

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

Fourth Quarter 2010 - December

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

Coordinated by BI Survivor Lee Stainiland

Life, the Second Time Around

by Ryan Clem, a brain injury survivor

My eyes started to open. I could see blurry images. I heard voices. Trying to focus on the shadows, I could not see anything but a blurred image, an outline. I could not move one part of my body. The pain was everywhere.

Life was in slow motion. I did not know where I was. What happened to me? Where am I? Trying to move my lips, I could not get a sound out to speak, my body was numb, and I could not move.

"Ryan, you are in a hospital, you were in a car accident." Tears dripped down my face. Days passed, weeks passed and visitors came in and out. I remember voices helped me so I was not so afraid. I heard beeping noises and people running. My confusion was not getting better. The nurses reassured me that I would be all right.

As my brain started to heal, I understood I was really messed up. Two and a half months in a coma, I slowly emerged. I had been run over by a truck; my ankle was hanging by a thread of skin. The thought of not being able to see, talk, or walk was scary for me. I was afraid. I felt tubes in my nose down my throat, and I could not respond or move my body. "You are okay Ryan; you were in an accident. This is a hospital. OK? You are

in Intensive Care." What are they talking about? I felt like a piece of clay lying there in bed. My worst fear in life was any person going near my neck.

During my coma, all my feelings were inside my head. I could not communicate about anything with anybody. It was lonely. I thought nobody wanted to be my friend anymore. I did not know if I was alive sometimes. Who am I? What am I? How did I get here? I remember voices; they helped me wake up. I was not as afraid when people spoke. People spoke softly, read to me, and put earphones in my ears for music that helped me wake up. I emerged from the coma over a four-month period. You do not wake up quickly; it takes a long time. My memory was shot. I did not know my name. I lost my vision. I could not swallow, sit or walk. Everything from birth on I had to relearn. I used to be left-handed woke but up right-handed, and months later returned to my left hand.

Looking at pictures and people talking helps me remember who I was before the accident. I didn't know who I was. Whatever people said I did, I must have done. People talked about the old Ryan and compared. They liked the old Ryan better. He loved life, the beach, people, surfing, concerts, parties,

motorcycle riding, water skiing, traveling and movies. He had goals for the future, and lived life to the fullest every day. Now I have a tough time trying to figure out simple tasks. Everyday tasks a normal person takes for granted, like what time to leave the house for school, what someone told me an hour ago, and what I did yesterday, are difficult for me and I am almost 21.

After months, I returned home, continued therapy and did everything to gain higher cognitive functioning. Returning to college was a dream that came true. My mom remembered a neuro psychologist mentioning Coastline College. I was accepted into their program. They helped me so much!

I graduated two years later, transitioned to Orange Coast College, and today I am a student at Ventura College. My goal is to graduate and some day work helping others with brain injury.

If I complained, my mom simply gave me a look and said: "Ryan, get over it. It could have been a lot worse." Never sympathy. Work Harder. Tough Love!

(Ryan wrote this several years ago as a reflection of his experience of a major traumatic brain injury.)

A Note from Lee Staniland

*Brain injury survivor and
Board Member*

Hi everybody. I hope you had a great Thanksgiving and are getting yourselves ready for all the other holidays and festivities of 2010!

We're featuring a special story this quarter from a young man whose life took a whole new direction. He is handling it very well, but it is tough. The one thing I want you to take away with you is how painful this new life is for him and how gracefully he is taking it. We are so proud of you Ryan.

Another thing I want to remind all of you caregivers is to remember to take a look at Roxana Delgado's (TBI Army Wife) blog. You might remember her from last quarter; she is the wife of a tbi warrior Victor Medina. This young woman always offers good advice and helpful insight. It always surprises me that she has only been in this NEW LIFE of ours for a little over a year. She is so wise and it would do you good to keep up with her blog. You can follow her journey as a wife and caregiver at <http://tbiarmywife.blogspot.com>

Now something about me: I have been doing a lot of speaking for us lately at police stations and Rotary and Kiwanis clubs and such. I still don't do as well as I would like because I always start breaking up and getting emotional, but at least people can see what this BI has done to me.

If you know of any groups that would like a speaker, please get hold of Joan at 805 482-1312. We would love to speak to them and we have a great program. We have a group of us Survivors who speak and we each have a different story to tell.

March is Brain Injury Awareness Month

and we are gearing up now! - mark your calendars and plan to attend all of our March 2011 events!

Rotary Creates Magic! - benefiting Brain Injury Center's programs and presented by the Rotary Club of Camarillo and Paul Dwork, The Magic of Merlin

Saturday, March 12, 2011 • 7:30pm

At: High Street Arts Center, 45 East High Street, Moorpark

An exciting two hours of the best magic in the world. Delight in watching professional performing magicians who are all members of the Magic Castle in Hollywood. This sells out early - so get your tickets now! \$30/per ticket. Tickets can be purchased at Merlin's Medical Supply, 699 Mobil Ave, Camarillo, CA 93010 or call Laurie at our office 805/482-1312.

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

Tuesday, March 15, 2011 • 6pm-7:30pm

At: 3687 E. Las Posas, Bldg. H, Camarillo (across from Camarillo Police Station)

Presenter: James Herman MD, Director of Neurosurgery- VMCM

Call 805/482-1312 to register

Synopsis of workshop - We have become familiar with the words "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. 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.

Walk for Thought - in association with the Brain Injury Association of California (BIA-CA)

Sunday, March 20, 2011 • 10am - 3pm

At: Oxnard High School, 3400 Gonzales Road, Oxnard CA

Mark your calendar now and get your team ready for a day of family fun. This will be a "walk and roll" event - completely accessible. Registration information will be available soon on our web page - www.braininjurycenter.org.



Year-end Note from Joan Moore

Executive Director

Bang, bang, bang - that's the sound of building going on, metaphorically ... and that is just what we've been doing.

It's been a year of building our programs, of building our community partners, of building on our foundation to continue doing what we've been doing, in one-way or another, over the past twenty years - helping brain injury survivors and their families living in Ventura County. Plain and not so simple. The needs are ever present - as noted in the poem titled "Recovery" - and there is so much yet to be done. We are keeping our focus on continuing to building strong relationships and programs with high standards.

Slowly, the public is hearing the words "traumatic brain injury" more and more as different voices are coming forward - be it the returning vets and their families or the recent awareness of high-impact sports related brain injury. This is good, because so much more needs to be done to prevent brain injuries and to understand, treat and live with a brain injury.

How do we keep this building going, how do we strengthen our foundation and maybe put on an addition or two? That's where you come in. We need to increase our community partners and our capacity to attract talented people who can either volunteer their time as a board member, or a committee member, or as a support group monitor, or as an event helper. Monetary resources are also critical for us to continue our building projects - your financial contribution will enable us to increase our programming capacity to ensure that we can continue doing what we've been doing so well for over 20 years. (Remember, we are a 501(c)(3) non-profit organization, so all, or a portion of your 2010 donation will be tax deductible in 2010.)

What an opportunity - to be part of a building project that will touch so many lives - make such an impact. If you've never handled a saw or a hammer (or sat on a committee, or served on a Board, or monitored a support group) before, don't let that stop you - we love creative, ambitious people who want to be part of something important. Make the call to find out about how you can become involved and use the enclosed envelope to help us out.

Recovery

by Carol Taylor, Gentle Touches, 1991

*Recovery does not mean that you will wake up one day and you're fine.
It does not mean your memory becomes intact.
It does not mean you don't get confused,
And it certainly does not mean you regain the life you had prior to injury.*

*Recovery to a person with a brain injury is making progress.
Making progress is accepting your deficits,
Learning success strategies to help you with those deficits,
And learning to love and value yourself.*

Support Groups and Social Activity

The purpose of a support group is to learn more about brain injury and available services by meeting with others who are facing or have faced similar challenges. The essential elements of a support group are:

- Gather information
- Share common needs and strengths
- Provide a place to meet new friends and find new connections in the community
- Provide a safe place to find courage and take risks
- Provide an opportunity to socialize
- Provide an environment where positive and negative views can be expressed without being judged

Brain Injury Survivor Support Groups

All of our Survivor Support Groups are facilitated by a cognitive rehabilitation specialist, are free, and open to anyone who has either a traumatic brain injury or an acquired brain injury

Ventura

1st and 3rd Wednesday of every month • 4pm – 5:30pm
Bible Fellowship Church, 6950 Ralston, Building #300, Ventura
THIS GROUP IS CURRENTLY FULL

Camarillo

2nd and 4th Tuesday of every month • 4pm – 5:30pm
Camarillo Health Care District, 3639 E. Las Posas, Building E, Camarillo

Santa Paula

1st and 3rd Wednesday of every month • 6:15pm-7:30pm
Santa Paula Hospital, 825 N. 10th Street, Santa Paula
Enter door past Emergency Room - in the Hospital library

Family/Friend/Caregiver Support Groups

All Family/Friend/Caregiver Support Groups meet at the same date, time and location as our Survivor Support Groups.

Social Gathering for Brain Injury Survivors

A different activity each month – an opportunity to have some fun.

Ventura

Last Wednesday of every month • 4pm – 5:30pm
Bible Fellowship Church, 6950 Ralston, Bldg. #300, Ventura

From our President, David Wilk

Exciting Plans for Next Year

This year has been our most active by far and we already have an even more ambitious set of plans for increasing our service and outreach in 2011. Early next year we'll be expanding our support groups to a new Ventura County city -- Oxnard. This will be our fourth support group, each in a different community. Stay tuned for details on our website -- www.BrainInjuryCenter.org

We have two big events in March, which is National Brain Injury Awareness Month, so mark your calendars. The county's most esteemed magic show takes place in north county each year and features an amazing roster of prominent magicians. This is a charity event staged by magician Paul Dwork, owner of Merlin Medical Supply Pharmacy, in conjunction with the Rotary Club of Camarillo and they have picked BIC as the recipient for proceeds from the show! The name of the show is "Rotary Creates Magic." It takes place Saturday, March 12 at the High Street Arts Theater in Moorpark. You can buy tickets through BIC. Just call 482-1312. This show gets rave reviews every year...and we get the profits...so please

make plans to attend with as many friends as possible.

BIC is staging its first annual "Walk for Thought" on Sunday, March 20 at Oxnard High School. This event is designed to increase public awareness about brain injury and raise money for BIC and the Brain Injury Association of CA. We need major participation from all of our friends and supporters, so please visit our website for complete details. If we all work together, we can have a great day and generate a major success for our cause.

We're co-sponsoring the California Brain Injury Conference in April in Los Angeles. This is a very ambitious event featuring a comprehensive slate of presentations and workshops dealing with all aspects of brain injury to help survivors and families overcome their challenges and lead more fulfilling lives.

BIC will be continuing its monthly workshops adjacent to our headquarters in the Camarillo Health Care District Offices. These are led by members of our Professional Advisory Board and other leading experts in the fields of brain injury, neuro psychology, financial planning,

counseling and more. These programs are outstanding, but attendance is limited so you must contact our office to make reservations each month.

We'll be continuing our active program to speak throughout the county, educating the public about brain injury, prevention, challenges to families and how to get involved with the Brain Injury Center. We speak at schools, law enforcement agencies, community service groups and anywhere else where there's an audience interested in social causes. We'll also keep working with the media to publicize issues concerning brain injury. We got a lot of news coverage this year and intend to get even more as issues of brain injury get increasing focus on the public radar.

Stay tuned for some exciting announcements concerning our ongoing cooperation with the Ventura County Medical Center and Antioch College, aimed at increasing services for Survivors.

Any time you want to know more about what we're doing and how to get involved with specific programs, just visit our website.

Lee Staniland and Carol Clark at 2010 Cornucopia Friendraiser/ Fundraiser selling BIC note cards and survivor painted birdhouses.



Workshops

Our workshops are held on the third Tuesday of each month from 6pm - 7:30pm and cover topics of interest to our constituency. All of our workshops are free and are presented by experts in their field. Space is limited and registration is mandatory, call 805/482-1312. All workshops are held on the Camarillo Health Care District campus, 3687 E. Las Posas Rd, Bldg H, Camarillo (across from Camarillo Police Station).

January 18, 2011 (T) 6pm-7:30pm

Workshop Title: What to Expect When Calling Police for a Mental Health Related Emergency

Presenter: Scott Walker, CIT Prg. Asst. and Sr. Deputy Britt, Camarillo Police Dept.

Call 805/482-1312 to register

Location: 3687 E. Las Posas, Bldg. H, Camarillo (across from Camarillo Police Station)

Sometimes situations arise that you feel put you or your loved one at risk. Come and learn about the Ventura County Crisis Intervention Program and when it is appropriate to make this call. The Crisis Intervention Team (CIT) Program trains police officers and deputies throughout Ventura County. This training helps officers recognize signs of mental illness, developmental disabilities, and brain injuries. The goals of the program are to reduce the use of force and reduce the use of jail when other appropriate means are suitable. You will learn when and how to request CIT-Trained Police Officers in a crisis and, what to expect.

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

Workshop Title: Remediation of Skill Deficits to be Successful in a Learning Environment

Presenter: Jarice Butterfield, Ph.D.

Call 805/482-1312 to register

Location: 3687 E. Las Posas, Bldg. H, Camarillo (across from Camarillo Police Station)

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

Workshop Title: Prevention, treatment, and expected outcomes of “minor head injuries”

Presenter: James Herman MD, Director of Neurosurgery- VMCM

Call 805/482-1312 to register

Location: 3687 E. Las Posas, Bldg. H, Camarillo (across from Camarillo Police Station)

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.

Enhanced Services Through Community Partnering

We are fortunate to be a community partner with, and located in, the Wellness & Caregiver Center of Ventura County, located on the campus of the Camarillo Health Care District. The Wellness Center specializes in assisting people to navigate through chronic conditions or life as a caregiver. It offers a wide array of community partners who hold office hours at the Center providing such services as legal services, advocacy, health insurance counseling, health screenings, topical educational sessions and a variety of additional services. Please call us at 805/482-1312 to learn more.

Thanks to these donors, sponsors and grantors for their generous support during 2010

Grants

Camarillo Health Care Center
Church of the Foothills
County of Ventura/Santa Paula - CDBG
Kiwanis Club of Ventura
Meadowlark Service League
Rotary Club of Camarillo - Rotary Club Foundation
Swift Memorial Health Care Foundation
Weingart Foundation

2010 Ventura County Brain Injury Conference Sponsors

Brain Injury Homes, Inc. Banner House for Brain Injury Survivors
Brain Injury Specialists
Camarillo Health Care District
Care Meridian
Darancare Corporation
Hayden Consultation Services
Law Offices of Hiepler & Hiepler
Learning Services
Hyperbaric Centers of California, Inc.
MetLife Center for Special Needs Planning
Oxnard Family Circle
Rabobank
SAGE Care
Solutions of Santa Barbara
Senior Helpers

2010 Cornucopia Friendraiser/Fundraiser Sponsors

Arnold, Bleuel, LaRochelle, Mathews & Zirbel, LLP
Brain Injury Homes, Inc. Banner House for Brain Injury Survivors
Camarillo Healthcare District - Wellness & Caregiver Center of Ventura County
Care Meridian
Miguel A. Gonzales, MD, FCCP
Meta Law, Inc. Muegenburg Estate & Trust Attorneys
Nations Transaction Services
Pacific Western Bank
Rabobank
SAGE Care
Sea and Associates
Ventura County Medical Center - VCMC Trauma Team
Victoria Care Center

Donors 2010

Bev, Cliff and Paul Aggen
Alderson Household
Aloha Steakhouse
Frank and Catherine Anderson
Mary and Steve Arnold
Ann and Ron Arragg
Suzanne E. Arragg
Fred Arrigg
Atria Senior Living
Barbara Barr
Baskets by Capi Patterson
Chandra Beaton
Beau Alexis Boutique
Be the Bee Honey - Dylan Dougherty
Ken and Dora Belden
Frank Bellinghiere
Kellie Belvedere
Frank and Mary Benis
Ann Willard-Bevans
Gary and Hildee Brahm
Deidre Braun
Ruby Brenneman
Maureen Brescia Travel
John Bryant
Victoria Bull
Peter and Elizabeth Burke
Brett and Jarice Butterfield
Odus and Michelle Caldwell
Darlene Calgaro
Kathleen Callanan
Canyon Salon - Sharon Perry
Cara Mia
Alice and Paul Carlson
Ken Carlson
Lillian Carlson
Carrillo Household
Clem Household
Chili's Grill & Bar
Donna Coen
Gloria Dean Colby
Bob and Carol Cole
Michael Cole
Dave and Darlene Compton
Condor Express - Fred and Hiroko Benko
Arthur and Barbara Connors
Core Physical Therapy, Inc.
Country Villa - Oxnard Manor Healthcare
Covered in Style Aprons - Margit Wheeler
Patricia Cowen
Keith and Susan Craig
Rosalie and Charles Dahl
Donna, Fred and Jon Davies
Marge and Bill Deniston
Jared Dietch
Devon Design - Talia Wunder
Donna and Vini Diglio
Patricia Doggett

Carolyn Dolen
Peggy Dolan
Eden Household
Norma and William Ekamn
David Edsall, Esq.
Elder Care Management, LLC
Ellis-Siegel Enterprises, LP
Donald and Hazel Facciano
Ardelle and Warren Faue
Kaye and Stephen Feller
Josephine Few
Stephen Fitch
Linda Fisher
Edris and Tony Fowkes
Brandy Freeman, LVN
GJ's Handbags - Judy Thow
Paula Lennet-Gill
Gillespie Household
Leon and Ronda Gottlieb
Elizabeth Gruttadaurio
Hamill Household
Bruce Hammer
Glenda and John Hammer
Peggy Harris
Tom and Cynthia Hashbarger
Charles Hashbarger
Lisa Hashbarger
Veronica Haverbeck
William and Heather Hendren
Dr. James Hermann
Hesse Household
Kathleen Hobson
Maureen Hollingsworth
Jim and Melanie Huntley
Paige Hibbits
Jones Hibbits Group
Helen Howlett
JJ Brewsky's
Bruce Johnson
Laurie and Jeff Johnson
James and Catherine Johnston
Jones Household
Joanne and Monroe Kaplan
Joe Kapp and Becky Brooks
Helen Karlsberg
Mary Kaufman
Bill and Elise Kearney
Keeba Kool's Toning Shack
Donald and Deb Keegan
Echo Walin Kukuček
Myrtle Lammi
Dr. Erik Lande
Dennis and Joanne LaRochelle
Glee Lewis
Paul Liehr
Carol Lindberg
Macki and Brian Lindsey
Ann Lozinski
Ted and Judith Lucas
James D. Ludwig

Gary Lundquist
George and Beatrice Luthringer
Sherry Lyons
Sylvia Mack
Susannah Mallett
Mary Ann Mari
Jan Marra
Marty and Josie Martinelli
Kathleen Martin
Marra Household
Augie Martinez
Mavericks Gym - Ventura
Elaine McAdams
Mary McDonald
John and Jackie McDougal
Mia Mead
McLorn Household
Aaron McMurtray, MD
Megugorac Household
Barbara Meister
Michaels Arts & Craft Store
Midi Queen Hand Bags - Kristina Wilcov
Lisa Mink, MFT, RPT
Arthur Moore
Joan and Chris Moore
Chris and Mary Moore
Steve Morgan
Nails & Hair Image Salon & Day Spa
Kayo and Lloyd Nakatani
Linda Napoli
Barbara and Perry Newton
Gail Odell
Joy and Dennis Odea
Olas Mex Grill
Ottavio's Italian Restaurant
Dan and Linda Patterson
Larry and Roxanne Pearson
Nancy Porcella, MACCC
Marilyn Potter
Ginny Powell
Mike and Linda Prewitt
Louise and Lewis Prewitt
Susan Prichard
Mark Quady
Celeste Racicot, M.Ed.
Tammy and Phillip Ranger
Michael and Terry Ravin
Linda and Phil Reese
Regal Cinema
Todd Rehanek
Bennie and Cherie Roberts
Deborah and Mike Roberts
Romano's Macaroni Grill
Rubicon Theatre Company
Safire American Bistro
Tesi Sanchez-Halpert
Barbara Schwarz and Richard Riley
Susan J. Sher

Steven Siegel
Nancy and Jon Simmons
Sherry and Glenn Simmons
Marilyn and Dale Simpson
Elaine and Craig Skeels
Silpada by Patrice & Catherine - Patrice Jensen
Dr. Cheryll Smith
Ellen and Chris Smith
Eleanor Songer
John and Sally Spence
Stampin Up - Terri Stuteville
Buster and Lee Staniland
Pam and Steve Staniland
John and Dorothy Stanton
Starbucks - Las Posas Camarillo
Dave and Midge Stork
Lana and Don Sudd
Shirley Sundel
Tyler Sutton
Alice and Nick Sweetland
Sue and Thomas Tatangelo
Trent Taylor Family
Steve Thomas BMW
Dr. Robert Tomaszewski
Trader Joe's of Ventura
Treasure Cove - Frank and Hilda Wann
Dave and Marta Turpin
Tutti's Off Main
Van Gundy Jewelers
Ventura Swimwear
Judy and Les Vielbig
Lisa Vincelette
Viva La Pasta
Betty Warner
Carl and Maria Wascher
Sue and Tom Weber
Linda and Rex Wells
Michael Wells
Tom and Yvonne Westervelt
Judy White
Dr. Renee Whitlock
Joe and Sarah Wigert
Linda Wigton
Carol Wilcox
Meredith Wilder
Bob and Nessa Wilk
Dave and Terryle Wilk
Ken and Andrea Wilk
Willem Hair Salon of Camarillo
Erleen Wilson
Yamaguchi Salon
Helen Yunker
Andrea Zeller
Patricia and Ronald Zenone
Norma Keen Zuber



Brain Injury Center of Ventura County

P.O. Box 1477

Camarillo, CA 93011-1147

(805) 482-1312

www.BrainInjuryCenter.org

PRSR STD
U.S. Postage
PAID
Permit No. 295
Oxnard, CA

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

Holiday Gift Idea

Help us help. Make a contribution as a holiday gift in honor of someone you love. Your gift is tax deductible as allowed by law. What a great gift idea!

Did you know...

that 1.5 million people sustain a brain injury every year? That every 21 seconds someone sustains a traumatic brain injury? That 16,000 people in Ventura County are living with disabilities resulting from brain injury?

We help people with Acquired Brain Injury - which is an injury to the brain that has occurred after birth and includes, traumatic brain injury (TBI), stroke, near suffocation, infections in the brain, tumors, etc.

Would you like to receive our newsletter "**Head/Tales**" via e-mail? Simply go to our web page www.BrainInjuryCenter.org and sign up now.