

"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 29 • May – July 2002

TBI Model System Program at SCVMC Five Year Recap and Request

Some of you may be aware of the TBI Model System Project at Santa Clara Valley Medical Center (SCVMC). This project, funded by the National Institute on Disability and Rehabilitation Research, will end this October. Staff of the Rehabilitation Research Center (RRC) at SCVMC will be working on a new proposal for the next five year's worth of funding. We thought that this would be a good time to share with you some of the activities/products of this project and ask for your input.

Community Activities

Our peer support program allows newly injured individuals and their families to talk with volunteers that have had similar injuries. This connection can continue as the person leaves the hospital for home, providing an important link to resources and support. In the community we facilitate several monthly meetings that allow people to come together, share stories and feelings, and discuss common issues.

The RRC coordinates a quarterly community education series called Brain Matters that provides information to survivors, families, caregivers, and professionals. A variety of speakers present on issues related to brain injury. The events are free and well attended.

We offer free resource information to anyone that contacts our office (by email (resources@tbi-sci.org) or by our toll free phone number, 800-352-1956 x13). We have literally answered

thousands of questions with topics ranging from attendant care issues to vocational re-entry. Local resource information was compiled into the *Traumatic Brain Injury Resource Directory (TBIRD)*. We also put out a number of newsletters, *Inter@ct*, describing the activities of the RRC, *Talking Heads*, a local community-based newsletter focusing on brain injury, and *Outcome Oriented*, focusing on outcome measures and assessments (for professionals).

Internet Resources

Our Internet resources are usually used by over 2,000 individuals every week. Over 10,000 copies of the TBIRD have been electronically distributed. See Brainwaves for more information on our Internet resources.

Research Activities

We spend a lot of time collecting information on people with TBI who have come to our hospital for their rehabilitation care. Of course, we ask their permission first! The information includes how he/she was doing before the injury, how severe the injury was, how rehabilitation went, and, for every year afterwards, we collect information about how the person is doing back in the community. All of this information is put together with similar information from the other Model Systems in the hopes that we can learn more about TBI. For example, we are looking at whether having a TBI caused by a violent act causes any unusual problems compared with people who were

BrainWaves

TBI Resources on the Internet!

Listed below are some of the Internet resources developed by the TBI Model System Project at Santa Clara Valley Medical Center

- **Rehabilitation Research Center for TBI & SCI**
www.tbi-sci.org
More information about our activities, as well as downloadable versions of all of our printed resources (including the TBIRD).
- **Brain Matters**
www.tbimatters.org
Providing brain injury information on local events.
- **COMBI (Center for Outcome Measurement in Brain Injury)**
www.tbims.org/combi
An international resource for researchers interested in brain injury assessment and outcome measures.

injured in a traffic accident or sporting accident. We are also looking into the predictive value of CT scans, and the impact of pre-brain injury psychosocial history.

What Can You Do?

You have a stake in the kind of work that we do, so we would like your feedback on our current projects as well as your ideas about what is important to you. Call us at (800) 352-1956 extension 10 for a confidential survey, or fill one out online at www.tbi-sci.org/survey
Thanks for your input!

Community Focus: Agencies You Should Know About

Peer Support in San Mateo County Mid-Peninsula Brain Injury Support Group

Good news for residents of Southern San Mateo and Northern Santa Clara County! A local brain injury peer support group now exists. Since April 2001, the Mid-Peninsula Brain Injury Support Group has met bimonthly in Menlo Park near El Camino Real. The group offers understanding, acceptance, encouragement and friendship to people dealing with the effects of traumatic or acquired brain injury – to both those injured and their caregiver/loved ones. Group meetings provide a safe and respectful forum for sharing information and personal experiences in coping with the impacts of brain injury and the challenges of rebuilding lives and relationships.

Typically, 10 to 12 people attend a meeting – about half caregivers and half survivors. Professionals would classify the survivors as high functioning. The group chuckles and muses over this descriptor; everyone wistfully recalls the much higher levels at which survivors formally functioned! Time-since-injury among the survivors ranges from months to more than a decade. Survivors and caregivers learn from each other. Occasionally the group will divide, allowing each party to freely discuss topics that are of particular concern to them.

The group's founders are a survivor-caregiver couple who greatly benefited from a support group post-injury and who have served as TBI Peer Support Volunteers at the Santa Clara Valley Medical Center in San Jose. To attend a meeting of the Mid-Peninsula Brain Injury Support Group, call Marna or Bob at (650) 851-0925, or Leslie Marlowe at (408) 453-2966.

Free Prescription Medicine? The Medicine Program

The Medicine Program was established to help individuals who lack the resources to pay for costly prescription medication. Many individuals have too much income to qualify for government prescription assistance, but not enough to purchase private insurance coverage. Many drug manufacturers sponsor patient assistance programs that provide free medicine to qualified individuals, however the procedures required to be approved, enrolled, and receive medication may be complex.

The Medicine Program helps people to apply for enrollment in one or more of the many patient assistance programs. This is accomplished with the cooperation of your physician. For a fee of \$5 per medication, the Medicine Program will send you a customized packet designed to assist in applying to the appropriate manufacturer. The packet describes the specific steps to be taken by the patient and the doctor to complete the application process. The Medicine Program guarantees a full processing fee refund to any applicant who receives no medication and is determined to be ineligible for assistance by all applicable manufacturers. For more information call (573) 996-7300, email help@themedicineprogram.com or visit www.themedicineprogram.com

Please note: This newsletter is intended to be a resource for 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.

Office of Therapeutic Services (OTS) is Moving!

On Tuesday, April 23rd, the Office of Therapeutic Services will be moving to a new location. They are moving to: 43rd East Gish Road, Suite 100, San Jose, 95112. The new phone number will be (408) 392-6770 (effective April 24). For more information contact Gerard Manuel at (408) 267-0200.

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@tbi-sci.org

Put criticisms on the back of a \$20 bill and mail to:
Jerry Wright & Mary Lou Kohlmiller
Co-editors/Talking Heads
950 South Bascom Ave., Suite 2011
San Jose, CA 95128



Don't have enough money to get all of your prescriptions? The Medicine Program may be able to help.

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
Do not call the library.

Eden Hospital Stroke Support Group
Eden Hospital (Castro Valley Rm.)
20103 Lake Chabot Rd.
Castro Valley, CA 94546
4th Thursdays at 7 p.m. (Baseball
game in June, call for date) Call to
confirm meetings. Call Sylvia
Dawson or Liz Whittaker CCC:
510-889-5064 ext. 3

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

Monterey County

Brain Impaired Support Group
Salinas Valley Memorial Hospital
450 E. Romie Lane
(Board & Inservice Room)
Salinas, CA 93901
4th Thursday 6–7:30 p.m.
For info contact Elaine Viens at
831-424-4359 ext. 14

San Francisco County

Brainstorm
(Survivor Socialization Group)
RCH, Inc.
207 Skyline Blvd.
San Francisco, CA 94132
Monday 10 a.m.–4 p.m.
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

San Francisco County (cont.)

Head Injury Support Group
Independent Living Resource Center
649 Mission St. 3rd Floor
San Francisco, CA 94105
Every Wednesday at 1–2:30 p.m.
Please call first. Cheryl Price: 415-543-
6222.

San Mateo County

Mid -Peninsula Brain Injury Support
Group for Survivors & Caregivers
Located in Menlo Park.
2nd & 4th Thurs. from 7–8:30 p.m.
Call Bob and Marna Page at 650-851-
0925 or Leslie Marlowe at 408-453-
2966

San Ramon

Head Injury Support Group
Harvey Chiropractic
2610 Crow Canyon Rd.
San Ramon, CA 94583
4th Thursdays from 7:30–9 p.m.
No meeting in July.
Call ahead to confirm dates.
Call JoAnn Swift 925-443-4366

Santa Clara County

Caregiver Spousal Support Group
Cypress Senior Center
403 S. Cypress Ave.
San Jose, CA 95117
4th Tuesdays at 7–8:30 p.m. Call
Penny Hogg PhD: 408-291-1125.

Mild Traumatic Brain Injury
Support Group
Cypress Senior Center
403 S. Cypress Ave.
San Jose, CA 95128
2nd & 4th Tuesdays 7–8:30 p.m.
Call: 408-295-9896 ext. 12. Sponsor:
Rehab Research Center for TBI & SCI

Santa Clara County (cont.)

Peer Support Group
Silicon Valley Independent Living
Center (SVILC)
2306 Zanker Rd., San Jose, CA 95131
Every Friday a support group for
women with disabilities (Contact Kaye
Bishop). Every Wednesday for men
with disabilities (Contact Russell
Miller). Fee may be required.
408-894-9041

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

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

V.I.P. (Very Important Patient)
Support Group
2nd Center Day Room at
Santa Clara Valley Medical Center,
San Jose, CA 95128
4th Wednesdays 7–8:30 p.m.
Call: 408-295-9896 ext. 12. Sponsor:
Rehab Research Center for TBI & SCI

Santa Cruz County

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

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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 SF-Head Injury Group SVILC Men's Group	2 Brainstorm	3 SVILC Women's Group	4 HIRLN Great America Trip (408) 267-0200
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Event Minder: Things You May Not Want to Miss...

Want to Have a Good Time?

The Head Injury Recreation and Leisure Network (HIRLN)

The Head Injury Recreation and Leisure Network is off and running in 2002! Besides the traditional yearly events you are accustomed to seeing HIRLN host, we have planned five additional community outings and kicked off an outing to bowling and to see Joseph and The Amazing Technicolor Dreamcoat at the American Musical Theater of San Jose. All who attended had a wonderful time.

By the printing of this issue, HIRLN will have hosted a Bowling Night (February), Musical (March), and a Movie Night (April). For May HIRLN is planning to spend a day in Great America. If you are interested in coming, call Dan at (408) 267-0200 up to 4/24 or at (408) 392-6770 after 4/24.

Here's a quick rundown of HIRLN events planned from June to December:

Annual Camping Trip to Del Valle - June 5-7

Annual Halloween Party - October 23

Annual Thanksgiving Party - November 13

Annual Holiday Caroling Party - December 19

If you are interested in receiving additional information about any of the events mentioned, please call Dan at (408) 267-0200 up to 4/24 or at (408) 392-6770 after 4/24.

HIRLN is one of the local programs benefiting from the Brain Injury Awareness Games held at Almaden Lake. HIRLN is sponsored by: City of San Jose Department of Parks, Recreation and Neighborhood Services - Office of Therapeutic Services, and Santa Clara Valley Medical Center Recreation Therapy Department.

On the Long Range Radar...

Brain Injury Awareness Games

Save the Date! October 5, 2002, at Lake Almaden Park.

So, yes, we are telling you about this a little early. And yes, we will talk more about it in the next issue. But still, we just don't want you to miss out. Besides, it is the major fundraising effort for *Talking Heads* (it's where we get the money for printing and postage!) So come on out, support brain injury activities in your community. Support *Talking Heads*!

Participants will have the opportunity to participate in a 5k walk and compete in a number of diverting lawn games. Competitors earn raffle tickets which give you a shot at a number of fun prizes. 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), and the Head Injury Recreation Leisure Network (HIRLN). As more information becomes available, it will be available at the Brain Matters website at <www.tbimatters.org>.

Remember, you can't win if you don't play! Mark your calendars now!

Not-So-Secret Tip: *Talking Heads* is available online at <www.tbimatters.org>.



**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@tbi-sci.org with
your event information (meeting
place, times, cost, etc.)*



**Brain Injury Awareness
GAMES and WALK**

Talking Heads

Talking Heads is printed by Varason, Inc. in San Jose!

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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@tbi-sci.org

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