NEW DIRECTOR

We are pleased to introduce Tamara Bushnik, Ph.D. as our new Director of Research and Co-Director of TBI and SCI Model Systems Grants at Santa Clara Valley Medical Center.

Dr. Bushnik’s strong background and high energy level make her well qualified for this important position. She is a native Canadian, attaining her Ph.D. in Psychology/Neurosciences at the University of Ottawa and postdoctoral training at Stanford University. Most recently she has been the Research Manager for the Functional Magnetic Stimulation Lab at the Palo Alto VA Health Care System, Spinal Cord Injury Service. Her research has evolved from the biochemical and cellular factors involved in motivation in animals to clinical studies in expiratory muscle activation in individuals with spinal cord injury.

As Director of Research and Co-Director of the TBI & SCI Grants, her responsibilities will include overseeing the management of the two grants, conducting medical rehabilitation research, grant application writing, and professional publications and presentations. Dr. Bushnik takes over from Dr. Karyl Hall who officially retired last month, after more than 20 years with Santa Clara Valley Medical Center.

For more information about Tamara Bushnik, please see our Featured Staff article in this issue. Welcome Dr. Bushnik!

The New Valley Medical Center

Excerpted from,
Welcome to a Great Hospital!
By Robert Sillen, Executive Director
Santa Clara Valley Health and Hospital Systems

Valley Medical Center is the single most important component of the healthcare delivery system in Santa Clara County. VMC is the only hospital in the County with an open door policy that guarantees access to needed medical care, regardless of ability to pay. As our mission states, we are “dedicated to the health of the whole community.” As the San Jose Mercury News states, “…this is government at its kindest and best.”

After more than 120 years as an essential community resource, we have opened a new facility. The new Valley Medical Center main hospital includes acute care services such as coronary and medical intensive care; labor, delivery and recovery suites; neonatal intensive care; inpatient and outpatient surgery; system wide diagnostic imaging and an entire floor dedicated to pediatrics.

The 317,000 square-foot addition has 154 acute care beds. It has a complete network of data cabling with 45 miles of electrical wiring and an advanced system for transmitting images, data, messages, and medicine.

“We are proud of this new state-of-the-art facility. All of our improvements have one main goal: to give our patients the best care.”

With state-of-the-art equipment, the new VMC is the perfect blend of high quality health care and high technology medicine. Our patients, employees and community deserve nothing less than the best. For more information about the new Valley Medical Center, call Joy Alexiou at (408) 885-4164.
SAFETY EDUCATION/ DISABILITY AWARENESS

Thanks, Allstate!
Included in the last InterACT was a “One Minute Car Seat Checkup.” It was a list of items to check if you are responsible for placing a child in a car. We’d like to thank Allstate Insurance Corp., especially Mary MacDonald, Marketing Division Consultant for Allstate Insurance Company, for providing us with 5,000 copies of the flyer for our newsletter.

Good News for Safety Education and Disability Awareness!
The TBI and SCI Grants, in collaboration with the Valley Medical Center Foundation, has been awarded a one year grant to provide information to elementary schools about brain and spinal cord injuries, how they occur, and how they can be avoided. The grant is a part of Office of Traffic Safety (OTS) Safe Communities Network which is governed by the National Highway Traffic Services Administration (NHTSA). Various community agencies will be participating in the six-week elementary school curriculum for grades one through three. The curriculum was developed by theThink First Foundation.

Study Announcement
Community Integration Study
We are seeking men and women with SCI who are of Asian or American Indian descent to participate in an extensive telephone survey. The survey will help us learn more about the well-being of people with spinal cord injury, including both physical and emotional health. A stipend of $50 is being offered to participants who complete the interview. If you or someone you know is interested in participating in this study, please don’t hesitate to call us at 1-800-352-1956 ext. 17 or 24.
Web Resources from the TBI and SCI Grants

Hey, the TBI & SCI Projects have some Internet resources you should know about! Some pertain to spinal cord injury, others to brain injury. They are designed to be useful to consumers (individuals with injuries and their families and friends) as well as to professionals. So log on, browse away, and let us know what you think. Send email to interact@tbi-sci.org

The TBIRD (Traumatic Brain Injury Resource Directory)
www.tbi-sci.org/tbird

The TBIRD lists hundreds of TBI resources in its 27 chapters. This directory is an excellent reference for anyone in the Santa Clara Valley (and beyond) needing information on services and/or programs for those with traumatic brain injury.

The SCI–FYI (Spinal Cord Injury–For Your Information) Resource Guide
www.tbi-sci.org/scifyi

The SCI-FYI is a comprehensive reference for spinal cord injury related resources in the Santa Clara Valley (and beyond). Over a thousand people visit the SCI-FYI website every month. Why haven’t you?

Project Enable
www.projectenable.org

Project Enable was originally started to give patients on SCVMC’s spinal cord injury unit high-speed access to the Internet. Visit the site to find out more about this exciting program. Make sure you check out The Free Wheeling Guide to the Internet.

COMBI (Center for Outcome Measurement in Brain Injury)
www.tbims.org/combi

An online resource for those needing detailed information and support in regards to outcome measures for brain injuries. The measures included in the COMBI are commonly used in the field of brain injury.

TBIMS (Traumatic Brain Injury Model Systems)
www.tbims.org

Did you ever wonder about those TBI Model Systems? Find out where the TBI Model System Projects are, who runs them, and what they are up to. There is information about the TBI National Database, and the entire collection of the Facts and Figures newsletters that are put out by the National Data Center.

SCI-Ring (The Spinal Cord Injury Ring)
www.tbi-sci.org/sciring

The Spinal Cord Injury Ring is a collection of cooperative SCI web sites that are all linked through the SCI Ring. The neat thing about the Ring is that you can easily go from one SCI site to another. Personal pages, professional pages, and business pages are all represented. At last count there were 78 members of the SCI Ring! Do you have a website that should be included?
**ALUMNI UPDATE**

**Whatever happened to… ?**

Karen Edge

Karen Edge and her brother Joe were injured in 1989 while riding a motorcycle. There was a crash, and both Joe and Karen were flung from the motorcycle. Neither were wearing helmets; both sustained traumatic brain injuries. Karen spent approximately two weeks in acute care, then another three weeks in rehabilitation. She was discharged four days before her 19th birthday. She stayed in California for a short time, then moved to Boston for a few months. She and her boyfriend broke up and Karen returned to California, where she met Noah.

Karen and Noah moved between Arizona, California, and Oregon (where they were married in April, 1997). They have two sons, ages 6 and 3.

Karen has always had a desire to complete her education, and while in Arizona she completed a medical secretary program. When she returned to California she completed her work for a high school diploma. Now she’s getting ready to enter a four-year program in visual graphic design. As if that’s not enough, she also cares for two other children besides her own in her home.

When asked what, if anything, Karen would want people to know about her or her brain injury she said, “Wear a helmet!” Much of the grief she and her brother experienced wouldn’t have happened had they worn helmets. Next, “Keep your head up! Life is a roller coaster, with lots of ups and downs. Enjoy life!”

**COMING SOON! BACK ISSUES ONLINE**

Back issues of InterACT will soon be available online in PDF (Portable Document Format). Developed by Adobe, PDF files are viewable and usable across many different platforms. Adobe has a free PDF reader called Adobe Acrobat Reader which will allow you to use PDF files. You can download Adobe Acrobat Reader at:


We are in the process of converting our back issues of InterACT to PDF format, and uploading them onto the Web. When this project is completed, these back issues will be available at:

[http://www.tbi-sci.org/backissue.html](http://www.tbi-sci.org/backissue.html)

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**INTERACT**

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