



Brainstorming4Us, Inc.

Newsletter

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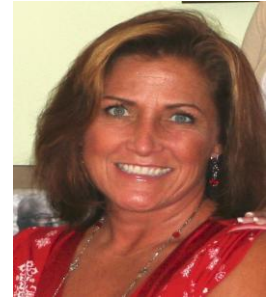
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LISA MOSS
PRESIDENT/FOUNDER



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

Kevin Santos'

Personal Story

The Story of a Boy, Written by Kevin Santos Himself



My accident occurred on Monday, July 19th, 2004. It was like any other Monday up to that point, about 4:20 in the evening, according to the police report, at least. I was driving home from work the summer before my senior year in high school. This was the day I died for the first time, at the age of 17.

I was first air-lifted from the scene of my accident and flown directly to Arrowhead Regional Medical Center within the “One Golden Hour” rule that is applied to any and all severe accidents.

I was later diagnosed with a severe traumatic brain injury (TBI) with shearing and a ventricular bleed. I was thrust into a coma upon impact of my accident and cursed with this fate for approximately 2 ½ months!

I first spent an entire month completely comatose at Arrowhead, then just a very short, two-week stay in Kaiser’s Intensive Care Unit, later being transferred to Reche Canyon Rehab where I spent another month in a coma, and lastly I was admitted to Kaiser in patient rehab in Fontana. I spent another two weeks in this last hospital, again.

I was released at barely a toddler’s functionality, needing to be bathed, fed, and having all other personal needs taken care of for me. I was forced to go outside my insurance to get additional therapy after being released from the last hospital, and still continue to try and improve myself with some at-home-therapies on my own.

There is no sugar-coating TBI! I was leading a great life before my accident, and then tragedy struck. There is no other way to put it. Hell enveloped my entire life for nearly two years. I imagine having a brain injury is, and will continue to be the most difficult thing I'll ever have to deal with.

Showing support and loving your brain injured family member or friend or whoever it may be is the best thing any one person can do in order to help someone in this painful situation. Encouraging the brain injured person to do his/her best is also a good idea, and perhaps rewarding them every once in a while for a goal met or a job well done with a treat is also a useful tactic to use-maybe a sweet treat, that always did the trick for me! 😊 I am transferring to Cal State, San Bernardino in the fall of 2010 after attending Victor Valley College for five-years. I continue to strive to better my life even though at times it seems pointless, but I always pick myself up again and continue doing what I need to do in order to be successful.

Although the beginning of my education seemed almost impossible at first, I was able to overcome this obstacle through persistence and hard work. Never giving up is the most important thing any person in this traumatic situation can ever do.

“Man often becomes what he believes himself to be.

If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”

Mahatma Gandhi

Therapy May Reverse Stroke Damage By Jump-Starting Growth Of Nerve Fibers

A new technique that jump-starts the growth of nerve fibers could reverse much of the damage caused by strokes, researchers report in the Jan. 7, 2011, issue of the journal *Stroke*.

"This therapy may be used to restore function even when it's given long after ischemic brain damage has occurred," senior author Gwendolyn Kartje, MD, PhD, and colleagues write.

The article has been published online in advance of the print edition.

Kartje is director of the Neuroscience Institute of Loyola University Chicago Stritch School of Medicine and chief of neuroscience research at Edward Hines Jr. VA Hospital.

Currently doctors can do little to limit stroke damage after the first day following a stroke. Most strokes are ischemic (caused by blood clots). A drug called tPA can limit damage but must be given within the first three hours for the greatest benefit -- and most patients do not receive treatment within that time frame.

Kartje and colleagues report on a treatment called anti-Nogo-A therapy. Nogo-A is a protein that inhibits the growth of nerve fibers called axons. It serves as a check on runaway nerve growth that could cause a patient to be overly sensitive to pain, or to experience involuntary movements. (The protein is called Nogo because it in effect says "No go" to axons.) In anti-Nogo therapy, an antibody disables the Nogo protein. This allows the growth of axons in the stroke-affected side of the body and the restoration of functions lost due to stroke.

Kartje and colleagues report dramatic results of anti-Nogo therapy in rats that had experienced medically induced strokes. Researchers trained rats to reach and grab food pellets with their front paws. One week after experiencing a stroke, the animals all had significant deficits in grabbing pellets with their stroke-impaired limbs. There was little improvement over the next eight weeks.

Nine weeks after their stroke, six rats received anti-Nogo therapy, four rats received a control treatment consisting of an inactive antibody and five rats received no treatment. Nine weeks later, rats that had received anti-Nogo therapy regained 78 percent of their ability to grab

pellets. By comparison, rats receiving no treatment regained 47 percent of that ability, and rats receiving the control treatment of inactive antibodies regained 33 percent of their pre-stroke performance.

Subsequent examination of brain tissue found that the rats that received anti-Nogo therapy experienced significant sprouting of axons.

Researchers wrote that anti-Nogo-A therapy "can induce remarkable compensatory sprouting and fiber growth, indicating the responsiveness of the chronically injured brain to form new neural networks under the proper growth conditions."

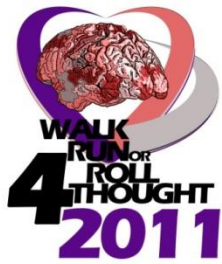
The findings "are of great clinical importance," researchers concluded. Anti-Nogo-A therapy "may benefit not only victims of spinal-cord injury or patients in the early stage of stroke recovery, but also patients in later stages who suffer from neurological disability due to brain damage from stroke or other causes."

In a Phase I trial including other centers, patients paralyzed by spinal-cord injuries are receiving anti-Nogo therapy. The trial is sponsored by the pharmaceutical company Novartis.

Kartje's study co-authors are first author Shih-Yen Tsai, MD, PhD, and Catherine Papadopoulos, PhD, of Hines VA Hospital and Martin Schwab, PhD, of the University of Zurich.

The study was funded by the Department of Veterans Affairs and the National Institute of Neurological Disorders and Stroke.

Source: Loyola University Health System
Copyright: Medical News Today



2011 Walk, Run or Roll 4 Thought

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 the Lake Area of Victor Valley College as early as 7am. It was a brisk and windy morning and the volunteers and vendors diligently worked hard preparing the site for the event. The empty college grounds 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 eight volunteers so that the process went quickly and efficiently. Volunteers from a variety of families did a fabulous job of organizing the parking area and directing traffic flow while other's prepared the BBQ station for returning walkers, runners and rollers.

Our opening ceremony started at 9:00 am with a wonderful warm up exercise that was provided by Jazzercise of Apple Valley. Kathy really got the crowd going and helped warm our bones. Vinny Velarde held the American flag on stage while Kevin Santos a Traumatic Brain Injury Survivor led us in the Pledge of Allegiance. Montgomery Edwards a young child sang the Star Spangle Banner touching each and every participant at our event. Belinda Taylor an Aneurism survivor said a wonderful prayer and Lisa Moss spoke about how important it was for people to understand that survivors want to be treated no differently than those without an injury.

As the survivors and caregivers lined up a song was played as a tribute to all of the difficulties each survivor and family member has endured. It was the perfect song called Stand by Rascal Flatts.

While the walkers, runners and rollers were out on the route, back at the walk site, the vendors and volunteers enjoyed preparing to help warm and talk with the many participants as we huddled into the Student Actives Building. The walkers returned to a hot dog lunch provided by Brainstorming 4 Us.

In closing we had a raffle with wonderful prizes for the participants and volunteers. We were blessed by many sponsors. The Sands Foundation was gracious to donate a 2-night stay at the Venetian Hotel in Las Vegas with 2-dinners, 2- show tickets and 2- Gondola Rides. The Palms Hotel of Las Vegas also was kind enough to donate 2-nights at their hotel and 2 dinners. Nursing Home Solutions donated a Sirius Radio and men's watch. Stacie Hodes donated 3 cameras and back up disks, Jennifer Edwards donated 3 wonderful Paul Mitchell Hair Products Bags. Our sincere gratitude to all of the wonderful sponsors because of you our raffle was a huge success.

We would like to recognize the vendors and sponsors who participated in the 2011 Walk, Run Or Roll 4 Thought:

California Highway Patrol
Disabled Veterans Of America
Give Back Inc.
Jazzercise of Apple Valley
K9 Life Skills
Kat Radio
Life Stream (Blood Bank)
Loma Linda University Medical Center & HITTS Program
Medi Cal Consulting
Dan & Joel Moss
Tony Salazar
Nature Select
Nursing Homes Solutions
PossAbilities
San Bernardino County Fire Department
Southwest Gas Corporation
St. Mary's Medical Center Rehabilitation Services
Vista Dental

Upcoming Support Meeting and Locations

Sterling Inn

17738 Francesca Rd
Victorville, CA 92395
(760) 245-2999
12:00 – 2:00 PM

1ST SATURDAY OF EACH MONTH

Desert Regional Hospital

1150 N. Indian Canyon Drive
Palm Springs, CA 92262
(760)-323-6511
Coming in June

Riverside Community Hospital

4445 Magnolia Avenue
Riverside, CA 92501-4199
(951) 276-7550
June 8, 2011

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

Facts about Closed Head Injury and Filing for Disability

- 1) Head injuries are usually caused by a forceful physical blow to the head, and are categorized as either open or closed. A closed head injury is called 'closed' because it is a brain injury that is blunt and does not actually penetrate the skull, outermost layer of the brain, or the brain itself.
- 2) A closed head injury is sometimes referred to as a 'no penetrating head trauma' or a 'blunt head trauma'.
- 3) Most CHIs are caused by falls, assaults, sports injuries, child abuse (shaking or hitting), or accidents that cause severe head trauma such as bicycle, motorcycle, or car accidents.
- 4) A mild CHI may cause dizziness, short term memory loss, slurred speech, nausea, temporary loss of consciousness, vomiting, and headache.
- 5) Even though a CHI does not penetrate the skull, it can cause nerve damage, seizures, personality changes, communication and cognitive difficulties, and still lead to severe complications such as intracranial pressure, brain swelling, brain damage, coma, and even death.
- 6) It is estimated that 200 people out of every 100,000 in the United States will suffer from a CHI at some point in their lives.
- 7) The most common form of closed head injury is a concussion, in which the brain is shaken and there is a temporary loss of brain function. Symptoms can be as mild as slight confusion for a moment, to amnesia.
- 8) There are many different types of CHI. A cerebral contusion causes a bruise on the brain tissue. A concussion involves a loss of brain function. A diffuse axonal injury is characterized by extensive lesions in white matter tracts. Intracranial hemorrhage involves a ruptured blood vessels and bleeding within the skull.
- 9) Treatment for CHI depends greatly upon the type and severity of the injury. It may range from over-the-counter pain medication to surgery. Those who have surgery usually follow-up with rehabilitation therapy to recover cognitive and motor skills.

Article taken and adapted from The Social Security and Disability Resource Center

Thank you to our Business and Corporate Sponsors

BRAINSTORMING 4 US AND ITS MEMEBERS BELIEVE THAT THE SUPPORT AND CONTRIBUTIONS MADE BY OUR CORPORATE & BUSINESS SPONSORS IS CRITICAL TO OUR SUCCESS!

IN A LIKE MANNER, WE, AT BRAINSTORMING 4 US, ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES THROUGH THE PURCHASE AND USE OF GOODS AND SERVICES FROM THE VERY BUSINESS THAT SUPPORT US.





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 23 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 2011.

Sincerely,

Vinny Velarde
Director of Marketing
Brainstorming4Us, Inc.

PUBLIC NEWS

Brainstorming 4 Us was successful in delivering one of our Brain Injury Resource Kit to Gabby Gifford two days after her assault. Secondly, we have also sent a Brain Injury Resource Kit onto the family of Bryan Snow who had been injured at a baseball game of the Dodgers verses Giants.

Message to the Survivor s & Family Members

Gabby & Bryan,

As you rest and heal, know that you all are in our thoughts and wished a recovery of hope, love and miracles. Our prayers are with you and your families.

The Brainstorming 4 Us Family

**“Think like a man of action,
and act like a man of thought.”**

- Henri L. Bergson

Survivor Poetry

Author: Kevin C. Santos

Look
People look
And they see strength
People look
And they see normalcy
People look
But they don't see
Don't see my pain
Don't see my suffering
Don't see my scars
Can't see my injury

When the world says, "Give up,"

Hope whispers, "Try it one more time."

~~Hope whispers, "Try it one more time."~~

Anonymous

April Showers and May Flowers



T	H	S	I	S	B	L	O	O	M	S	L	O	F	D
C	A	U	M	B	R	E	L	L	A	R	R	O	I	T
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M	U	D	L	I	P	L	A	N	T	I	N	G	T	T
A	G	T	H	A	W	E	D	D	E	A	S	T	E	R
Y	B	L	O	S	S	O	M	S	H	O	W	E	R	A
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W	N	E	D	E	N	B	U	D	S	H	A	T	E	L
E	Y	G	X	A	S	A	V	E	R	E	D	U	G	S
R	O	G	H	I	L	B	L	S	C	R	A	M	A	M
S	O	S	O	L	A	Y	N	D	W	Y	R	A	I	N

April
Birth
Mother
Planting
Showers
Umbrella

Baby
May
Blooms
Buds
Flowers
Sun

Animals
Mild
Mud
Rain
Thaw
Bunny

Birds
Colors
Blossoms
Easter
Garden
Eggs



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 30, 2011

Disclaimer

The information provided in this newsletter is to be used only to educate consumers on health care and medical issues that may affect their daily lives. Nothing contained in this newsletter is or should be used as a substitute for medical advice, diagnosis or treatment from a licensed health care professional. This newsletter does not constitute the practice of medicine nor is it medical, nursing or other professional health care advice, diagnosis or treatment. We advise readers to always seek the advice of a physician or other qualified healthcare provider with any questions regarding personal health or medical conditions. If suspect that you have a medical problem or condition, please contact a qualified health care professional immediately. We disclaim any and all responsibility for decisions made or actions taken based on the information contained in this newsletter. The information contained in this newsletter is provided by the authors of the information and constitutes their opinions and ideas. The Hospital does not endorse or guarantee any information, products, services or merchandise discussed in this newsletter. The information contained in this newsletter is provided on an "as is" basis.