

"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 26 • Aug–Oct 2001

Important Breakthrough or Ethical Dilemma? Stem Cells and Brain Injury

There has been a lot of attention lately in the media and scientific periodicals about stem cells and the potential breakthroughs they may create in many areas of medicine. What are these stem cells, and why should we be paying attention?

According to a National Institutes of Health (NIH) primer on the subject (www.nih.gov/news/stemcell/primer.htm) a stem cell has the "ability to divide for indefinite periods in culture and to give rise to specialized cells." These are typically cells from an embryonic stage that have not yet become a particular cell type (skin cell, neuron, blood cell).

The excitement around stem cells is the potential for their use in "cell therapies". Stem cells can be turned into more specialized cells that are showing promise in a wide area of medical treatment. Neuronal stem cells have been identified that may one day help individuals with spinal cord injury, stroke, and even brain injury.

Animal studies have started to show that stem cells may be useful in improving neuromotor function and possibly cognition.

The controversy around stem cells is derived from their source. It was thought that to get stem cells, you would need an embryo. Embryos used were from terminated pregnancies or from unwanted embryos at fertility clinics. Many individuals are opposed to any research that involves the need for human embryos.



A recent study from the Robert Wood Johnson Medical School has shown that stem cells might be taken from adult bone marrow. This discovery is exciting for two reasons:

- 1) If stem cells can be derived from bone marrow, human embryos will not be required.
- 2) If stem cells can be derived from your own cells, there would be far less chance of rejection.

Researchers are looking at possibly starting feasibility and safety studies within three years. However, there is still a lot that is not known about controlling and creating stem cells.

Initial studies may not relate specifically to traumatic brain injury, but may have to do with treating other areas (stroke, spinal cord injury, Parkinson's, etc). Initial studies may also focus on early treatment (treatment relatively soon after the injury).

BrainWaves

TBI Resources on the Internet!

Local legal websites offering education as well as legal services.

- **Alexander Law Firm**
www.consumerlawpage.com/article/trabrain.shtml
Includes information on assessment, how brain injuries occur, the life changes that can happen, and definition of the various rehab professionals. Law firm is located in San Jose.
- **Brain Injury Advocates**
www.headinjurylaw.com
Contains "Brain Injury 101", recovery from TBI, current news-worthy info, advocacy opportunities, neuroimaging, and an extensive glossary. The Law Offices of Harvey A. Hyman are located in Oakland, CA.
- **Scarlett Law Group**
www.randallscarlett.com
Law group located in San Francisco and Washington D.C. Includes discussions about "the invisible injury", common testing, post-traumatic stress disorder, economic losses associated with TBI, choosing a TBI lawyer, and help for families and caregivers.

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

TBI Peer Support Program at the RRC

The Traumatic Brain Injury (TBI) Peer Support Program is a unique program implemented by the Rehabilitation Research Center (RRC) at Santa Clara Valley Medical Center. It is designed to help meet the various needs of individuals with traumatic brain injuries and their families.

Support Visits

Visits are made by Peer Supporters who are trained volunteers, many of whom have had a TBI themselves. Peer Supporters visit patients and families in neurorehabilitation at Santa Clara Valley Medical Center on Sunday, Tuesday and Thursday evenings from 6:00pm – 8:00pm.

Peer Supporters provide an opportunity for the person with a TBI and their family to talk openly about the effects of the injury. Because most of the volunteers have had a TBI, they are experienced in effective recovery and they are more than willing to offer some understanding to the patient and family.

Support Calls

A Peer Supporter is available to a person with TBI and their family long after discharge from the hospital. Follow-up phone calls are made as requested. During the call, the Peer Supporter answers questions, provides resource information, and spends time listening to the concerns of the person with a TBI and the family.

SBI Vocational Services Starting in August

SBI will begin vocational services at the College of Alameda on August 23, 2001. There will be Personal, Vocational, Social Adjustment Classes; External Situational Assessments; Vocational Assessments; and Functional Capacities Testing available. SBI will collaborate with College of Alameda on these services as well as Supported Employment and Job Coaching. The College has a Virtual Workplace and Career Counseling Center that can aid in job placement. Please contact Brian Burleson at 291-2530 for more information on how you might access these services.

TBI Resources

When a Peer Supporter visits or calls a person and/or their family there is an opportunity during the visit for questions about traumatic brain injury. The Peer Supporter is available to take requests for information from the person and family and then reports the request to a resource specialist. The requested information is compiled and delivered as soon as possible.

Support Groups

The TBI Peer Support Program also coordinates two support groups that are free and available to those who are interested in participating. For more information on the VIP and MBI groups, please look on the next page.

Benefits of the program

The person with TBI and their family who utilize Peer Support services will have an opportunity to talk with someone who understands the challenges and transitions that they are experiencing. They will be free to talk about personal issues regarding the injury with an objective, confidential source. Another benefit of the TBI Peer Support Program is the resource information the Peer Supporters make available to the person and family. Resources can be invaluable at the time of injury and many years following.

For more information about the TBI Peer Support Program, please call Richard Patterson at (408) 295-9896 x12.

The TBI Support Services are free and available to those who have sustained a TBI and to their families.

SBI Starts Program for Children and Parents

Services for Brain Injury will begin a unique after-school program for brain injured children including training for their parents starting this September. Children from the ages of 8 to 13 will be involved in specific programming 2 days per week after school for 3 hours. Parents will be trained to teach their children strategies of compensation, how to re-inforce newly learned strategies in the home, and what the differences may be between raising an enabled child vs. a brain injured child.

SBI is fortunate to have had the generous support of professionals in the community to design and implement the program: Dr. Catherine Popell, Neuropsychologist and Advisor to SBI; Dr. Dave Masucci, Educator and Psychologist, and Staff Psychologist at SBI; Dr. Brendon Pratt, Pediatric Neuropsychologist; and Dr. Benjamin Mandac, Director of Pediatric Rehabilitation at SCVMC, who has consented to be the program's Medical Director.

SBI has received a Grant from the City of San Jose Parks and Recreation Neighborhood Services under the Healthy Neighborhood Venture Funds to start this program. Additional support is being sought. Please contact Judy Kram-Miller, Director of SBI Projects & Research at 408-295-4119 or email Judy at jkm@SBIcones.org for additional information.

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

Monterey County

Brain Impaired Support Group
Salinas Valley Memorial Hospital
450 E. Romie Lane
(Board & Inservice Room)
Salinas, CA 93901
4th Thursday 6p.m. to 7:30 p.m.
For info contact Diane Shaheen at
415-665-4100 x1252

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.
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
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**
2nd Center Day 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 p.m. 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

Head Injury Survivors Group
Contact 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.

*Please Note: This listing is intended
to be a resource for all those interested in
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resent an endorsement of the organiza-
tions represented nor an affirmation of the
information contained therein.*



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
<p>Talking Heads tip: You are advised to call before attending a meeting. Group or agency information is on page 3.</p>			<p>1 SF-Head Injury Group SVILC Group</p>	<p>2 Brainstorm</p>	<p>3 SVILC Women's Group</p>	<p>4</p>
<p>5</p>	<p>6 Brainstorm SVILC Women's Group</p>	<p>7 Brainstorm</p>	<p>8 SF-Head Injury Group SVILC Group</p>	<p>9 Brainstorm</p>	<p>10 SVILC Women's Group</p>	<p>11</p>
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<p>26</p>	<p>27 Brainstorm SVILC Women's Group</p>	<p>28 Brainstorm Caregiver Group MBI Group</p>	<p>29 SF-Head Injury Group SVILC Group The Rehab Place Group</p>	<p>30 Brainstorm</p>	<p>31 SVILC Women's Group</p>	



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2	3 Labor Day	4 Brainstorm	5 SF-Head Injury Group SVILC Group	6 Brainstorm	7 SVILC Women's Group	8
9	10 Brainstorm SVILC Women's Group Think-A-Heads	11 Brainstorm MBI Group New Options	12 SF-Head Injury Group SVILC Group	13 Brainstorm	14 SVILC Women's Group	15
16	17 Brainstorm SVILC Women's Group Think-A-Heads	18 Brainstorm New Options	19 SF-Head Injury Group SVILC Group	20 Brainstorm	21 SVILC Women's Group	22
23	24 Brainstorm SVILC Women's Group Think-A-Heads	25 Brainstorm Caregiver Group MBI Group New Option	26 Claudia Osborn SF-Head Injury Group SVILC Group The Rehab Place Group VIP Group	27 Brainstorm Eden Hospital Grp Salinas Valley Grp San Ramon Group	28 SVILC Women's Group	29 BIAC Seminar (415) 781-3868
30 BIAC Golf Tourn.						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Brainstorm SVILC Women's Group Think-a-Heads	2 Brainstorm	3 SF-Head Injury Group SVILC Group	4 Brainstorm	5 SVILC Women's Group	6
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14	15 Brainstorm SVILC Women's Group Think-a-Heads	16 Brainstorm New Options	17 SF-Head Injury Group SVILC Group	18 Brainstorm	19 SVILC Women's Group	20 Brain Injury Awareness Games (800) 352-1956 x18
21	22 Brainstorm SVILC Women's Group Think-a-Heads	23 Brainstorm Caregiver Group MBI Group New Options	24 SF-Head Injury Group SVILC Group VIP Group	25 Brainstorm Eden Hospital Grp Salinas Valley Grp San Ramon Group	26 SVILC Women's Group	27
28	29 Brainstorm SVILC Women's Group Think-a-Heads	30 Brainstorm HIRLN Halloween Party (408) 267-0200	31 SF-Head Injury Group SVILC Group The Rehab Place Group	Talking Heads tip: You are advised to call before attending a meeting. Group or agency information is on page 3.		

OCTOBER 2001

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

Brain Injury Awareness Games:

Save the Date! October 20 at Lake Almaden Park.

Yikes! If you missed last year's Brain Injury Awareness Games (formerly the Walk-and-Roll-athon) we hope to see you this year. Participants will have the opportunity to participate in a 5k walk and compete in a number of exciting lawn games. Competitors earn raffle tickets which give you a shot at a number of fun prizes. Music will be provided by Big Fun, and lunch will be served. Watch your mailboxes for a September mailing that includes more info and a registration form. Funds raised at the Brain Injury Awareness Games go towards expanding public awareness, education, and local services for brain injury. This year money collected will go towards Talking Heads (yay!), Brain Matters, Services for Brain Injury (SBI), Head Injury Recreation Leisure Network (HIRLN), and the Brain Injury Association of California (BIAC).

If you are interested in attending this year's Games, please call our toll free number to RSVP so we can get an estimate of how many to expect (and how many t-shirts to make). Please call 1-800-352-1956 extension 18. The big event takes place October 20, 10:30 a.m.-1:30 p.m. at Lake Almaden Park.

Brain Injury Awareness Games updates will also be available at <www.tbimatters.org>

Claudia Osborn & Gary Karp:

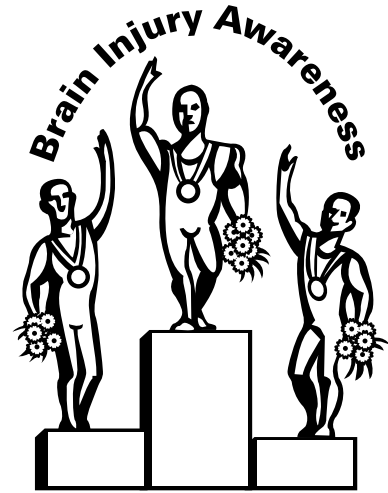
Personal Experiences with Brain & Spinal Cord Injury

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.

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.



GAMES and WALK

See You at the Games!

Talking Heads Thanks...

Talking Heads would like to thank Chuck Walter and the South Bay Head Injury Association (SBHIA).

SBHIA has ceased activity and has transferred its remaining funds to three agencies/projects: Services for Brain Injury, *Talking Heads*, and Brain Matters. Each agency will receive approximately \$1000.

"We want the money to be used for the benefit of brain injured persons. This was our goal and we know it is the goal of the three organizations," stated Chuck Walter of SBHIA.

Thank you SBHIA!

I would also like to single out a big thank you to Chuck Walter for maintaining the mailing list for *Talking Heads*. We couldn't do it without you!

Boo! HIRLN Halloween Party

Tuesday October 30th, 6:30 to 8:30 p.m. at Cypress Senior Center. All are invited. Come in costume! The party will include face painting, prizes, bingo, and more. Delicious food will also be served. For more info call (408) 267-0200.

Talking Heads

Talking Heads is printed by **Camden Press** in San Jose!

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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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