From Three Floors Down

www.lamorindaweekly.com

A bad fall leads Moraga woman back up to the top By Chris Lavin





Amy Morosini of Moraga was the last person she ever thought would start running marathons and triathlons after a traumatic brain injury. But she has medals to prove it. The key she is wearing around her neck was designed by Jennifer Montana, 49ers quarterback Joe Montana's wife, and is called the "Endure Key." Morosini wears it always. Photo Chris Lavin

apartment in San Francisco. She may have been pushed out by her then boyfriend. The only thing police could come up with for their report was "suspicious circumstances." Amy herself couldn't help much be- and tell them about how great she cause, well, she had fallen three felt, or else when something bad floors onto the ground, cracked her happened it was the worst thing head open, incurred 20-something ever, and now everything was terriother bone fractures and ruptured ble. "I was all over the map," Moseveral internal organs. She lay in a rosini said. "It was either the best coma. Giving a report at the time thing ever or the worst thing ever." was not exactly possible.

rosini woke up, she had no idea the medical establishment started what had happened. And it was right learning a lot when the United then, precisely right then, that her new world began.

"There is something about my story that needs to be told," said Morosini, looking thoughtful and quite beautiful as she picked up her coffee cup in her immaculate Moraga home. She looked out the window onto the hills. She is speaking in public about her recovery, and she was featured in last month's Prevention magazine. She's now doing so much volunteer work that her kids, on their way to school in the morning, shout back, "Have a good day helping people, Mom!" The first time they said that, she relate to – Scott Rigsby, who was said, she knew she was doing the the first person to become an Ironright thing with her life, all around.

Morosini is the mother of three boys, happily married, but her past cannot be shed entirely. She had awoken in the hospital not being able to move, with doctors all around her saying she would need multiple surgeries to walk, to think, to write, to speak, in order to live a normal life. What they didn't tell lete. She started running – and she her – because at the time little was known about Traumatic Brain Injury or TBI – is that the emotional and psychological journey of putting Humpty Dumpty back together has little to do with the shell. Most of getting it back together, Morosini says now, is recognizing the emotional effects and actual physical trauma to the brain that makes something like walking again seem like a piece of cake.

"Everybody, including me, was pened to my body," Morosini said. awards. "So the doctors (who performed many surgeries) put my physical rosini is writing a book and, working self back together, and that's what I was focused on, too, but I didn't realize that was only the beginning." All those things, she said, were only Step One.

longer," she said.

she says, throwing wide curves from the pitcher's mound that weren't going over the plate. What she intended wasn't what came out of her mouth. "My mind was a Fer- now," she said. "I'm ready to write rari, but it comes out as a Ford," she said about her newfound mental

n 1997, Amy Morosini "fell" acuity. "I had lost the ability to If from the window of a third-floor write and speak, and it's still with me almost all the time." Emotionally, until she learned how to control it, that resulted in being so happy about something good that she would excitedly call everybody

And one of the worst things, she She almost died. When Mo- says, and most would agree, is that States declared war on Afghanistan and Iraq and suddenly thousands of soldiers were coming home with TBIs caused by explosions.

> "We've learned a lot, rather unfortunately," Morosini says now. "We have so many veterans coming home and going through what I'm still going through."

Morosini decided to do something about it, to help. She regularly volunteers at the Veteran's Administration Hospital in Martinez and focuses on TBI patients. She also found a mentor, an unexpected hero of her world she did not expect to man athlete with two prosthetic

"I said, 'I wish I could do what you do,' and he said, and I'll never forget this, 'Why can't you?" Morosini said. "And I thought: I have no excuse. If he can do it, anybody can."

Enter Amy Morosini the Athhated running in high school, even when she was a sports star – but she's running now and loving it. It helped her to kick alcohol, she says, which led her to dropping extra unwanted pounds. She has completed marathons and Ironman events, placing in many, and she's still running. She is the last person to have thought that a collection of ribbons and medals would be hanging from her arm.

"I still can't believe it," she focused on fixing what had hap- said, looking at her plethora of

As if that were not enough, Mowith a ghostwriter, hopes to offer free copies for any veteran coming home with TBI. She is part of a unique publishing format that isn't self-published but published when "The mental health journey is enough people order the book - asort of reverse standard publication Morosini found that she was, as model. You can find her project at https://pubslush.com/project/4429, or get a link on her website, www.TBIchick.com.

> "I'm in a really good place right this book."



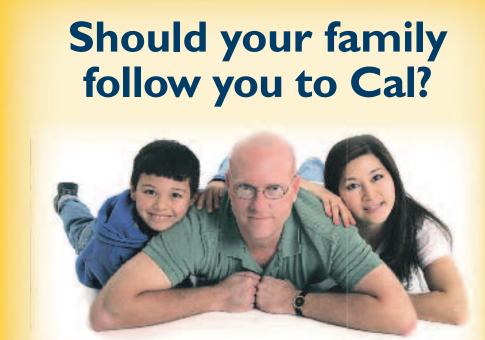
Change your perspective on senior living.

At Byron Park, life is different here. It's not just a place to live. This is where residents discover the community experience and put passions into practice. Engage, challenge yourself, share knowledge, and build a legacy for future generations. This is where your personal journey begins.

Call 855.877.2040 or visit LifeatByronPark.com to learn more.



a License #075601546



Of course. Every time they need an eye exam. The University of California Eye Center is an integral part of the top-rated UC School of Optometry, and we're here to offer you complete vision care for your kids, for you, and for your parents. We're also the ones to see for LASIK surgery and contact lenses. (Our Eyewear Center has all the big names in frames!) We take most insurance plans, and major credit cards. When it comes to your eyes, go Cal!



Open to the Public 7 Days a Week o www.caleyecare.com 510.642.2020 • Free Parking with Appointments