

Why a Caregiving Seminar? **Karen Macbeth, Founder and CEO of Cheyne's Brain** says the following regarding what inspired her:

"I have been caring for my son for nearly 5 years now and finding quality caregiving has been a huge issue not only for me but for other families I know in the same situation. Families are sent home from the hospital and acute rehab with little to no idea how to set up their home environment and how to create a team of qualified professionals to work with their loved one to get them better. There is little to no ongoing support for most families once someone with a TBI is sent home ~ we are passionate about advocating for families and empowering them to be able to care for their beloved family member at home. My goal is to enlighten, educate and inspire caregivers to work with TBI patients and feel comfortable that I can recommend services to families looking for caregiver help. I am particularly focused on the severe end of the TBI spectrum as that is what is closest to my heart and I know from personal experience that with the right help and therapies in place, change can continue to be progressive and dynamic."

We also want to **educate and encourage family members and friends** to be an active participant in the healing process. The support of family and friends is the most important factor in a successful recovery. We offer creative and inspirational ways to be a supportive part of the team.

TBI: A Dynamic Healing Approach

When: Saturday, June 1, 2019

Time: 11:00am to 5:00pm (lunch provided)

Where: Scripps Memorial Hospital La Jolla, Founders Room in the Schaetzel Center
9890 Genesee Ave, La Jolla, CA 92037

Cost: \$50.00 introductory offer (A \$150.00 VALUE)

NOTE: Seminar is FREE to family members and friends of someone who has suffered a TBI.

Schedule:

Introduction and Welcome

11:00 to 11:10am

Karen Macbeth: Warrior Mom, Personal Testimony of Hope

11:10 to 11:40

Tracy Teregis, MS: Orientation to Brain Injury 101

11:40 to 12:10

Guest Speaker: Nastasha McKeon: Nutrition and Healing the Brain

12:10 to 12:40

Break: 12:40 to 1:00

Susie Singleton, LVN: Basic Needs, Safety and Charting

1:00 to 1:30

Lunch 1:30 to 2:15

Schedule continued...

Allison DiTommaso, BSN: Caregiving as a Creative Team Process
2:15 to 2:45

Paige Colburn-Hargis, Coordinator Injury Prevention/Trauma Outreach:
Check Your Energy at the Door
2:45 to 3:15

Tracy Teregis, MS: Strategies & Tools
3:15 to 3:45

Karen Macbeth: Closing Remarks & Video
3:45 to 4:15

Questions & Answers Panel
4:15 to 5:00pm

Mission Statement:

Our mission is to inspire family, friends and caregivers to become confident in bringing their loved one, with a severe traumatic brain injury, home. We share our holistic and creative approach, based on personal and professional experience, with a hope-filled focus on creating a sanctuary of healing in the home for your loved one to thrive.

The Team:

Karen Macbeth: Warrior Mother, Founder and CEO of Cheyne's Brain Foundation

Bio: Karen first and foremost considers herself to be a warrior mom, an advocate for those less fortunate and a creative thinker. Founder of Nana Keek's Gourmet Cookies, Karen changed course when her adult son Cheyne suffered a severe traumatic brain injury in April of 2014. Karen has cared for her son nonstop while starting a Foundation in his honor with a goal for inspiring, educating and helping those who have suffered a severe traumatic brain injury, their families, friends, caregivers and therapists. Prior to Cheyne's accident, Karen has served on a number of Boards and hosted a variety of fundraising events.

Tracy Teregis: M.S., Cognitive Rehabilitation Specialist

Bio: Tracy has worked intimately with both survivors and caregivers in the field of brain injury for over three decades. A retired professor from Coastline College's Nationally Recognized Acquired Brain Injury Program, Tracy currently is a Professor at Saddleback College. She is a solo practitioner in North County Carlsbad and works individually with survivors and their families to assist in navigating a new normal, post ABI. She is also a published author with Lash and Associates and currently dedicates her time to serving on two boards in San Diego. Tracy can be found at: www.BrainInjuryRehabSanDiego.com

Susan Singleton: LVN, Home Health Care Nurse

Bio: Susie has been a vocational nurse as a 2nd career for 12 years, primarily in the home health field. This has required nursing skill and knowledge in addition to a niche for assimilating into a

patient's home life. Also working with surgeons and post operative recovery patients has led to varied experiences and different perspectives of healthcare needs.

Allison DiTommaso: BSN, Rehabilitation Caregiver

Bio: Ali has been a nurse for 11 years with a wide variety of care experiences ranging from hospital units to research clinics, South American missions, home hospice, and currently rehabilitation caregiving. Walking through these different experiences with a heart for her patients has allowed her to see the need for each part of the team to humbly and creatively work together in order to reach their common goal of healing the whole human person.

Paige Colburn-Hargis: Coordinator for Injury Prevention and Community Outreach for the Trauma Service at Scripps Memorial Hospital La Jolla.

Bio: In 2013, Paige's 13 year old son suffered a severe TBI with Diffuse Axonal Injury after a fall while skateboarding. Paige left her career to become a full-time caregiver for her son while he was recovering from his injuries. She is a passionate advocate for Injury Prevention as she has witnessed firsthand the traumatic effects of unintentional injury in her own family. She also runs a non-profit called My Grey Matterz that seeks to educate on the importance of helmets in the action sport community.

Nastasha McKeon: Owner/CEO Choice Juicery & Super Food Bar (4 retail locations in San Diego County).

Bio: Nastasha began a successful career in banking in her early 20's. As her love and interest in nutrition and healthy living evolved, curious co-workers encouraged her to follow her passion. She left banking to pursue an education in holistic nutrition with an emphasis on plant based nutrition. She began teaching about nutrition upon graduation and was motivated by her students at Scripps who encouraged her to create a solution to making healthy, plant based nutrition convenient. Since she opened her first location in Carlsbad 5 years ago, Nastasha's company has expanded to a commercial kitchen, 4 retail locations and a newly started catering business making it convenient to make good "choices".

Past Seminar participant quotes:

"Very informative. Very helpful in any professional practice."

"Next time, please make it a day's workshop."

"Excellent. Very comprehensive, valuable information was given. Inspiring story and gives hope that people can improve."

"Loved the video at the end showing how far Cheyne has come. Amazing man."

"Excellent information. Inspiring and hopeful."

"Keep up the great work! You are making a big difference."

"The greatest thing that we can do is to help somebody know that they're loved and capable of loving."

Fred Rogers