



# Head/Tales

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First Issue of 2010

Newsletter coordinated and edited by BI Survivor Lee Staniland

**We Have Moved!**

We usually put in a story of a Survivor. This issue will have 2 stories in their own words so that you can see some of the challenges that we go thru daily.

Our first story in this issue is from a quiet, gentle man by the name of Peter Pinkerton. I was going to edit his story so that it might make more sense to you and I decided against that. I want you to see what a stroke has done to this very intelligent man. Peter works very hard, attends Ventura College, and works with a volunteer, Mr. Hal Wilder, to polish his communicating skills. He has word aphasia so it is very hard for him to say the word in the right way. I also want you to know that when Peter first came to us, a while ago, he would quietly sit and never say a word. Thank God, that has changed. Now read and maybe reread his story. We love you Peter!

Lee Staniland

Greetings,

9 years ago, I was a stroke. Today is further, further away.

I was the Kaiser Permanente for January. 8 years ago was brace for the right leg, and I was little worst and little worst. Two spots was scab. Dr. Michael Steinbaum was the patch. Now right leg is fine.

Ed Laycock, former Hewitt-Packard, was died for cancer of January 21, 2009. Before stroke, Ed and I was a lot for HP (Santa Clara). After stroke, Ed and Phil Messina, another HP, were 3 or 4 months for driving. Boulder Creek-Santa Cruz was 80-100 miles, there and back. Then I am transfer for Ventura. Now Ed and Phil were 700 miles for six months, 350 there and back. I miss Ed!

Elizabeth Gwin Venable was died for February 7, 2009. 5 aunts were then; now 1 aunt - Ruth Gwin Pinkerton - is survived. And Freddie Whitman was died at Patterson. Such loss!

Tuesday, March 10, was Donnie and Kathi for Patterson at Ojai.

Donna Davies for Brain Injury Center was April 20 and 22 at Camarillo for St. John's Pleasant Valley Hospital at the conference. Donna and I are speaking! April 25 is Phil and Donna for Ventura for me. And Phil and Donna is Ventura for December 29, 2009.

I was sick for June 9. June 11 was Kaiser - acute virus bronchitis - for 3 weeks.

Ventura College is Fall 2009; August thru December. I am the gym for Weight Train of disabling. Warren Glaser is instructor. I and Ralph Edsell (another stroke) is assisting instructor at Pam Martin. Weight exercise is better and stronger. Spring 2010 is same thing. Kaiser was fine for the physical of November 24. Lab was also fine - but too low for Dilantin. 3 pills now are daily.

Hal Wilder is writing for Tuesday at 10:00am - 12:00 noon, and Brain Injury Center is Wednesday at 4:00pm - 5:30pm. But Ventura College is priory; Hal and BIC are occasionally. Kathy Hocamp (sister), Greg Pinkerton (brother), Sara Hocamp and Danielle Pinkerton (daughters), Shaun Hocamp and Brent Pinkerton (sons), Ruth G. Pinkerton (mother), and Fern Pinkerton (aunt).

Thank you - and now Happy New Year!

Peter Pinkerton

Twenty years ago, Jordan and I were riding bicycles around Payette Lake in McCall, Idaho in the late afternoon on a Sunday in the summer. A car filled with drunken young men driving along Warren Wagon Road decided to have some fun, so they almost ran over a jogger but he managed to run quickly to the side of the road. Next, they came up to the two of us on our bicycles. They glided past Jordan and then came up to me, and with one of them hanging out the front right window, swung both hands at my back. I was thrown 6 feet in front of my bike into the road and hit my right temple as the fall pushed my helmet off my head. Jordan fell over his bike but was actually all right. I was out cold with a concussion for about an hour or so and eventually picked up by the local fire department on a wooden gurney. I stayed on that gurney in the hospital waiting for a Doctor to take care of me. The doctor administered various tests and kept me overnight. I had a broken clavicle and a rather awful concussion with an egg sized lump on my right forehead that lasted for many months. I experienced rather significant head trauma side affects such as loss of words and loss of balance and emotional mood swings. It was determined by a neurologist that I did have head trauma and a broken shoulder and lacerations, but he thought I would come out of this condition eventually. Being left on the gurney for so long caused me to experience anxiety attacks for many months after the fall. I also experienced anxiety and trauma being inside elevators, sitting next to people in concert halls, being in a crowded room and too noisy environments. I have worked on these head trauma issues by working out at a gym, learning to dance, doing Pilates, including public speaking in my life and walking as much as I can as close to the ocean as possible or in parks that have lots of nature in them. There is life after a concussion but you have to work really hard to get through the tough parts. I hope this little story helps someone in need.

Sandra Laby

# From our President-Dave Wilk

Happy New Year to the Brain Injury Center family -- our survivors, their families, our supporters, staff, Board of Directors, Professional Advisory Council and everyone else who has helped BIC grow stronger and do as much as possible to serve the population in Ventura County. Joan Moore's column talks about many of our accomplishments in 2009 and some of our goals for 2010, so I will keep my column short this issue.

We want to increase even further our communication with residents of Ventura County who may need our help and would appreciate any help or advice you can give us. One important program is our public speaking effort in the community. If any of you know of organizations that look for speakers or informational programs, please let me know and we will get in touch. Our speaking program is excellent and is a tremendous element in our outreach. Just email me at [Dave@BrainInjuryCenter.org](mailto:Dave@BrainInjuryCenter.org).

If anyone has contacts or ideas about media coverage -- newspapers, magazines, radio and television -- please let me know. We got a lot of exposure in 2009 but have plenty more to communicate about BIC, our survivors, our generous supporters and the impact of brain injury on individuals, families and society.

We issued brain injury identification cards and wristbands last year and have plenty more on hand for anyone who needs one. They are free and you can get both by visiting our offices in Camarillo, attending any of our Support Group meetings or attending our Ventura County Brain Injury Conference in April. Feel free to take extra wristbands for friends, family, and anyone else who will wear them to support our cause. Just make sure your friends wear them.

We're looking for a good slogan for the next time we produce wristbands. The slogan this time is "Brain Injury Lasts a Lifetime." We're using the slogan "Brain Injury is a Life Changer" in our promotional campaign to contact survivors in Santa Paula. Please put on your thinking cap and give us some good ideas for even better slogans.

I'm so proud of everyone associated with the Brain Injury Center. This is a team effort and our team has been terrific. Let's continue the excellent fight.

This is a photograph of Lee Staniland accepting the grant award from Swift Memorial Health Care Foundation.

From the

Upcoming Event

## 2nd Annual Ventura County Brain Injury Conference

Presented by the Brain Injury Center of Ventura County

Saturday, April 10, 2010 Brain Injury Conference

Ventura County Office of Education, 5100 Adolfo Road, Camarillo, CA 93012

This day-long Conference is designed for persons living with brain injury  
and their families, friends and caregivers

and for all professionals who work with this group

Topics will include Emotional Health and Well Being, Behavioral Changes, Substance Abuse, Sexuality  
and Relationships, Recreational and Social Skills, Special Needs Trusts and Benefit Programs

We will keep you all updated as we formalize plans for this important event, but please mark your calendar  
now and watch our web page – [www.BrainInjuryCenter.org](http://www.BrainInjuryCenter.org) for more information

### **Brain Injury Survivor Support Groups**

all Survivor Support Groups are free and open to anyone  
who has either a traumatic brain injury or an acquired brain injury

#### **Ventura**

Bible Fellowship Church  
6950 Ralston, Building #300  
Ventura, CA

**Every Wednesday – except  
last Wednesday of the month**

**4pm – 5:30pm**

#### **Camarillo**

Camarillo Health Care District  
3639 E. Las Posas, Building E  
Camarillo, CA

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month**

**4pm – 5:30pm**

#### **Santa Paula**

Santa Paula Hospital  
825 N. 10<sup>th</sup> Street  
in the Hospital library  
Santa Paula, CA

**1<sup>st</sup> Wednesday of every month**

**7pm – 8:30pm**

### **Family, Friend and Caregiver Support Groups**

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

### **Social Opportunity for all Brain Injury Survivors, Families and Friends**

**Last Wednesday of every month ~ 4 – 5:30pm**

Held at Bible Fellowship Church  
6950 Ralston, Bldg. #300, Ventura, CA

Brain Injury can happen in an instant.

It can happen to you or your loved one, and either way, it will dramatically change your life forever.

### **Some of the Consequences of brain injury**

#### Cognitive Issues:

Short-term memory loss  
Difficulty with concentration  
Difficulty with communication  
Spatial disorientation  
Reduced endurance  
Problem solving difficulties  
Difficulty with thought organization  
Difficulty with sequencing and planning

#### Physical Changes:

Seizures  
Headaches  
Impaired or double vision  
Hearing loss  
Impaired sense of taste and smell  
Problems with balance and mobility  
Chronic fatigue  
Chronic pain

#### Psychosocial/Behavioral/Emotional

##### Issues:

Anxiety  
Anger  
Depression  
Mood swings  
Denial  
Isolation  
Sleep disorder  
Sexual difficulties  
Emotional instability  
Egocentricity  
Impulsivity

##### Lifestyle Changes:

Loss of financial and personal independence  
Loss of job, spouse, family members  
Loss of driving ability  
Need for adaptive equipment  
Need for long-term care