

"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 30 • Aug. – Oct. 2002

October 5, 2002 at Almaden Lake Park The Brain Injury Awareness Games

No. Say it's not so! You weren't going to miss the 2002 Brain Injury Awareness Games were you? Oh, you were just marking your calendar? Good!

You don't want to miss one of the best brain injury-related events in northern California. Besides, money raised 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), and the Head Injury Recreation Leisure Network (HIRLN). Did we mention Talking Heads? (that's where our printing and postage money comes from!)

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.

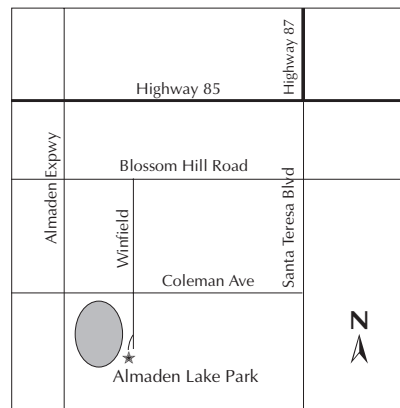
If you are interested in attending this year's Games, please call our toll free number to RSVP so we can get an estimate of how many to expect (and how many t-shirts to make). Please call 1-800-352-1956 extension 18. The big event takes place October 5, 10:30 a.m.-1:30 p.m. at Lake Almaden Park.

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



Brain Injury Awareness GAMES and WALK

Got to get one of those cool Brain
Injury Awareness Games T-shirts!



Remember, its all happening at
Almaden Lake Park in San Jose.
See you on the 5th!

BrainWaves

TBI Resources on the Internet!

- **Home-Based Cognitive Stimulation Program**
main.uab.edu/show.asp?durki=49377
Provides 48 activities designed to assist in the recovery of thinking skills (language, memory-orientation, attention, problem solving, visual spatial, and fine motor control). Not meant to substitute for professional therapy. Developed at the University of Alabama at Birmingham.
- **Research and Training Center on Community Integration of Individuals with TBI**
www.mssm.edu/tbinet
The Center's purpose is to expand the knowledge of 'what works' to help people with traumatic brain injuries (TBI) in living their lives after injury. Their current research includes projects on getting back to work, aging with TBI, emotional adjustment post-TBI, screening for TBI in children, substance abuse prevention and peer mentoring. Resources available include TBI Consumer Reports on these and other topics. The site also includes a searchable database of TBI-related articles from professional journals and books with links to PubMed.

Please note: This newsletter is intended to be a resource for those interested in traumatic brain injuries (TBI). 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 Injury Services in Marin Larkspur Center

The Marin Brain Injury Network (MBIN) has established the Larkspur Center. The Center is located at the College of Marin and provides a number of essential services that persons with acquired brain injury (ABI), with different disabling conditions and functioning levels, and their families need in order to rebuild their lives.

Each participant's plan is individualized and activities are designed to address the specific challenges and strengths associated with their disability. Many services are free and for others sliding scale and scholarships are available. The Center offers a structured day treatment program, college classes and tutoring, individual and group counseling, coordination of services, survivors mentoring survivors, occupational and speech therapy, and a drop-in center. Support groups are available for both persons with brain injury, as well as friends and family members.

For more information, contact the Marin Brain Injury Network at (415) 461-6771, email at mbin@mbin.org or visit their website at www.mbin.org.

Residential Care Sierra Summit Head Injury Care Homes

Sierra Summit Head Injury Care Homes is a newly licensed adult residential facility providing long-term care for those who have sustained a brain injury and who require supervision and/or assistance to complete activities of daily living. Their mission is "to provide high quality, cost effective, long term care and support services within a residential environment to brain injured individuals."

The spacious home is located in a residential neighborhood and is wheelchair accessible. Private and semi-private rooms are available. There is 24-hour staffing and the staff is experienced working with individuals with brain injury. Each resident has their own individual needs and services plan that may include recreational and social activities in the home and community, attending classes at Sierra Community College, or participating in a volunteer activity.

To qualify residents must be medically stable as documented by a physician, be between the ages of 18 and 59, and require supervision to remain safe and/or care for personal needs. For additional criteria and information, contact Juli Koffman at (916) 632-9622.

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

Get in the Swim Aquatic Post Stroke Classes

The Easter Seals Community Center is actively recruiting participants for its Aquatic Post Stroke Classes. The class is designed for individuals who have experienced a stroke, traumatic brain injury, or spinal cord injury and are in need of cognitive retraining to regain flexibility and muscle range of motion. The focus is on educating pathways to increase flexibility, coordination, memory and tone management. A wide range of functional levels is accommodated. The class is taught by Certified Aquatic Staff.

In addition, pool time without an instructor is offered so that clients may exercise, float and socialize at their leisure. Floatation devices and exercise equipment is available. The therapeutic indoor pool is kept at 92°, mostly 4 ft. in depth, and is wheelchair accessible. You do not have to know how to swim to participate. Also offered is a therapeutic, wheelchair accessible spa that is maintained at 102°, one of the few of its kind.

For more information, contact Tracy Terada at (408) 295-0228.



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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. Call to
confirm meetings. Call Sylvia
Dawson or Liz Whittaker CCC:
510-889-5064 ext. 5251

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 6:30–8 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 Terry Twitchell to confirm
dates and fees: 415-665-4100 x239

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.
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.
Brian Burleson: 408-291-2530

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. Sponsor: St. Louise
Regional Hospital in Gilroy.
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.

*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. So there.*

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>				1	2 SVILC Women's Group	3
4	5 Brainstorm	6 Brainstorm	7 SF-Head Injury Group SVILC Group	8 Alta Bates Summit Group Brainstorm Mid-Peninsula Grp	9 SVILC Women's Group	10
11	12 Brainstorm	13 Brainstorm MBI Group New Options	14 SF-Head Injury Group SVILC Men's Group	15 Brainstorm	16 SVILC Women's Group	17 Theralife Health Day at Earthquakes (408) 295-9896 x13
18	19 Brainstorm	20 Brainstorm New Options	21 SF-Head Injury Group SVILC Men's Group	22 Alta Bates Group Brainstorm Eden Hospital Grp. Mid-Peninsula Grp. Salinas Valley Grp San Ramon Group	23 SVILC Women's Group	24
25	26 Brainstorm	27 Brainstorm Caregiver Group MBI Group New Options	28 SF-Head Injury Group SVILC Men's Group The Rehab Place Group	29 Brainstorm	30 SVILC Women's Group	31

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8	9 Brainstorm	10 Brainstorm MBI Group New Options	11 SF-Head Injury Group SVILC Men's Group	12 Alta Bates Summit Group Brainstorm Mid-Peninsula Grp	13 SVILC Women's Group	14
15	16 Brainstorm	17 Brainstorm New Options	18 SF-Head Injury Group SVILC Men's Group	19 Brainstorm	20 SVILC Women's Group BIAA Medical & Legal Seminar (415) 781-3868	21 BIAA Medical & Legal Seminar (415) 781-3868
22 BIAA Celebrity Golf Tournament (415) 781-3868	23 Brainstorm	24 Brainstorm Caregiver Group MBI Group New Options	25 SF-Head Injury Group The Rehab Place Grp SVILC Men's Group VIP Group	26 Alta Bates Group Brainstorm Eden Hospital Grp. Mid-Peninsula Grp. Salinas Valley Grp San Ramon Group	27 SVILC Women's Group	28
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S E P T E M B E R 2 0 0 1

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6	7 Brainstorm	8 Brainstorm MBI Group New Options	9 SF-Head Injury Group SVILC Men's Group	10 Alta Bates Summit Group Brainstorm Mid-Peninsula Grp	11 SVILC Women's Group	12
13	14 Brainstorm	15 Brainstorm New Options	16 SF-Head Injury Group SVILC Men's Group	17 Brainstorm	18 SVILC Women's Group	19
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OCTOBER 2002

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

Swing into Fall

4th Annual Medical and Legal Seminar
(& Celebrity Golf Tournament)

Hosted by the Brain Injury Association of America (BIAA)

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, psychiatrists, and other health care professionals. The seminar takes place during September 20-21 and the Celebrity Golf Tournament takes place on September 22nd. There is a special rate for the Seminar for individuals with TBI and families of \$95. All proceeds will go to the Brain Injury Association of America. The Brain Injury Association of America (BIAC) is the only national non-profit organization 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. or sfes@pacbell



Talking Heads says,
"Thumbs up"!

All This and Soccer, too?

Theralife Health Day with the Earthquakes

Santa Clara Valley Medical Center along with other health-related organizations will participate in the first annual Theralife Health Day with the Earthquakes on Saturday, August 17th, 2002. SCVMC will help sponsor a booth with Rehab Without Walls where children and adults can simulate what it would be like to have a brain injury or spinal cord injury. The Earthquakes game will be held at Spartan Field on the San Jose State University Campus after the event. Health Day will be held at the east (10th Street) entrance beginning at 11:00 a.m. until approximately 1:00 p.m. See you there! For more information contact Mary Lou at (408) 295-9896 x13.



*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.)*

70% of working-age adults with disabilities are unemployed employmentAccess2002 (eA'02) September 12-13, Mountain View, CA

employmentAccess2002 is a unique conference that focuses only on employment issues (strategies for employment, accommodations, education and training, technology) for persons with disabilities from both the rehabilitation community and the employer's perspective. The employmentAccess conferences promote positive hiring practices and the use of technology that allows everyone to perform his/her job, and seek to increase the employment rate while closing the digital divide for persons with disabilities. Conference highlights include: technology vendors, career fair, corporate representatives, presentations on all disabilities, and much more! Attendees are typically individuals with disabilities (20%), rehabilitation specialists (30%), employment and industry representatives (30%), and access technology vendors and developers (20%). Location is the Microsoft Campus in Mountain View. Cost for the event is \$75 for two days, \$37.50 for 1 day. A very limited number of scholarships are available. For more information about registering for the conference please call: Maria Nicolacoudis at (408) 278-2001, email marianic@transaccess.org, or visit the website at www.employmentaccess.org



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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