

"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 27 • Dec. 01–Jan. 02

2001 Brain Injury Awareness Games & Walk Were You Game?



It was a walk-and rollin', game playing, barbecue eating sort of day at Lake Almaden Park. The Brain Injury Awareness Games took place this year on October 20th. If you were there or helped participate in any way, Talking Heads would like to thank you for your help.

Participants were able to earn raffle tickets by participating in a number of exciting lawn games. Local firefighters cooked us up a barbecue lunch, and music was provided by Big Fun.

Over \$14,000 was raised! The money will go towards expanding public awareness, education, and local services for brain injury. This year the proceeds will go to Talking Heads, Brain Matters, Services for Brain Injury (SBI), Head Injury Recreation Leisure Network (HIRLN), and the Brain Injury Association of California.

A stirring rendition of our National Anthem sung by brain injury survivor, Jenny Hillebert, was the opening ceremony for a day of games, food, fun and sun. Were you there?

Thanks to the Sponsors!

Shea & Shea, A Professional Law Corporation

City of San Jose, Dept of Parks, Recreation & Neighborhood Services, Office of Therapeutic Services, Convention, Arts & Entertainment Dept.

Santa Clara Valley Medical Center

Gentiva Rehab Without Walls

Bank of the West

Newton Medical Group

Law Office of Harvey Hyman, San Francisco

Lunch provided by the Santa Clara County Firefighter's Local 1165

Music provided by Big Fun

Shirts by Pegasus Products Group

Volunteers from Notre Dame, Bellarmine, and San Jose State

BrainWaves

TBI Resources on the Internet!

The Ho-ho-holidays are upon us. Don't know the difference between Boxing Day and Dia de los Reyes? These cool websites will help you learn about Ramadan, Chanukah, Christmas, Kwanzaa, Chinese New Year, and more... Happy holidays!

- **Springfield Library**

- **Winter Holiday Websites**

- www.springfieldlibrary.org/hols/holiday.html

Leave it to a library to collect all the reference materials you might need to know about holidays.

Links to dozens of other sites covering everything from Kwanzaa recipes to a Santa Tracking System by the North American Aerospace Defense Command!

- **Holidays on the Net**

- www.holidays.net/index2.htm

Information on Ramadan, Chanukah, and Christmas have garnered this site USA Today Hot Site awards! Check it out!

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

East Bay Support Groups from Alta Bates

Alta Bates Rehabilitation Center has developed two support groups for brain injury survivors and their family members or caregivers. Each support group will meet on the 2nd and 4th Thursday of the month from 6:30-8:00 p.m. at the Alta Bates Summit Medical Center, Herrick Campus, 2001 Dwight Way, Berkeley, CA. Please call (510) 204-3307 for more information. Transportation is available upon request.

Life Skills Group for Brain Injury Survivors: This group will provide individuals with brain injuries a supportive education for coping with isolation, confusion, and despair. A neuropsychologist and another member of the professional clinical staff will facilitate the group as strategies will be provided for dealing with anger and depression, fatigue, memory loss, organization problems, adjustment issues, etc. A commitment of 4-6 months is required. A screening interview will be conducted prior to attendance and a referral from a health care professional is preferred.

Family/Caregiver Education and Support Group: This group will provide a supportive educational environment to enhance the family's and/or caregiver's understanding of the cognitive and emotional changes that have occurred following a brain injury. It will deal with issues such as understanding and acceptance, networking with community resources, supporting the grieving process, developing peer support, respite care, etc.

Communication Strategies

The Head Injury Program at the College of Alameda is offering a new class in partnership with Services for Brain Injury in San Jose entitled "Communication Strategies." The class is funded by the State Department of Rehabilitation and students must be active clients of that agency to enroll and have an acquired brain injury. The goal of the class is to be ready for employment. The class meets Monday through Thursday from 9:00 a.m. to 1:00 p.m. This is a one semester class and students can earn 8 units of credit for the semester. Total cost for 8 units is \$90.00 for the semester (\$11.00 per unit plus a campus fee of \$2.00). Some students may qualify for a fee waiver. Supplies for the course are provided in class. For further information, contact the instructor, Beth Ching, M.Ed., OTR at (510) 748-2123.

Openings at West County Farm Long-Term Care after Brain Injury

Founded by a mother for the long-term care of her son with a brain injury, West County Farm is licensed for six people living with brain injury. West County Farm is located on ten acres in west Sonoma County (Sebastopol), one hour north of San Francisco. They offer 24 hour support, individually designed programs, family style setting, on-site animal and garden projects, outstanding recreational and educational opportunities, neuropsychological support, and a long-term care perspective. Residents must be medically stable, ambulatory, and between the ages of 18 and 59. For more information visit their website at www.westcountyfarm.com or call Martin Aguirre, Program Director at (707) 874-9501.

New Alta Bates Groups

Life Skills Group for Brain Injury Survivors

Alta Bates Summit Medical Center
Herrick Campus
2001 Dwight Way
Berkeley, CA 94704
2nd & 4th Thursdays at 6:30-8:00 p.m.
Participants must complete a screening prior to participating in group.
Classes begin January 10, 2002 and will end June 27, 2002. Call (510) 204-3307 for more information

Support Group for Family/Friends

Alta Bates Summit Medical Center
Herrick Campus
2001 Dwight Way
Berkeley, CA 94704
2nd & 4th Thursdays at 6:30-8:00 p.m.
Call (510) 204-3307 for more info

Editor's Note

You may have noticed that we are not covering November in this issue of Talking Heads. No, you didn't miss a month, I did. Production started very late on this issue. Hopefully by next issue, we will be back on schedule.

I'd also like to introduce Mary Lou Kohlmler, RN as my Co-Editor. Many of you may know Mary Lou through the Brain Matters community education series. She has a great knowledge of community resources, and will hopefully keep me honest (and on time!). -Jerry Wright

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 & Mary Lou Kohlmler
Co-editors/Talking Heads
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
December. Call Sylvia Dawson or Liz
Whittaker CCC: 510-889-5064 ext. 3

New East Bay Groups!, See Page 2

Monterey County

Brain Impaired Support Group
Salinas Valley Memorial Hospital
450 E. Romie Lane
(Board & Inservice Room)
Salinas, CA 93901
4th Thursday 6 p.m. to 7:30 p.m.
Will meet on Dec. 27th.
For info contact Lucy Ojeda at
831-424-4359

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)
Discontinued
Please see article on Page 7.

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.
Will not meet on Dec 25th.
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.
Will not meet on Dec 26th.
Call: 408-295-9896 ext. 12: Sponsor:
Rehab Research Center for TBI & SCI

Peer Support Group
Silicon Valley Independent Living
Center (SVILC)
2306 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.
No December meeting.
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 is being closed. They are
looking for a new meeting space
4th Thursdays from 7:30 to 9 p.m.
No December mtgs, January mtg TBA.
Call ahead to confirm dates.
Call JoAnn Swift 925-443-4366

Santa Cruz County

Head Injury Survivors Group
Contact Christi Bricknell or Thom
Onan at the Central Coast Center for
Independent Living at (831) 462-8720.
Three New Options brain injury sup-
port groups each month. Call for info.

*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.*

*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.)*

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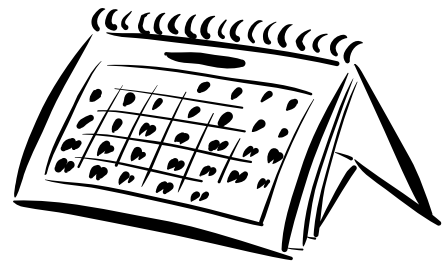
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Event Minder: Things You May Not Want to Miss...

Deck the Halls...

Caroling with the Head Injury Recreation & Leisure Network

Get in the holiday spirit and get your vocal cords ready for caroling at Santa Clara Valley Medical Center. When? Thursday, December 20th, from 6:30-8:30 pm. We will meet in the Rehab Lobby. Call (408) 885-4432 for further information.



Don't forget to mark your calendars!

Family and Caregiver Training Seminar Series Individual Behavior Plans in the Home and Facility: How to Reduce Negative Behavior and Increase Positive Behavior After Brain Injury

This event will offer effective strategies for dealing with behavior issues after brain injury. The course will help family members and other caregivers effectively intervene in negative behavior and develop plans to decrease this behavior and replace it with positive productive behavior. The presenter, Michael E. Howard, PhD. has been a neuropsychologist and behavior therapist in the field of brain injury rehabilitation and long term care for over twenty year. He is an expert in behavioral management, quality care issues, and structuring successful programs in the home and facility settings. The event is being presented by Learning Services at 10855 DeBruin Way, Gilroy CA. The event takes place on January 19, 2002, 8:30 am. to 2:30 pm. Registration is limited to 25 participants and is requested by January 11th. Continental breakfast, lunch, and refreshments will be served. The cost of this seminar is a \$10 donation to the Brain Injury Association of California. For more information, please call Bill Koch at (925) 682-6664 or Dr. Mike Howard at (408) 848-4379 ext 100.

Brain Matters:

The Sense of Self & the Human Spirit After Brain Injury

After brain injury, many people feel changed, almost as if they are a different person. Afterwards, what do we draw on to cope with new crisis and change? Mark your calendars for the next Brain Matters community educational event on Wednesday, January 23, 2002 from 5:30-8:00 p.m. The topic will be *The Sense of Self and the Human Spirit after Brain Injury*. Brain Matters is proud to feature Gail Pascoe, RN, MFT, from Making Headway in Eureka, California. Gail leads a Spirituality and TBI Group in Eureka. We will meet at the Del Mar High School (Cafeteria) located at 1224 Del Mar Avenue, San Jose, California. Admission is free. Please call for reservations so we can plan seating and refreshments and whether you require certain accommodations. Call (800) 352-1956 x 18. Brain Matters events are presented by the Rehabilitation Research Center for TBI, Santa Clara Valley Medical Center. Looking forward to seeing you. Visit us online at www.tbimatters.org



What happens to us as events change our lives? Where do you find your inner strength? The next Brain Matters will focus on these and more!

One Person Can Make A Difference Sixth Annual SBI Auction Gala

Please mark your calendar and join Services for Brain Injury (SBI) and the San Jose Sharks for the Sixth Annual SBI Auction Gala at Lou's Village, San Jose, California. Saturday, February 9, 2002. Hope to see you there! For more information call (408) 291-2522 or email auction@SBICares.org

Community Letter: Farewell to Think-A-Heads

Dear Friends in the Community-

Many, many years ago it started, this tenacious group of survivors of head injury. At first we were a group of mostly graduates of the Head Injury Program at Valley Medical Center (VMC), called together by their Liaison Nurse, who was charged with interfacing with the community, in about 1980.

We decided on the name because it said exactly what we had to learn to do all over again. We found a cartoon by MAL that said it for us, and used it over the years with his permission. It had one character saying to the other, "My problem is that I can never separate my insight from my baloney!"

We worked as hard as our various facilitators forced us to, separating these two things, forming goals, discussing our problems, but mostly just being there for each other week after week (because if it were any less often we couldn't remember to come at all), and we had fun, too, with lots of laughs.

Various people held us together, in various places. The AID Center in Santa Clara was the first, where Christine Moreland, a co-facilitator worked, but for the last ten years or so, the Sunnyvale Community Center gave us shelter, and Donna Lamb, one of the very early graduates of VMC's program, has co-facilitated.

It is with a feeling of regret that I let this group die. I know how important it has been to many survivors, acting as a refuge out there where they will find others who know what they are going through (because they have been there themselves). However, I take comfort in the knowledge that other groups have started, and it is my heartfelt hope that there will always be a place for those who need to re-learn to think ahead, to go.

-Joan Wildermann, Liaison Nurse, Ret.

SCVMC Bowl-A-Thon Report

Sometimes its good to strike out. This year's Bowl-A-Thon was a great success!

It was held on Sunday, Nov. 4th at Cambrian Bowl where over 80 bowlers joined us. Rich Amooi, a DJ with KARA filled in as Master of Ceremonies for an ailing John McLeod.

Doug Peters won High Game in the Disabled category and David S. Stearns Jr. won High Series.

When all of the pledges are collected, the Therapeutic Recreation Department will have raised \$8000. The money is used to support patient community outings, purchase adaptive equipment, and subsidize the cost of outpatient ski and camping trips. The Therapeutic Recreation Staff and SCVMC patients are very grateful for the bowlers' and sponsors' support.

Thanks Think-A-Heads!



Talking Heads would like to thank all of the facilitators, agencies, individuals and participants that make brain injury support groups work. You really make a difference in the lives of people with brain injuries, their families, and friends. Best wishes for the new year!

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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