SPRING INTO ACTION!

COMEBACKER ANNUAL FUNDRAISER:  
ICE CREAM SOCIAL AND BASKET RAFFLE

DATE:  Friday, March 8  
TIME:  Drop in anytime between 10:30 a.m. to 1:30 p.m.  
PLACE:  Alvarado Café  
         6655 Alvarado Road  
         San Diego, CA 92120  

There is nothing like an old fashioned Ice Cream Social and the excitement of a raffle to bring a little joy and raise funds for our club! We will be hosting this event in the main hospital’s café. Please stop by and support this annual fundraising event! Cost is $4.00 for a 2 scoop sundae. You may want to bring some extra money to buy your lunch while you are there.

SAN DIEGO BRAIN INJURY’S 12TH ANNUAL  
“SURVIVE HEADSTRONG WALK FOR RECOVERY”

DATE:  Saturday, March 30, 2019  
TIME:  8:00 a.m. to 1:00 p.m.  
PLACE:  Mission Bay Park - De Anza Cove  
         2740 De Anza Road, San Diego, CA 92109  
REGISTER:  Join our Comebackers Neuro Club Team by registering online at https://sdbif.org (or) contact the Therapeutic Recreation Office.  
COST:  $15 survivor or Student;    $25 Other  
       (Early Registration Deadline is March 8 to guarantee a shirt)  

Honor the strength, effort and courage it takes to overcome the challenges of brain injuries; as well as celebrate and inspire those who are on their journey towards recovery. This is a great walk!
Can you smell the scent of newness? We have arrived at that wonderful part of the year where freshness abounds with the seasonal arrival of spring!

First of all, I would like to bring to your attention our annual fundraising event being held on the 8th of this month, we will be holding an Ice Cream Social. During the festivities, we will be raffling gift baskets that have been generously donated by the various departments within Alvarado Hospital. I am so grateful for the efforts of all who took time out of their busy schedules to put them together. Thank you to all for your selfless and continued support and efforts!

Our March Lunch Bunch will be taking place at The Black Angus Restaurant located on 1000 Graves Avenue in El Cajon, on Tuesday, March 19. Please remember to mark your calendars and RSVP.

Another thing worth mentioning is the San Diego Brain Injury walk happening at De Anza Cove, located at Mission Bay on March 30. (Details on the front page on how to register.)

Please try and remember to mark your calendars for these up and coming events. Your continued participation and involvement is so very important! This is a driving factor where our club continues to grow in strength due to your unselfish and unending participation!

A Happy Birthday to:

Zev Bar Lev
Kathy Clanton
Dusty Ferreiro
Richard Hoyt
Kurt Levens
Richard Martin

Everett Mauger
Henry McAdams
George Pether
Aisa Poniete
Carole Quinn
Hans Weber

The Savvy Survivor
Comebackers Neuro Club
6645 Alvarado Road
San Diego, CA 92120

EDITOR POSITION OPEN
Call to apply

ADVISORS
Mary Williams, CTRS
Coordinator of Therapeutic Recreation Services
Tina Truong, OTR/L
Occupational Therapist
Leo Madrid, CTRS
Recreational Therapist

OFFICERS
President
Dusty Ferreiro
Vice President/Treasurer
John Huffman
Secretary
Mary DeHaas

The club events are held on the Second Friday of each month at Alvarado Hospital in the Rehab Center

Events dates or locations may vary, please see latest newsletter calendar.
6645 Alvarado Road
San Diego, CA.

For further information, call 619-229-7362
or send an e-mail to mwilliams3@primehealthcare.com

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Access Savvy Survivor online
AlvaradoHospital.com/savvy-survivor

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If you are a Comebacker, you should get to know our recently joined member, **Kathy Manning**. Born in Washington state she came to southern California at 6 months of age and has grown up, gone through her schooling, and begun a career in an escrow agency. She worked 18 years.

You could call her **Ms. E**, because she is energetic, enthusiastic, ebullient, effulgent, and inexorable in her determination to rehab from the ischemic stroke she had in May of 2018. That she has been successful in her rehab becomes evident when you meet her. In less than a year, she exhibits virtually no effects of the stroke in her movement or in her ability to communicate her thoughts. Kathy does have some left side weakness which she continues to work on at the gym.

She candidly admits her stubborn ignoring her high blood pressure which contributed to her stroke. Also, the stress in her job and caring full time for her mom who has an ailment that requires that she not be left alone or without someone to care for her. In fact, on the day of the stroke, caring for her mom delayed Kathy from dealing with symptoms she felt much of the day. She had to deliver her mom to a day program on the way to work, then pick her up, take her home and give her dinner all while she was feeling the symptoms. Kathy finally called 911 after going to bed that evening, realizing that she was having a stroke and had let it go for too long. The responders took her to Alvarado at her request where her stroke was confirmed in the emergency department. She was transferred to San Diego Rehabilitation Institute for inpatient rehabilitation. While at SDRI, she met Leo Madrid, CTRS participating in the stroke education classes and started attending the weekly barbecues. There she met and made some friends and learned of the Comebackers Club. All the while she worried about how her mom was doing and tried to recruit friends to help care for her.

After discharge from SDRI in late June, she attended our summer picnic in the park and enjoyed the event. She then joined and has been active ever since. Kathy has attended many meetings, lunch bunch outings, and joined the Programs for Active Living and Support programs such as the Alvarado Balance Class and the Back Nine Senior Golf Program. She has also has attended the Art For All classes, including art and ceramics. Kathy likes the comebackers club and people, saying the atmosphere has helped her overcome a natural shyness and make friends whom she enjoys hanging out with.

I asked her if she wanted to say anything to her fellow comebackers and she responded with an adjuration,” don’t mess with blood pressure.” Get to know her and you will be inspired by her progress and attitude toward our goals.
APPLICATION FOR PRESIDENT 2019-2021
Dusty Ferreiro, Incumbent

I am the current president of this club. Serving as Comebacker President will help me to continue on my journey of being a champion for others. I will continue to aspire to be a great example with and through my actions. I plan to lead in the capacity that will provide a good model for others to follow.

This club is a great example for people who have encountered certain setbacks in life to rise above their daily challenges and difficulties. I will continue to offer our members guidance as well as support. Together, we can unite to gather much needed inspiration as well as experience. The strength of our club is determined by the participation and contribution of its members. Let’s continue to offer ourselves as a shining example of determination to never quit or give up!

APPLICATION FOR TREASURER 2019-2021
John Huffman, Incumbent

I am the current club treasurer. I was a Chief/Naval Air Crewman/Rescue Swimmer, 24 years in the Navy (retired.) I have held many leadership positions in the Navy, handling groups from 12 to 400 personnel. As a financial specialist, I operated programs and budgets for 10 years. One of my duties in the Navy, was the Navy MWR (Morale, Welfare, Recreation) representative and manager, duties were organizing events and planned fundraising. Seven years as a stroke survivor, six years as a Comebackers Neuro Club member and Alvarado Peer Visitor, and 2013 “Comebacker of the Year.”

I have a good understanding of the needs of the club and will do my best to see the Comebackers Neuro Club meets and or exceeds its objectives.

Congratulations Dusty and John! We have a white ballot, meaning that there has been only one applicant per position, thus, they are considered elected. There isn’t any need to go through the voting process. Our new officers, will be sworn in at our April Governing Board meeting. We look forward to another great term with both of you!
Lunch Bunch at Black Angus

The Lunch Bunch will be held March 19 at the Black Angus located at 1000 Graves Ave., El Cajon, CA 92021.

We will meet from 11:30 a.m. to 1 p.m. Come enjoy the lunch specials!

Please call 619-229-7362 to RSVP so we know how many to expect. We will be looking forward to all in attendance!

“Coming together is a beginning, keeping together is progress, working together is success!”

Henry Ford

Valentines Fun

Dusty Ferreiro, Kathy Manning, Mary DeHaas, and James Geter decided not to spend Valentines Day alone. They organized a spontaneous dinner out to the San Diego Chicken Pie Shop. Mary DeHass would like propose to club members to reach out to one another and do these type of activities more often.
Are you suffering from Urinary or Bladder Incontinence?

Many women experience frequent trips to the bathroom, have difficulty holding their urine or bowels and have uncomfortable symptoms like leakage. If these are your symptoms, you are not alone. Studies show that one in four women over the age of 20 will experience at least one pelvic floor disorder during her lifetime including urinary incontinence, fecal incontinence and pelvic floor prolapse. Some urologists believe it is a silent epidemic as those impacted are often too embarrassed to come forward about their symptoms.

The pelvic floor is a series of three layers of muscles. When functioning properly, they work in harmony with other muscle groups such as your core, deep abdominals and diaphragm. The vagina is the support structure composed of 3 walls; the front (which supports the bladder), the top (which supports the uterus) and the back (which supports the rectum). Compromised pelvic-floor muscles can lead to incontinence as well as organ prolapse (more extreme when the organs slip out of place.)

Treatment for urinary incontinence varies depending on the patient. It can include surgery and non-invasive interventions such as oral medication and pelvic-floor physical therapy with a physical therapist. It starts with recognizing your symptoms and bringing it up to your doctor for treatment options. We have a pelvic floor physical therapist on staff at Out Patient Therapy Services at SDRI that can help with your treatment if recommended by your physician. If you have any questions or would like further information, please call 619-229-7210.

Types of Urinary Incontinence:

Overactive bladder - a sudden and unstoppable need to urinate, even though the bladder may only contain a small amount of urine. The bladder is contracting when it should not.

Stress incontinence - pelvic muscles have been damaged or lax, causing the bladder or bowels to leak during exercise, coughing, sneezing, laughing or any body movement that puts pressure on the bladder. This is common in post-partum women as well as women with advanced age.

Urge incontinence - the urgent need to urinate but the inability to get to the bathroom in time.

Overflow incontinence - leakage that occurs when the quantity of urine produced exceeds the volume that the bladder can hold.
Did you know your body is full of bacteria? Not all bacteria is bad for you, either! Most of the bacteria in your body lives in your gut and makes up your microbiome. The gut flora in your microbiome plays an important role in the body’s immune and digestive systems. It is important to maintain a good balance of the healthy bacteria so you can digest food properly, produce certain vitamins, and fight off infection and other harmful organisms.

The best way to promote healthy bacteria in the gut is by consuming probiotics. Probiotics are living organisms such as bacteria or yeast that offer many health benefits and help your microbiome function optimally. Probiotics can come from certain foods and supplements. The best sources of probiotics come from foods that are fermented or cultured, such as yogurt, kefir, kombucha tea, tempeh and pickled vegetables. Probiotic supplements may offer similar benefits, however it is important to keep in mind that supplements are not regulated by the FDA and may not be a trusted source.

Another way to promote healthy bacteria in the gut is by consuming prebiotic fiber. Prebiotics are a type of fiber that act as fuel for the friendly probiotics in your body and help them work more efficiently. Foods such as garlic, onions, asparagus, legumes, wheat bran, bananas, and chicory root are all good sources of prebiotic fiber.

Without a healthy growth of beneficial bacteria in the gut, there may be room for the harmful bacteria from ingested food, antibiotics, germs, and the outside environment to take over and produce negative effects. This can result in infection, worsened immunity, and/or intestinal distress such as diarrhea, bloating, constipation, and gas. An imbalance over time may result in more serious conditions, such as micronutrient deficiencies, Irritable Bowel Syndrome, and even cancer and obesity. By increasing your consumption of pre- and probiotic-rich foods each day, you can help your gut microbiome achieve its optimal state of balance.
**Comebackers Neuro Club**
6645 Alvarado Road
San Diego, CA 92120-5298

**Comebackers Neuro Club** is dedicated to providing opportunities for those who have experienced a brain attack as a result of a stroke, traumatic brain injury, or other neurological impairments. Survivors and their family members are offered education, recreational activities, and a support network which promotes ongoing recovery for the survivor.

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**Comebackers Club Event Calendar**

<table>
<thead>
<tr>
<th>Date</th>
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<td>8:00 a.m. to 11:00 a.m.</td>
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<td>Friday, April 12</td>
<td>Birch Aquarium</td>
<td>2300 Expedition Way La Jolla, CA 92037</td>
<td>9:30 a.m. to 1:00 p.m.</td>
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RSVPs are necessary for all events, so we know how many to plan for. To RSVP—Call 619-229-7362. Okay to leave your response on voice mail.