

"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 32 • Sep.–Nov. 2003

## Come on, Join the Fun! The Brain Injury Awareness Games 2003!

OK. I know you're getting late notice, but you don't want to miss the 2003 Brain Injury Awareness Games, do you? Oh, you were just marking your calendar (October 4th)? 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 RSVP number so we can get an estimate of how many to expect (and how many t-shirts to make). Please call 408-434-2277 extension 106. The big event takes place October 4, 10:30 a.m.-1:30 p.m. at Lake Almaden Park in San Jose.

Brain Injury Awareness Games updates will also be available at <[www.tbimatters.org](http://www.tbimatters.org)>



**The 5K walk is only one of the exciting events featured at the Brain Injury Awareness Games. Participants earn raffle tickets for great prizes.**



**Dine *al fresco* with a lakeside view, courtesy of the Santa Clara County Firefighters Local 1165.**



**Come just to enjoy the park, the participants, or learn more about local TBI programs.**



# Community Focus: Agencies You Should Know About

## Brain Injury Association of California (BIACA) A New Resource for Survivors, Caregivers and Professionals

A new grassroots nonprofit organization, the Brain Injury Association of California, Inc., (the "BIACA") has been sparked to serve and empower persons in California living with brain injuries and those who care for or help brain injury survivors. Established by survivors and caregivers in early 2003, the organization has launched a web site at [www.BIACA.org](http://www.BIACA.org) as a source of acquired brain injury information and resources for all CA counties. BIACA has a new toll free hotline for Information and Referral to services, at 1-888-66-BIACA (or 1-888-662-4222).

The BIACA advocates for brain injury prevention and better treatment and support, performs research and surveys, and educates the public and professionals about the impacts and experience of living with brain injury. The BIACA welcomes the input and active participation of all persons, organizations and institutions, who are concerned about brain injury in California, to grow the organization into one of the best in the country. The BIACA is not related to any past California brain injury organization.

Join the BIACA! Charter Membership is free for Survivors and Caregivers, family, spouses, partners, and support system members! Professionals, institutions and the general public are encouraged to join and there is no charge at this time. Join online at BIACA's web site, [www.BIACA.org](http://www.BIACA.org) by selecting the link, "Join Now - It's Free" on the top left side. Your donations of any amount are welcome and will support BIACA's mission. For more information, send an e-mail to [info@BIACA.org](mailto:info@BIACA.org) or call them toll-free.

BIACA's Mission includes:

- To serve and empower the community of many thousands of persons living in California with brain injuries
  - to enable them to live with dignity and their maximum independence, and
  - to access all hospitalization, therapy, and long-term care, and all possible means for recovery and rehabilitation.
- To support their families, spouses, partners, close friends, support system members and caregivers, one of whom lives in California or is planning on moving to California.
- To coordinate with and inform professionals working in acquired brain injury.

### Talking Heads Needs You!

Good! I'm glad you are reading this box. You may have noticed that we have again missed a couple of months with Talking Heads. I am trying...

My apologies for any events we missed during the last couple of months. If anyone out there is interested in helping me with this project, feel free to contact me!

As always, 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](mailto:talkingheads@tbi-sci.org)

Put criticisms on the back of a \$20 bill and mail to:  
Jerry Wright  
Editor/Talking Heads  
Rehabilitation Research Center  
Santa Clara Valley Medical Center  
751 South Bascom Ave.  
San Jose, CA 95128

## New (to us) Support Groups

### San Francisco TBI Network Support Group

Meeting every other Wednesday as support for individuals with TBI in the San Francisco area.

450 Stanyan Street  
3 East Conference Room  
San Francisco, CA

Meets every other Wednesday at 3:30-4:30pm. Call Terry Twitchell at (415) 665-4100 x239 for more info.

### New Contact Information Rehabilitation Research Center at Santa Clara Valley Medical Center

The Rehabilitation Research Center (RRC) has moved on to the Santa Clara Valley Medical Center campus. The RRC coordinates an inpatient Peer Support Program as well as facilitates two community peer support groups (the Mild Traumatic Brain Injury Support Group and the VIP Support Group). The new mailing address is:

Rehabilitation Research Center  
Santa Clara Valley Medical Center  
751 South Bascom Avenue  
San Jose, CA 95128

The contact information for Richard Patterson, Peer Support Coordinator is now (408) 793-6428 or email to [Richard.Patterson@hhs.co.santa-clara.ca.us](mailto:Richard.Patterson@hhs.co.santa-clara.ca.us)

The main number for the RRC is (408) 793-6433 or (800) 352-1956 (dreaded phone tree).

*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.*

# 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:  
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 x183.

## 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: 408-793-6428. 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)  
2731 North First Street, Suite 100  
San Jose, CA 95134  
Call for information & details.  
Christine: 408-434-2277 x102

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 (The Rehab Place). 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 6:30–8 p.m.  
Call: 408-793-6428. 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Brainstorm	<b>2</b> Brainstorm New Options Call 831-462-8720 For info.	<b>3</b> SF-Head Injury Group SVILC Men's Group	<b>4</b> Brainstorm	<b>5</b> SVILC Women's Group	<b>6</b>
<b>7</b>	<b>8</b> Brainstorm	<b>9</b> Brainstorm MBI Group	<b>10</b> SF-Head Injury Group SVILC Men's Group	<b>11</b> Alta Bates Summit Group Brainstorm Mid-Peninsula Grp	<b>12</b> SVILC Women's Group	<b>13</b>
<b>14</b>	<b>15</b> Brainstorm	<b>16</b> Brainstorm	<b>17</b> SF-Head Injury Group SVILC Men's Group	<b>18</b> Brainstorm	<b>19</b> SVILC Women's Group	<b>20</b>
<b>21</b>	<b>22</b> Brainstorm	<b>23</b> Brainstorm Caregiver Group MBI Group	<b>24</b> SF-Head Injury Group SVILC Men's Grp. The Rehab Place VIP Group	<b>25</b> Alta Bates Group Brainstorm Eden Hospital Grp. Mid-Peninsula Grp. Salinas Valley Grp San Ramon Group Santa Cruz Group WA Hospital Group	<b>26</b> SVILC Women's Group	<b>27</b>
<b>28</b>	<b>29</b> Brainstorm	<b>30</b> Brainstorm	<p><b>Talking Heads tip:</b> You are advised to call before attending a meeting. Group or agency information is on page 3.</p>			

S E P T E M B E R 2 0 0 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Talking Heads tip:</b> You are advised to call before attending a meeting. Group or agency information is on page 3.</p>			<p><b>1</b> SF-Head Injury Group</p>	<p><b>2</b> Brainstorm</p>	<p><b>3</b> SVILC Women's Group</p>	<p><b>4</b> Brain Injury Games Lake Almaden Park 408-434-2277 x106</p>
<p><b>5</b></p>	<p><b>6</b> Brainstorm</p>	<p><b>7</b> Brainstorm New Options Call 831-462-8720 For Info.</p>	<p><b>8</b> SF-Head Injury Group SVILC Men's Group</p>	<p><b>9</b> Alta Bates Summit Group Brainstorm Mid-Peninsula Grp</p>	<p><b>10</b> SVILC Women's Group</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b> Brainstorm</p>	<p><b>14</b> Brainstorm MBI Group</p>	<p><b>15</b> SF-Head Injury Group SVILC Men's Group OTS Halloween Party (408-885-4432)</p>	<p><b>16</b> Brainstorm</p>	<p><b>17</b> SVILC Women's Group</p>	<p><b>18</b></p>
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OCTOBER 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Brainstorm	4 Brainstorm New Options Call 831-462-8720 For Info.	5 SF-Head Injury Group SVILC Men's Group	6 Brainstorm	7 SVILC Women's Group	8
9 Bowl-A-Thon Cambrian Bowl, SJ. 408-885-4430	10 Brainstorm	11 Brainstorm MBI Group	12 SF-Head Injury Group SVILC Men's Group	13 Alta Bates Summit Group Brainstorm Mid-Peninsula Grp	14 SVILC Women's Group	15
16	17 Brainstorm	18 Brainstorm	19 SF-Head Injury Grp. SVILC Men's Grp. OTS Thanksgiving Potluck 408-885-4432	20 Brainstorm	21 SVILC Women's Group	22
23	24 Brainstorm	25 Brainstorm Caregiver Group MBI Group	26 SF-Head Injury Grp. SVILC Men's Grp. The Rehab Place Group VIP Group	27 No meetings on Thanksgiving	28 No meeting on the day after Thanksgiving	29
30						

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# Event Minder: Things Going on in Your Community...

## 5th Annual California Brain Injury Medical and Legal Conference

### The Jigsaw Puzzle of Brain Injury: Putting the Pieces Together

Join a host of experts in brain injury and law for this weekend conference, which will include a day of golf to benefit the Brain Injury Association.

Among other speakers, Tamara Bushnik, PhD, from the Rehabilitation Research Center will give a lecture on Aging and TBI. CEUs available.

Date: October 11-12, 2003 TBI Conference

October 13, 2003 Golf Tournament to Support the Brain Injury Association of America

Place: Silverado Resort and Conference Center

1600 Atlas Peak Road

Napa, CA 94558

Cost: \$285 Seminar Registration

\$95 for Individuals with TBI or their families

For More Info: Bill Koch (925) 682-6664

[www.learningservices.com/conferences/Conf10112003.html](http://www.learningservices.com/conferences/Conf10112003.html)

## Don't Miss These OTS Activities!

### Halloween, Thanksgiving, Holiday Carolling

October 15th is the Office of Therapeutic Services (OTS) sponsored Halloween Party at Cypress Senior Center. Come in costume. Call Teresa at (408) 885-4432.

November 19th is the OTS Annual Thanksgiving Potluck at Cypress Senior Center. Please bring a side-dish. Call Teresa at (408) 885-4432 to RSVP.

December 17th is the Annual Christmas Carolling event. Call Scott Shields at (408) 885-4435 for more information.

## Bowl-A-Thon To Raise Money for Patient Activities "Spare" Change Welcome

Once again the Therapeutic Recreation Department at Santa Clara Valley Medical Center (SCVMC) is hosting its annual Bowl-A-Thon. The goal is to raise money for the patient activities fund. All proceeds from this event are used for patient recreational activities such as overnight camping and ski trips, wheelchair sports, community reintegration outings, purchasing adaptive equipment and other supplies for the use of the department. The Bowl-A-Thon will be held on Sunday November 9, 2003, from 10:00am to 2:30pm at Cambrian Bowl in San Jose and will include a raffle to win lots of prizes. The grand prize for bringing in the most money will receive a \$300 airline gift certificate. For more information on how you can participate, please call the SCVMC Therapeutic Recreation Department at (408) 885-4430.

## Silver Ribbon Campaign

### Recognizing Brain Issues with a U.S. Postage Stamp!

An organization is campaigning to create a silver ribbon postage stamp. Silver ribbons show that you care about someone with a brain injury or illness, you want to break down the barriers to treatment and support, you want to help eliminate the stigma against those who suffer, and that you believe that there is hope through education and research. For more information visit their website at [www.silverribbon.org](http://www.silverribbon.org)

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

## BrainWaves

### TBI Resources on the Internet!

- **The Brain Injury Association of California**

[www.biaca.org](http://www.biaca.org)

Visit the home page of the new Brain Injury Association of California (BIACA). Their website allows you to peruse their mission, join (it's free) as a member, and provides information on a number of brain injury related topics. Future additions will include a county by county listing of brain injury related services, programs, and contact persons. The website is an ambitious undertaking, the fact that they are offering resource information and referrals throughout California is worth the visit alone. This isn't your father's Brain Injury Association of California!

Check it out!

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# Talking Heads

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Available online at:  
**[www.tbimatters.org](http://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) 793-6430 or email: [talkingheads@tbi-sci.org](mailto:talkingheads@tbi-sci.org)

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