

HEAD/TALES

Newsletter

of the



Brain Injury Center of Ventura County

Our Mission is to improve the quality of life for people living with a brain injury and their families throughout Ventura County

First Quarter 2011 - January

3687 E. Las Posas, Building H, Camarillo, CA 93010

Coordinated by BI Survivor Lee Stainiland

BIC Needs You -- Sunday, March 20 Walk for Thought Will Cross California

by David Wilk, BIC President

The Brain Injury Center of Ventura County is participating with eight other county organizations to stage a statewide Walk for Thought. The purpose is to raise awareness about brain injury and increase support for brain injury survivors and their families. We need your help in order to make this a success.

BIC's Walk for Thought will take place on Sunday, March 20, from 9 a.m. to 3 p.m. on the track at Oxnard High School (3400 West Gonzalez Road). In addition to the walk, there will be music, entertainment and refreshments. This is going to be a fun day, but it will only be a success if we get a good crowd.

You have your choice of actually walking or cheering on the walkers while helping with some of our logistical needs. There is a registration form in this newsletter along with a sponsor form. Fill out the registration form and return it to us ASAP, or you can register on line at our web site www.BrainInjuryCenter.org or at BIACAL.org - just make sure you register for the "Oxnard Walk". Complete the "Sponsor Form" and bring it along with the money you collect our office or to the Walk. The cost for walking is \$15 for brain injury survivors and \$25 for others. A tee shirt is included with the registration fee.

This is a walk-and-roll event, fully open to people in wheelchairs or other means of assisted walking, as well as service animals. The facilities are handicap

accessible and we would love to see you out there with us.

If you like, you can organize a team to all walk together. It might be your family, or a group of friends or schoolmates or a club you belong to. Give your team a colorful name and we will all cheer them on.

Last year the Walk for Thought raised over \$120,000 across the state for local groups and the Brain Injury Association of California, the organizing body. It also generated news coverage for the cause during National Brain Injury Awareness Month. More recognition is something for which we are always striving. People just do not understand brain injury the way we who live with it do.

The real key to raising money is for you to get sponsors to support your walk. These can be family members, friends or acquaintances -- and they can contribute any amount they wish to support you and your walk. Let's say you get 20 people to pledge \$20 each to support your walk: we raise \$400 for this exceptional cause. (There is no minimum distance that you have to walk. Just get out there and go as far as you like.) The entry form has all the specifics.

Please spread the word to your family and friends so that our event makes a big impression. Each year the Walk for Thought will get bigger and bigger and our message will be heard loud and clear all over California.

Great Cast of Performers Lines up for Magic Show in Moorpark, March 12



Local magician Paul Dwork has lined up five famous colleagues to perform in the annual Rotary Creates Magic show, March 12 at High Street Arts Center, 45 High Street in Moorpark. The event is organized by the Rotary Club of Camarillo to benefit a designated worthy cause -- and this year's recipient of the proceeds will be the Brain Injury Center of Ventura County!

"This is a high energy show with some of the best magic in the world"

The acts perform a wide range of magic for all ages, from illusions to stage magic, comedy and quick change. All six performers are members of the world famous Magic Castle in Hollywood. The show, which begins at 7:30 p.m., has a great reputation and sells out every year.

Along with Dwork, the show will feature Tony Clark, a master of close-up and stage illusions; Farrell Dillon, an illusionist who has performed all over the world; and Stoil and Ekaterina, an eastern European couple who perform costume change magic. Shawn McMaster,

Continued on Page 4

Tools of a Survivor *by Lee Staniland*

Happy New Year Everyone!
I have to say that I have been kind of in the dumps lately and really not motivated to do anything, and I am suppose to write and tell you the tools I use to get things done. Well that sounds kind of crazy to me, but here goes...

I would like to tell you some of the tools that have helped me over the many years of being this NEW person. As most of you know I have been here for the last 32+ years, and I have done pretty well for myself. If you would like to read my story, go to the BrainInjuryCenter.org

Many survivors have asked how I managed to have relationships and I have to say, I have been blessed to get most of my old self back. That can be good or bad depending on who you talk to.

I worked at everything as hard as I could, and my first husband did not believe in doing things FOR me, so if I wanted something, I had to do it myself. That is a lesson for you all. I might not have done things like NORMIES would

do it, but it got done. Do NOT give up! Always keep trying.

Use calendars, timers, or whatever you can find, to help you carry out your plan.

One of my most useful tools is the calendar on the computer. I put whatever I need to remember, be it an appointment or a chore, on my calendar and it sends me an e-mail on that date. The trick is to put it in right away (so you don't forget) and make sure you have the right date and time - and to turn your machine on first thing in the morning. You see, you need to train yourself to make sure you get all the steps you need to get it done right. Don't get me wrong, there are plenty of times I mess up, but you need to admit it. That is part of the process too. You will find that the longer you do it, the better you will become at it. No matter what IT is!

I also leave myself notes. Make sure you leave them some place where you will see them. I put mine on my keyboard. Many people leave their notes on the

door. A good one is to leave it under your keys, if you drive, or maybe on the mirror so you see it when you first get up. That is not good for me 'cause I never turn the light on 'cause I don't want to wake hubby. Lol

I remember in the old days, I would write a note every morning of all the things I needed to accomplish. Then as I got them done, I would cross them off. At the end of the day, I could see what I had done.

I learned from the start to put things in order so I didn't waste time or gas if I'm driving. So, if I need to go to a part of town or a city, I do everything that I need to do in that part of town or city.

I hope I didn't rattle on too much and that this helps you.

...and about why I am here, it's because God wanted it for me. I feel that I was put in this NEW life for a purpose. So I will be here to help anyone that can use my help. Thanks.

Potential Benefits of Citocoline for Traumatic Brain Injury and Stroke *by Lisa Hayden, Psy.D.*

Currently there are studies assessing the potential effectiveness of the drug Citocoline for neuroprotection, neurofacilitation and neurorecovery being undertaken for both traumatic brain injury (TBI) and stroke. Choline is a naturally occurring compound available in diets and in the United States, as an over-the-counter nutritional supplement. Sources in food include liver, eggs, wheat germ, quinoa, and cruciferous vegetables (arugula, bok choy broccoli, brussels sprouts, cabbage, cauliflower, chard, chinese cabbage, collard greens, daikon, kale, kohlrabi mustard greens, radishes, rutabagas, turnips, watercress). The recommended daily amount is 425 milligrams. In 52 countries around the world, choline is a prescription medicine, however in the United States it is not, and one minor drawback is that it is not covered by insurance.

The major study for stroke is being conducted in Spain after the results of several studies demonstrated possible potential benefits. The preeminent study

for TBI survivors is currently underway at Harvard, in conjunction with the University of Pittsburgh. This study is titled: *The Citocoline Brain Injury Treatment Trial (COBRIT)*. Jeff Saver, MD of the UCLA Stroke Center was consulted about the potential benefits of choline. He explained that choline appears to facilitate brain repair and drives neuroplasticity. Dr. Saver will be sharing more on this topic at the September 20, 2011 Brain Injury Center Workshop. Studies conducted on animals (rats) demonstrated increased synaptic density after choline administration. Studies conducted in the 1990's showed that results trended in the right direction and that there are no safety concerns, furthermore there is no lethal dose of choline in animals.

Current research for stroke demonstrates that for moderate to severe ischemic stroke, administration in the first 24 hours and subsequent 6 weeks may improve recovery. The study in Spain will enroll 2500 participants and at present has already 1500 patients that have gone

through the study. The COBRIT project is a randomized, double-blind, placebo controlled study that will enroll 1292 participants from eight different sites. They will be looking at the effects after 90 days of a twice-daily dose of 1000 mg of choline in persons with complicated mild, moderate and severe traumatic brain injury. Similar to the Stroke study, the first dose is administered within 24 hours of the injury. Functional and cognitive measures will be used to assess outcome.

At present, studies are focused on the benefits for acute situations and it is not clear that taking supplements for a chronic condition is beneficial. It is exciting that these studies are underway, and it is likely that more research to examine the benefits of choline further will follow. In the meantime, it is best to continue to get an adequate amount of choline by eating a healthy diet and avoiding excess consumption of alcohol. As with any nutritional supplement, you should consult your personal physician before adding it to your diet.

Notes from the Executive Director - Joan Moore

2010

We had an amazing 2010:

- Received program grants from Camarillo Health Care District, Camarillo Noontime Rotary, Kiwanis Club of Ventura, Meadowlark Service League, Santa Paula CDBG, Swift Memorial Foundation, Weingart Foundation, and the 40 Leaguers of Ventura County
- Held our 2nd annual Ventura County Brain Injury Conference offering CEU credits
- Began monthly workshops
- Began our Santa Paula Support Group
- Strengthened our Ventura and Camarillo Support Groups
- Formalized our Social Opportunity Program
- Developed community partnerships with Antioch University, Ventura County Medical Agency, Wellness and Caregiver Center of Ventura County
- Participated in the Crisis Intervention Training for law enforcement agencies
- Conducted an in-service training for the Oxnard Police Department
- Held a very successful Cornucopia fundraiser which honored long time stakeholders Tom and Cynthia Hashbarger and Sue Tatangelo

We are so excited about 2011. We will strengthen our current programs of care coordination, support/socialization, education, and outreach/advocacy. We will also build our volunteer and stakeholder base so we can serve more people. Check out the upcoming activities, workshops and opportunities to become involved. Remember, brain injury can happen to anyone, at any time - and it changes your life forever.



Community Partners and Cognitive Testing

Antioch University is one of our “community partners”, which means we have a special collaborative relationship which benefits both of us. Through this relationship, we are able to offer to brain injury survivors the opportunity to participate, as volunteers, in neuro-cognitive assessment testing. The two cognitive assessments tests being offered this semester are the WAIS-IV Wechsler Adult Intelligence Scale 4th Edition and the WRAT-4 Wide Range Achievement test, 4th edition. Graduate students, under the supervision of Dr. Cheryl Smith, Ph.D., a licensed clinical neuropsychologist, administer the tests. After the assessment tests are evaluated, a written report of recommendations will be made available to each participant. Testing schedules are being coordinated, if you are interested in learning more and participating in this learning experience, please call our office and your name will be entered on our waiting list.

Volunteering

Volunteering gives you an opportunity to change lives, including your own. An important part of our organization is our volunteers. We have all sorts of opportunities for you to participate - whether it be a one-time event - such as our March 20th Walk for Thought, our Fall fundraiser, or on an on-going project - we have a place for you - or your group! Are you computer savvy and love “social networking”? Are you a photographer, a graphic designer, do you love planning parties, doing research, love to see things organized? If you are a family member or a friend of a brain injury survivor - or if you just want to do something good for someone else - and yourself - please contact our office and we will pass your information on to our volunteer coordinator.

We welcome three new Board members...

PAIGE HIBBITS, Ph.D. is the owner of Jones Hibbits, LLC - business consultants and accounting and tax services. Paige is very active in the Camarillo and greater Ventura County community and in 2010 was the *Camarillo Woman of the Year*. Her background and credentials include a Ph.D. in Clinical Psychology and MBAs in Business and Taxation. Several of the organizations for which Paige has served in a leadership capacity are Meadowlark Service League, Rotary Club of Camarillo Foundation, Camarillo Chamber of Commerce. Her leadership skills will serve us well.

AARON MCMURTRAY, MD. Ph.D. is an attending neurologist whose subspecialty is behavioral neurology. He is at the Ventura County Medical Center. He is instrumental in developing the multi-disciplined Brain Injury Clinic at VCMC and is active in the brain injury community here in Ventura County.

KAYO NAKATANI is a retired business owner of her own company that provided consulting and training services that specialized in leadership training and diversity. Her client based consisted of Fortune 100 companies, government agencies and non-profit organizations. She co-founded a software company, which focused on career development, management and organizational assessment. Her special skills include education, training, curriculum development, mentoring and coaching, and strategic planning. She also is a retired teacher of gifted and talented and special needs children.

2011 Board of Directors and Officers

President - Dave Wilk
VP/Secretary - Glee Lewis
Treasurer - Paige Hibbits, Ph.D.
Ann Arragg
Aaron McMurtray, M.D.
Kayo Nakatani
Cherie Roberts
Lee Staniland

2011 Professional Advisory Board

This is a dedicated group of experts in their fields who volunteer their time and expertise in helping us shape our programs by using "best practices" and current research. In this Newsletter is an article written by Lisa Hayden, Psy.D., on some latest research.
Jarice Butterfield, Ph.D.
Janis J. Daly, Ph.D., M.S.
Donna Davies
Lisa Hayden, Psy.D.
Erik Lande, Ph.D.
Nancy Porcella, MACCC
Celeste Racicot, M.Ed., CRC, CVE
Sue Tatangelo, MAOM
Robert J. Tomaszewski, Ph.D., ABPP-CN
Scott Walker, CIT



Executive Director receiving grant from Swift Memorial Foundation for the continuation of our Programs

Continued from cover...

Great Cast of Performers Lines up for Magic Show in Moorpark

who combines close-up and stage magic with comedy and has been featured on the television series *Masters of Illusion*, will serve as *Masters of Ceremonies*. "This is a high energy show with some of the best magic in the world," Dwork said. "Magic is enjoyable for people of all ages and they get a kick out of trying to figure out how it is done. Magic is like a great song: when performed well, it is really appreciated. We're extremely proud to be donating the proceeds this year to the

Brain Injury Center."

BIC has a close relationship with the Rotary Club of Camarillo and was the recipient of a special grant from the club in 2010. Other Rotaries in Ventura County have been among the organization's most generous supporters, as well.

Tickets to the magic show cost \$30 each and are available from the BIC office (805.482.1312) or at Merlin Medical Supply on Mobil Avenue in Camarillo (their number is 805.388.7669).

2011 Workshops

Every 3rd Tuesday the Brain Injury Center presents a workshop on a useful topic for brain injury survivors, their families and loved ones and the professionals who serve them. All of our workshops are held on the campus of the Camarillo Health Care District at the Wellness & Caregiver Center of Ventura County - 3687 E. Las Posas, Building H. There is no charge to attend - just call us to register 482-1312.

February 15, 2011 (T) 6pm-7:30pm

Remediation of Skill Deficits to be Successful in a Learning Environment

Presenter: Brain Injury Center and Jarice Butterfield, Ph.D.

Focus will be, how to assist persons of all ages with brain injury learn or re-learn academic skills and be successful in a learning environment.

Specific topic areas covered will be:

- Successful reintegration into a learning environment
- Assessment to guide learning with an brain injury
- How to remediate specific deficits which may include: physical, emotional, behavioral, academic, perception, communication, social skills, attention, memory and learning, reasoning and problem solving, and lack of inhibition in order to be successful in a learning environment

March 15, 2011 (T) 6pm-7:30pm

Prevention, treatment, and expected outcomes of "minor head injuries"

Presenter: Brain Injury Center and James Herman MD, Director of Neurosurgery- VMCM

We have become familiar with the term: Minor head injuries in sports, motor vehicle accidents, and household accidents. Historically, these injuries have been associated with minimal risks and a quick return to normal functioning. New clinical studies, however, have found that "minor" head injury may have both early and late neurologic aftereffects. At this workshop, we will identify the different types of head trauma and how the findings of these studies are changing recommendations of prevention, treatment, and expected outcomes.

April 19, 2011 (T) 6pm-7:30pm

Department of Rehab - Services and Benefits

Presenter: Brain Injury Center and Gabrielle David SVRC, State of CA Dept. of Rehab

Do you have a brain injury or other verified disability and what to get back into the workforce? The Department of Rehabilitation serves people with verified disabilities who want to work - providing vocational rehabilitation, education, job placement or on the job training. This workshop will present information on how to access services.

May 17, 2011 (T) 6pm-7:30pm

Medical Management of Seizures after Traumatic Brain Injury

Presenter: Brain Injury Center and Aaron McMurtray, MD, Ph.D. VCMC, Neurology Division

Focus will be how head injury can lead to the development of seizures and epilepsy. We will also discuss how seizures are managed using medications, including common side effects and problems of medications, what to do when somebody has a seizure, and when to call emergency medical services or go to the emergency room.

June 21, 2011 (T) 6pm-7:30pm

Conservatorship Law - how to evaluate the options

Presenters: Brain Injury Center and attorneys David Edsall and Christian Arrieta

A discussion of conservatorship of the Person versus conservatorship of the Estate. What is a limited conservatorship, when is it appropriate and how does that apply to brain injury survivors, developmentally disabled or those cognitively impaired? The responsibilities of a conservator will also be discussed.

WALK FOR THOUGHT · 2011 REGISTRATION

Register online at www.biacal.org or fill out and return the registration sheet below to BIACAL at: 1800 30th Street, Suite 250 • Bakersfield, CA 93301

Title (Circle one) Mr. Mrs. Miss Ms. Dr.

Name _____

Address _____

City _____ State _____ Zip _____

Phone No.(s) _____

E-Mail _____ Walk City Oxnard

REGISTRATION FEE:

Adults -\$25 (Includes T-Shirt) • Person with a brain injury-\$15 (Includes T-Shirt and One-Year BIACAL Membership) • Children Ages 5-16 - \$15 (Includes T-Shirt)
Infants to 4 yrs. - FREE (T-Shirt not included)

We accept walk-up registrations, however each price category will be increased by \$5.00 per person. Each walker must complete a separate registration form.

Check enclosed \$ _____

Charge my Visa or MasterCard _____
Credit Card Number _____ Exp Date _____ Sec. Code _____

Signature _____

Please Indicate:

I am walking as an individual I am walking on a Team

Team Name _____

I am the Team Captain YES NO

Walk T-Shirt Size (please circle)

Adult SM M L XL XXL Child S M L

I am walking:

In honor of _____

In memory of _____

In support of BIACAL

I am unable to walk, but please accept my tax-deductible donation for \$ _____

Early registration is encouraged. To ensure t-shirt sizes, your registration must be received 30 days in advance of the Walk. Walk up registration prices are: \$30 for Adults and \$20 for persons with brain injury and children 5-16.

Waiver: I hereby waive all claims against the BIACAL walk site hosts and sponsors, or personnel, and volunteers for any injury that I may suffer from my participation in this event. I grant full permission for organizers to use photographs, videotapes, recordings, or any other record of this event in which I may appear for any legitimate reason.

Signature (Parent / Legal Guardian if participant is under 18)



Brain Injury Center

Walker/Roller Full Name: _____ Phone Number: _____

Address: _____ City: _____ State: _____ Zip: _____

Dear Potential Sponsor, I am participating in the Brain Injury Association of California's **4th Annual Walk for Thought** hosted by the **Brain Injury Center of Ventura County on March 20, 2011 at Oxnard High School 3400 West Gonzales Rd. Oxnard, CA**. Proceeds will help fund education, information, referral support, advocacy, outreach and support to brain injury survivors and their loved ones. Please make checks payable to: **BIACAL**. All contributions are tax-deductible to the extent allowable by law. Thank you!

WALKER: Please return this completed form and all monies to the Brain Injury Center, 3687 E. Las Posas, Bldg H., Camarillo - M-F between 9am - 4pm or bring to the Walk on March 20th. Contact phone number 805/482-1312.

Name of Sponsor (Please Print)	Address	Email	\$20	\$15	\$10	\$5	Other	CASH		CHECK
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

I hereby relinquish all claims that may arise against BIACAL and BIC sponsors of this event. I also hereby give permission to use of any photo of me as they deem fit.

Signature: _____



Brain Injury Center of Ventura County

P.O. Box 1477

Camarillo, CA 93011-1147

(805) 482-1312

www.BrainInjuryCenter.org

A 501(c)(3) non-profit organization TIN: 77-0491413

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