



Brainstorming4Us, Inc.

Newsletter

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LISA MOSS
PRESIDENT/FOUNDER



VINNY VELARDE
DIRECTOR OF MARKETING



STACIE EDWARDS
SECRETARY

FROM OUR DESK

BRAINSTORMING 4 US, INC.

Brainstorming 4 Us has had an active last few months. We have many goals to attain to better serve the community of traumatic brain injury. We are actively seeking additional Trauma Hospitals in California and Utah with the placement of our Brain Injury Resource Kits. We are working passionately on our website to have information available to families and survivors of any type of brain injury attack while adding educational information, legal resources and testimonials to our site.

When you receive the dreaded phone call that your loved one has sustained an injury your mind begins to swirl out of control. There are so many questions, medical issues, legal issues to deal with on a constant basis that we feel it is impossible to endure just one more thing. Our main mission is to give you the opportunity to understand how a Traumatic Brain Injury, Aneurysm or Stroke can affect everyone's life within your family and community.

Over the next few months you will witness our site continuing its growth at a rapid rate with the objective to be a dedicated resource for you and your family.

Always remember a brain injury is not a sprint it's a marathon. Take a deep breath and realize you are not alone.

Sincerely,

Lisa Moss

A NEW INVESTIGATIONAL DRUG FOR BRAIN INJURED PATIENTS'

By: Dr. Joan Pellegrini

Brain injury is very difficult to treat because there are no effective medications. When someone suffers a serious brain injury the only options for the medical team is to support them through the healing process. Sometimes a neurosurgeon may offer surgery to drain blood or remove part of the brain. However, even after surgery there is only supportive care. Over the past few decades there have been several studies looking at various medications that may improve outcomes from brain injury. Unfortunately the results have not been promising.

Physicians who care for these patients noticed many years ago that women tended to have better outcomes. The first study on this involved rats. Male and female rats were subjected to a traumatic brain injury and the female rats had better outcomes (they measured outcome using mazes and testing the rats' ability to navigate the maze). It was hypothesized that it might be the female hormones that were helping the brain heal. So, the next study looked at "pseudo-pregnant" rats and these rats did even better in functional outcome. More studies were done that led to the hypothesis that it was progesterone that was acting as a "neuro-steroid" or as a neuro-protective hormone enabling better healing and functional outcomes.

BHR Pharma is a Belgian company that specializes in producing medications that contain progesterone. There have been phase 1 and 2 studies done that give progesterone to brain injured patients. These initial studies have had promising results. In fact, it seems that not only do fewer patients die but the ones that survive have better functional outcomes. The results are promising enough that the FDA gave BHR permission to conduct a large phase 3 trial. This trial is a randomized, placebo-controlled, double-blinded study that is looking to enroll over 1100 patients internationally. This type of study is considered to be the most rigorous for testing a hypothesis. EMMC is one of the study sites.

This is how the study works: when a patient suffers a serious head injury they are almost always transferred to the nearest trauma center (which is EMMC for this part of the state). The emergency personnel and trauma physicians will give all of the standard care that the patient needs. Part of the evaluation always includes a CT scan of the head. If this confirms the presence of a serious head injury and the patient is in a coma, then the patient may be a candidate for the study and the family may be approached and asked for their consent.

The study requires that each patient be randomly assigned to either the "placebo" group or the "test drug" group. The drug is a high dose five day infusion of progesterone. All of the other standard treatments and supportive care are still given to the patient. The patient then comes back to EMMC at 3 months and 6 months for a lengthy questionnaire about how well they are doing and whether there is anything they cannot do that they could do before their injury.

There are a few things that make it difficult to do this study. First, in order to have the most impact on brain injury, any treatment must be given as soon as possible. For this particular study, the study drug must be given to the patient no later than 8 hours after injury. Also, the next of kin must be present at the hospital in order to give consent to be enrolled in the study.

This study is still enrolling patients and will not be closed for another year or so. Therefore, it will be at least another two years before the data is published. It is my hope and the hope of the medical community that this drug turns out to be effective. If so, this would be the first promising new treatment for brain injury.

This article was taken and adapted from:
WABI TV5 Healthy Living March 27, 2012

We are all inventors, each sailing out
on a voyage of discovery,
guided each by a private chart, of which there is no duplicate.
The world is all gates, all opportunities.

Ralph Waldo Emerson

Inspirational Poem

from a

TBI Survivor

◆Theresa Faverty◆

Special are those...that understand that some things may be more difficult for me to do and harder for me to understand.

Special are those...that do not focus on my mistakes and inability's, but rather are willing to over-look them.

Special are those...that do not treat me like I have no feelings, or that I do not understand when someone is putting me down.

Special are those...that allow me to do things for myself; when I can, and in their efficiency do not make me feel useless.

Special are those...that treat me with the respect that I deserve rather than condescendingly or patronizingly.

Special are those...that never seem impatient with my slower pace or ask me to go faster.

Special are those...that do not mention that my words are not always said correctly or clearly.

Special are those...that allow me time to think before they expect me to answer, realizing my answer may be worth waiting for.

Special are those...that appreciate that even though I am different, I still have worth and a purpose in this life.

Special are those...that understand that new and different procedures are often over-whelming for me.

Special are those...that give me encouragement and hope when I am unsure of my own ability.

**Special are those... that still find me worthy of their time and attention,
rather than making me feel abandoned.**

**Special are those...that are willing to overlook my disability, and see
the whole person that I really am.**

**Special are those...that I can be honest with in my most vulnerable
moments, without fear of rejection or judgment.**

**Special are those...that in their sincerity have helped me to gain back
my self-respect and self-confidence.**

**Special are those.. who through their unconditional acceptance have also
helped me to accept the changes in me.**

**Special are those...that have the above attributes because they are few
and far between.**

*Faith consists in believing when it is
beyond the power of reason to believe.*

*It is not enough that a thing be
possible for it to be believed.*

Voltaire



March is Brain Injury Awareness month, and what better way to conclude the month with honoring individuals living with brain injury! Our goal was to celebrate life & recovery, honor those lost to brain injury, and collect funds to help us continue to provide services to the community of families living with brain injury.

The morning started with the arrival of Volunteers and Participants to Victor Valley College as early as 8am. It was a brisk morning and the volunteers and vendors diligently worked hard preparing the site for the event. The empty lake area soon transitioned into a busy atmosphere filling with people, laughter and a common purpose – Celebrating our loved ones living with brain injury.

The registration team was staffed with ten volunteers so that the process went quickly and efficiently. Volunteers did a fabulous job of organizing the parking area and directing traffic flow and handling the BBQ station for returning walkers and runners.



Our opening ceremony started at 10:00 am with the Lisa Moss introducing Sydney Rodriguez presenting the American flag at center stage. The Pledge of Allegiance was led by Montgomery Lewis with the star Spangle Banner sang by Marla Jackson. Our Survivor & Caregiver speeches came next in the opening ceremony. We were honored by many who wanted to share their stories and speak on life with brain injury and the recovery process. The crowd was in awe, moved to tears while listening to each personal story, which painted a picture of the injury, the recovery process, the dedication of family and friends, and

the reliance on God and prayers from around the world. The one common theme we heard that day “never give up!” A successful recovery includes a heart and mind that is determined to beat the odds, and overcome obstacles, and defy the original prognosis from the doctors!

These individuals shared their heart and soul to the crowd; we applaud them and honor them as they continue to recover throughout the years ahead. At the conclusion of the speeches, Kathy Myers (Owner of Jazzercise of Apple Valley) had the group warming up with stretches to prepare for their 3.2 mile Walk, Run or Roll around the beautiful lake area.

While the walkers were out on the route, back at the walk site, the vendors and volunteers enjoyed music. The music made a difference for those of us who remained behind at the walk site. The walkers returned to a hot dog lunch provided by Brainstorming 4 Us.

This was the fourth year we held a blood drive, hosted by Life Stream and it was a great success. The goal set for us by Life Stream was 30 donations and we had 30 people offer to donate and out of that number, 22 were able to donate that day! We would like to send a tremendous thank you to those who gave the gift of life!



We would like to recognize the vendors and sponsors who participated in the 2012 Walk, Run or Roll 4 Thought:

- Active Care Chiropractic
- California Highway Patrol
- CarMax
- Jazzercise of Apple Valley
- Dr. Brian Judelson D.D.S.
- Life Stream (Blood Bank)
- Loma Linda University Medical Center & HITTS Program
- Nursing Homes Solutions
- PossAbilities
- Southwest Gas Corporation
- St. Mary's Medical Center Rehabilitation Services

Brainstorming 4 Us, Inc. is overwhelmed by the giving, love and support from this community! The total amount raised and collected during the 2012 Walk, Run or Roll 4 Thought was \$6,000.00. We thank you for supporting our cause, our mission to provide education, support and resources to individuals and families living with brain injury.

With heartfelt love and gratitude,

Lisa Moss & Stacie Hodes



Lisa Moss
President

Vinny Velarde
Marketing Director

Stacie Hodes
Secretary

Dear Sponsor,

I would personally like to thank you for your support and considerable gift to this worthy cause.

Brainstorming4Us, Inc. was developed in 2005 to assist families and victims that have suffered a Traumatic Brain Injury. Brainstorming4Us, Inc. is a non-profit organization based out of California. In 2008, the organization went nationwide with the dispersion of our Brain Bags. A Brain Bag can be requested simply by visiting our website at www.brainstorming4us.com. Every 19 seconds in the United States of America, a person suffers a Traumatic Brain Injury. This makes you think that you may know someone dear to you that will suffer a TBI in the future.

Your donation will aid in our efforts to increase knowledge, seek prevention, and possibly find a cure for Traumatic Brain Injuries in the near future. Your gift can be written off on your taxes. The Tax Identification number for Brainstorming4Us, Inc. is 20-5954559. Again, I would like to thank you for your significant gift, extreme support, prayers, and caring words. May you have a safe and blessed year of 2012.

Sincerely,

Vinny Velarde
Director of Marketing
Brainstorming4Us, Inc.

Brian Stow's Home Run

Inspiration



One year after a brutal beating in the Dodger Stadium parking lot left San Francisco Giants fan Bryan Stow in a coma, the former paramedic who suffered severe brain injuries uses a wheelchair and can respond to questions with a few simple, halting words. He also has short-term memory loss and needs nearly around-the-clock care.

Bryan Stow, shown in an undated photo, suffered brain damage after being attacked while attending a Giants-Dodgers game on opening day in 2011 at Dodger Stadium.

But he has an unlikely new friend: Giants pitcher Jeremy Affeldt said he had visited Stow five or six times since the opening-day attack March 31. Affeldt hopes someday to see Stow accomplish a feat that once would have seemed impossible but now appears merely improbable.

"He's been trying to play catch," Affeldt said as the Giants wrapped up spring training in Arizona. "I asked him, 'Hey, do you want to throw out the first pitch?'"

"You ask him a question, it takes him a long time to process the whole question, and then he'd answer you. So it was a really weird delay. Then he'd say, 'Yes.'"

"I told my wife even if he can't do it this year, even if I'm not on the Giants, I'd ask my team, 'Let me have the day off. I'm flying out there.' It would mean a lot to me. It would be an emotional day."

Giants Senior Vice President for Communication Staci Slaughter said the team was in contact with the family and focused on Stow's recovery and would welcome him to the ballpark "when the time is right."

For all of Stow's progress, it is sometimes punctuated by the reality of his disabilities. The day after a recent surprise party to celebrate his 43rd birthday, he didn't remember it, the family posted on its website.

Twelve months after the attack, much remains unresolved.

The two men charged in the beating, Louis Sanchez and Marvin Norwood, await a pretrial hearing scheduled for May.

Stow's co-workers at American Medical Response Santa Clara County helped raise an estimated \$100,000 for his care, and many employees still wear wristbands in his honor, says Virginia Jones, an administrative supervisor for AMR.

"We become accustomed to running the 911 calls and responding to people in need," Jones said. "We're trained to be able to help people in need. This is really hard, because we didn't know what to do.

"He went to go see a baseball game for a team he loved, and he ended up getting hurt. That's rough."

Affeldt, a player on the team Stow went to support, recalled the first time he saw Stow, when he was in a coma and part of his skull had been removed to relieve pressure on his brain.

"I couldn't really talk," Affeldt said. "I was flabbergasted. When they told me this took place in under half a minute, the amount of damage they could do. Man. Over what? Over wearing a jersey of another team?"

Story was modified from John Stow via, AP

**The ultimate measure of a man
is not where he stands in
moments of comfort and convenience,
but where he stands at times
of challenge and controversy.**

Martin Luther King Jr.

Brainstorming 4 Us Support Group

Dates and Times

Sterling Inn

17738 Francesca Rd
Victorville, CA 92395

(760) 245-2999

12:00 PM – 2:00 PM

1ST Saturday of each month

Desert Regional Hospital

Hanson House

1150 N. Indian Canyon Drive

Palm Springs, CA 92262

(760)-323-6511

6:00 PM – 8:00 PM

4th Wednesday of every month

HealthBridge Children's Hospital

393 Tustin Street,

Orange, Ca 92866

1:00 PM- 3:00 PM

2nd Saturday of every month

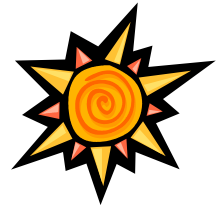
Contact Lisa Moss for any questions at 760-954-4662 or visit our website at www.brainstorming4us.com under calendar.

**The future belongs
to those who believe
in the beauty of their dreams**

Eleanor Roosevelt



Walt Disney World



C	L	X	D	A	G	Z	X	D	C	D	M	O	L	M	O	F	E	P	M
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H	T	N	H	A	T	C	T	E	E	R	T	S	N	I	A	M	A	R	A
X	X	L	D	T	L	T	H	Y	L	I	M	A	F	P	N	E	J	C	I
R	E	Y	N	E	C	T	O	C	P	E	B	P	X	L	N	D	R	B	Z
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E	U	M	A	G	I	C	K	I	N	G	D	O	M	X	D	E	X	Q	C

Animal Kingdom
Blizzard Beach
Cinderella's Castle
Donald
Epcot Center
Family
Tomorrow Land
Walt Disney

Fantasyland
Fireworks
Florida
Frontierland
Magic Kingdom
Main Street
Typhoon Lagoon

MGM Studios
Mickey
Minnie
Parade
Space Mountain
Splash Mountain
Vacation

Trivia: This is Disney World's Longest Ride

Answer: _____



Brainstorming 4 Us, Inc.

Brainstorming 4 Us, Inc. would like to thank and acknowledge Loma Linda University Hospital, Desert Regional Hospital, Riverside Community Hospital, Arrowhead Regional Hospital, Zumbrunn Law Firm and Nursing Home Solutions for their generosity, and support in placing our Brain Injury Resource Kits into Trauma Centers.

Submit all stories and requests to
The editor at: lisa@brainstorming4us.com
Deadline Date June 20, 2012

Disclaimer

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