

March 2017- Brain Injury Awareness Month

March is Brain Injury Awareness Month. Each year, AHIF tries to promote awareness of traumatic brain injury, the needs of those living with TBI and encourage prevention of TBIs whenever possible.

Highlights from our 2017 Brain Injury Month are throughout this newsletter:

Television / Radio

- * WBRC Fox 6 News (Birmingham)
- * WTVY (Dothan)
- * Great Day Tuscaloosa TV program with Kip Tyner
- * Impact with Kenny Anderson TV Program (Huntsville)
- * WKLF Radio (Clanton)
- * Talk 99.5 Radio (Birmingham)
- * WZZA Radio (Muscle Shoals)
- * WELR Radio (Roanoke)



WZZA Muscle Shoals

WKLF Clanton

Home Depot Support Groups

AHIF is proud to have partnered with three Home Depot stores that conducted an arts and crafts support group for our clients. We would like to thank the Home Depot stores at the Riverchase Galleria, in Oxford, and in Tuscaloosa for making this possible.



Home Depot—Hoover



Home Depot—Oxford



Home Depot—Tuscaloosa

TBI Memory Walk

In Mobile, we held our first ever “memory walk” where TBI survivors and their families walked to honor those living with TBI and in memory of those we have lost to TBI.



Fox 6 News Birmingham



WTVY Dothan



A Note from AHIF Executive Director Scott Powell

I am proud of the work that Alabama Head Injury Foundation does in helping traumatic brain injury survivors across our state. I am appreciative of the hard work our staff puts in to provide these much needed services.

I am also truly humbled by the volunteer board members who selflessly give of their time and resources to support AHIF and its mission. AHIF is blessed to have a unique combination of Board members. Some have served on the Board for 10 years or more, and bring a rich knowledge of its history and understanding of its inner workings. Others bring a personal connection to brain injury, and their testimony brings a passion for our organization that can often only be found in living through a brain injury situation. Others are new to our organization, and are developing an understanding, but also asking questions and challenging us to think outside of the norms and the “this is how we have always done it” mentality.

Together, they make a cohesive group, representing all corners of our state, and share a common vision to make AHIF successful and ensuring that AHIF holds to its mission. Many thanks to the AHIF Board of Directors:

Mike Andrews (Montgomery); **Keith Belt** (Birmingham); **Kevin Braswell** (Birmingham); **Linda Coleman** (Birmingham); **Drew Davis** (Birmingham); **Stephen Davis** (Birmingham); **Dane Griffith** (Auburn); **Karen Hislop** (Huntsville); **Dawn Matson** (Birmingham); **Eric Messer** (Birmingham); **Heath Phillips** (Dothan); **Jimmy Robinson** (Tuscaloosa); **Charlotte Rogers** (Montgomery); **Jack Sellers** (Florence); **Melissa Slater** (Mobile)

Thank you for your service!

Help raise money for AHIF just by spending money where you are already shopping!

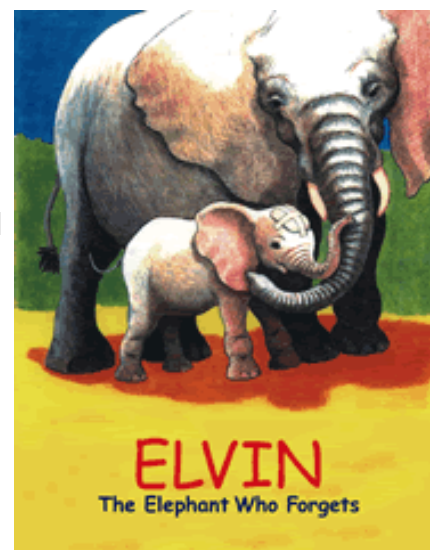
Most of you probably receive a box or two from Amazon each year, if not more. Did you know that Amazon gives back to community nonprofits through AmazonSmile? Instead of going to www.amazon.com, just go to www.amazon.com/smile. You can choose Alabama Head Injury Foundation from their search box for charities, and a percent of all you are normally spending will come to AHIF. For more information, call the AHIF office at (205) 823-3818.



AHIF staff promote TBI awareness by reading a book to children about brain injury

AHIF staff across the state spent time in March in local libraries and local schools reading to children. The book [Elvin: The Elephant Who Forgets](#) tells the story of a young elephant who injures his brain when a tree branch falls on him. It shows children how brain injuries can make someone feel, that they often have a long-term impact, but that someone with a brain injury is capable of doing many, many wonderful things!

We are thankful to all the schools and libraries who gave us the opportunity to share this special story. If you would like us to share this book with you, call us at (205) 823-3818.



Your Contributions Make It All Possible...Thank you!

Bessemer Elks #721 Riders Association raises funds for AHIF

On April 8th, the Bessemer Elks #721 Riders Association, as part of the Ride Across America, raised \$5,095 in support of AHIF. Over 65 bikers participated, and we appreciate so much their support of our organization. Thank you!



AHIF Client Testimony

Jaden is a bright, shy 16 year-old boy who, up until last November, was going to high school and having fun as a normal teenager. On November 30th, he was involved in a horrific car accident, which has left him and his family dealing with a new way of life. Jaden sustained a traumatic brain injury and a spinal cord injury, leaving him paralyzed with only moderate use of his arms. Jaden's family is his support network, and although they have down days, they have not given up or allowed themselves to become isolated from society.

Jaden has recently returned to high school, and passes his time drawing. He uses his pencil to bring beauty into the world, and to express himself in a very special way.

Jaden's injury changed his thoughts for the future. He wants to be a counselor

for people who are going through the same things he did after his accident. He has seen firsthand how a compassionate, warm counselor can help survivors and their families in dealing with catastrophic circumstances. For now, as he begins this new journey in life, he and his family are getting through each day, living their "new normal" and being strong for each other.



Jaden's Drawing - "Mountain Scene"

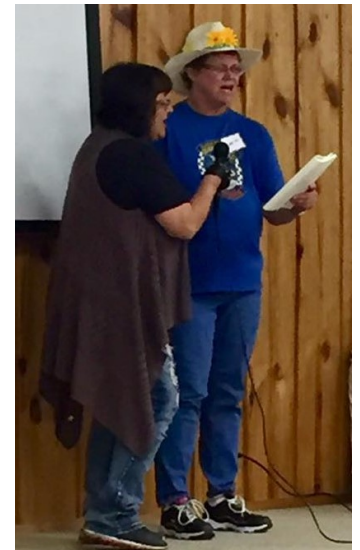


Jaden's Drawing - "Fairy"

HealthSouth Foundation sponsors AHIF's weekend TBI Camp!

Camp ASCCA was once again the sight of AHIF's Weekend TBI Camp, made possible through a generous grant from HealthSouth Foundation. This year, almost 20 campers, all accompanied by a buddy, joined Camp ASCCA staff, AHIF staff and student volunteers from Auburn University for a weekend of fun that

included karaoke, ziplines, fishing, arts and crafts and just fun time together. This year's theme was "Totally 80's," and all our campers and attendees agreed that camp was totally awesome!



Mobile Area Holds First TBI Memory Walk

On March 18, 2017, our AHIF Mobile supporters held their first ever TBI Memory Walk. Walkers turned out at Langan Park to walk in memory of or in honor of individuals who have sustained a traumatic brain injury. The idea for this walk came from a tragic event in the Mobile area, where an AHIF client and support group attendee was struck and killed in her

wheelchair by a drunk driver while she was crossing a busy street. It is our hope that this walk will become an annual event and possibly spread to other locations across the state on the same day.



Brain Injury Awareness Month (continued from Page 1)

Huntsville St. Patrick's Day Parade



Tipsey Easel Fundraiser-Dothan



AHIF Regional Boards host third year of fundraising events

3rd Annual Beer Band & BBQ

Despite a rainy conclusion, the AHIF Birmingham Regional Board's 3rd Annual Beer, Band & BBQ was a wonderful success, raising more than \$9,000 in support of brain injury survivors statewide. AHIF thanks the following sponsors for this year's event!

Platinum - Hare Wynn Law Firm; Heninger Garrison Davis Law Firm

Gold- Aviate; Belt & Bruner Law Firm; Marsh Rickard Law Firm; HealthSouth; O₂Neal Medical; Biotech; Oxford Healthcare; Rushton Stakely Law Firm; ServisFirst Bank; Shoals Ambulance

Silver- J.R. Prewitt; Law Office of Kimberly Vice; Trash Taxi; Red Mountain Crawfish Co.; Hanger Clinic; Ackerson & Associates; Jeremy Summers Attorney at Law; Zaxby's; Mobility Central; Saw's Soul Kitchen; Avondale Brewery

Bronze- ATC Healthcare; NAI Chase Commercial; Till Hester Eyer Brown; Alacare; A&A Home Health Equipment; Mullins Building Products; Global Construction & Engineering; Shay's Jewelers

3rd Annual AHIF in the Alley

The AHIF Montgomery Regional Board held its 3rd Annual AHIF in the Alley, an incredible event raising more than \$6,000 in support of AHIF. AHIF thanks the following sponsors for this year's event!

Platinum - Alley Station

Gold - HealthSouth; Adam's Drugs; Neurology Consultants of Montgomery

Silver - Beasley Allen Law Firm; B&B Bartending; Solomon & Associates; Capitol Hill Healthcare; Limerick Marketplace

Bronze - Dr. Jeffrey Eng; Alabama Artificial Limb; Randall McDaniel & Associates; Solomon Neuropsychology; Tidwell Training Center; Aldridge Borden & Co.; Evan Allen; Rose Chiropractic; Clark Psychological Associates



EAT
Drink
AND
Give





3100 Lorna Road Suite 203
Hoover, AL 35216
Phone: (205) 823-3818

Our Mission: *To improve the quality of life for survivors of traumatic brain injury and for their families*

Our Vision: *We envision a state where traumatic brain injury is prevented where possible and fully understood and supported where not.*

NON-PROFIT
U.S. POSTAGE

PAID

BIRMINGHAM, AL
PERMIT NO. 3246

AHIF is a proud partner of:

United Ways of Central Alabama,
Lee County, Etowah County,
Marshall County, and West
Alabama



AHIF Starts New Support Groups Across Our State

AHIF recently started a new support group in Huntsville for survivors ages 18-40. The purpose of this group was to focus on planning fun outings and good times talking together. The group was started by AHIF Board Member Karen Hislop, a local SCI/TBI survivor, and AHIF Resource Coordinator Dianne Pierson. The group meets every other month on Saturday from 11:00-1:00.

This is similar to another support group forming in the Mobile area, started by CRS staff member Aimee Lott and AHIF Resource Coordinator Teresa Roberts. This special support

group is specifically for teens living with TBI/SCI. AHIF has found over time that, within the larger population of survivors, there are often smaller subgroups that gain more by a program specific to them instead of a “one size fits all” strategy. The Teen Support Group, because of school schedules, will be more active in the summer months and during normal school breaks.

AHIF has also recently started a support group in the Tuscaloosa area that meets at Turning Point, a domestic violence shelter, available

to its clients. The hope is to have one for current shelter residents and another for former clients.

AHIF hopes that these new meetings serve as a model for additional, focused groups to meet the needs of our consumers and their families.

