 Brainstorm	2 SF-Head Injury Group SVILC Group Brainstorm Family Support Group	3 Brainstorm	4 SVILC Women's Group	5
6	7 Brainstorm SVILC Women's Group Think-a-Heads	8 Brainstorm East Bay Group MBI Group New Options	9 SF-Head Injury Group SVILC Group	10 Brainstorm	11 SVILC Women's Group	12 HIRLN Game Night at Cypress Senior Center 5-8 PM (408) 267-0200
13	14 Brainstorm SVILC Women's Group Think-a-Heads	15 Brainstorm New Options	16 SF-Head Injury Group SVILC Group	17 Brainstorm	18 SVILC Women's Group	19 Spring Picnic 5730 Chambertin Dr San Jose (408) 267-0200
20	21 Brainstorm SVILC Women's Group Think-a-Heads	22 Brainstorm Caregiver Group MBI Group New Options	23 SF-Head Injury Group SVILC Group VIP Group	24 Brainstorm Eden Hospital Grp San Ramon Group Santa Cruz Group	25 SVILC Women's Group	26
27	28 Brainstorm SVILC Women's Group Think-a-Heads	29 Brainstorm	30 SF-Head Injury Grp SVILC Group The Rehab Place Grp Brain Matters (800) 352-1956 x18	31 Brainstorm		

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					<p>3</p>	<p>4 Brainstorm SVILC Women's Group</p>
<p>10</p>	<p>11 Brainstorm SVILC Women's Group</p>	<p>12 Brainstorm MBI Group New Options</p>	<p>13 SF-Head Injury Group SVILC Group HIRLN Camping Pre-Meeting</p>	<p>14 Brainstorm</p>	<p>15 SVILC Women's Group</p>	<p>16</p>
<p>17</p>	<p>18 Brainstorm SVILC Women's Group</p>	<p>19 Brainstorm New Options</p>	<p>20 SF-Head Injury Group SVILC Group HIRLN Camp Trip</p>	<p>21 Brainstorm HIRLN Camp Trip</p>	<p>22 SVILC Women's Group HIRLN Camp Trip</p>	<p>23</p>
<p>24</p>	<p>25 Brainstorm SVILC Women's Group</p>	<p>26 Brainstorm Caregiver Group MBI Group New Options</p>	<p>27 SF-Head Injury Grp SVILC Group The Rehab Place Grp VIP Group</p>	<p>28 Brainstorm Eden Hospital Grp San Ramon Group Santa Cruz Group</p>	<p>29 SVILC Women's Group</p>	<p>30</p>



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Event Minder: Things You May Not Want to Miss...

Claudia Osborn & Gary Karp: Personal Experiences with Brain & Spinal Cord Injury

The San Jose Gentiva Rehab Without Walls® location is proud to announce an exciting Community Event on September 26 at the Sheraton Hotel in Milpitas (off 880) from 1:00 p.m. to 4:00 p.m. We are privileged to host our speakers, Dr. Claudia Osborn author of "Over My Head" and Gary Karp author of "Life on Wheels". Dr. Claudia Osborn's book discusses her journey from sustaining a brain injury, through rehabilitation, and life after rehabilitation. Gary Karp's book discusses his experiences as a person with a Spinal Cord Injury. After their presentations, the authors will be available to answer questions for the audience and autograph their books (which will be available for purchase at the event). This spectacular event is free of charge for healthcare professionals, caregivers, clients, and the general population. Please mark your calendars and join the San Jose Gentiva Rehab Without Walls® in welcoming Dr. Claudia Osborn and Gary Karp. Watch your mail for further announcements.

Spring Picnic Let the Fun Commence...

The Office of Therapeutic Services and Santa Clara Valley Medical Center, Recreation Therapy Department will be hosting a spring kick off picnic/barbecue. This event will take place on May 19th from 11am to 2pm at the Office of Therapeutic Services (5730 Chambertin Drive, San Jose). All HIRLN members and friends and family are welcome to join us. We will be providing refreshments, hot dogs, hamburgers, chips and dessert. Participants will be asked to bring a side dish. Games and other activities will be available. If you are interested in coming to this event please call Teresa Flores-Lovo at (408) 885-4432.

HIRLN Camping Trip Experience the Great Outdoors

We are excited to announce our annual HIRLN Camping Trip. The dates for this year's trip will be June 20 to June 22 at Del Valle Campgrounds in Livermore. We will spend our time fishing, playing games, having camp fires and enjoying the company of other campers. We will be having two pre trip meetings at Cypress Senior Center on June 6 and June 13. If you are interested in going on this trip and would like information sent to you please contact Tracey MacArthur at (408) 267-0200.

Swing into Fall 3rd Annual Brain Injury Association of California Medical and Legal Seminar (& Celebrity Golf Tournament)

This event is targeted primarily towards attorneys and case managers (with presentations pertaining to medical-legal matters). Presentations are from some of the nation's top attorneys, neuropsychologists, neuroradiologists, rehab specialists, biomechanical engineers, physiatrists, and other health care professionals. The seminar takes place on September 29th and the Celebrity Golf Classic takes place on September 30th. The Brain Injury Association of California (BIAC) is a non-profit corporation dedicated to assisting TBI survivors and their families. For more information on this event contact Scott Thompson of San Francisco Event Solutions at (415) 781-3868.



**Talking Heads says,
"Thumbs up"!**

*If your event isn't listed here,
and you would like it to be,
please email Talking Heads at
talkingheads@tbimatters.org
with your event information
(meeting place, times, cost, etc.)*

SBI Thanks...

Services for Brain Injury (SBI) thanks the following organizations for their generous contributions:

- Summit League to benefit clients in Adult Day Programs, Independent Living Skills Training, and Counseling;
- Advanced Micro Devices for Speech Pathology Software;
- Cisco for Job Coaching;
- Pacific Bell for Computer Training;
- Valle Monte for Speech Therapy and Job Coaching;
- Sobrato Family Foundation for Independent Living Skills Training;
- Smythe European for Children's Prevention Programs.

Talking Heads

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Available online at:
www.tbimatters.org

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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