

# HEADLINES

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## AHIF returns to week-long TBI Camp

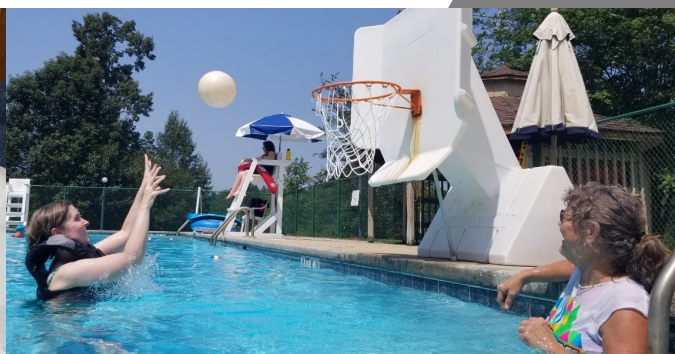
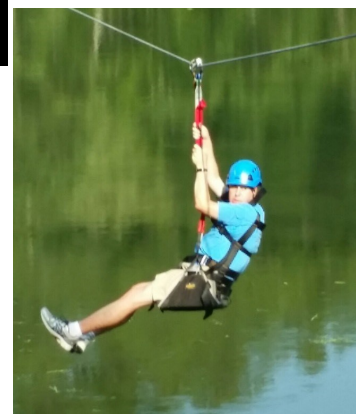
This year, from August 12th-17th, AHIF welcomed back its week-long TBI Camp as 18 TBI survivors and their buddies joined us at beautiful Camp ASCCA in Jackson's Gap, AL. Each camper, their families, the AHIF staff and AHIF Board of Directors appreciate the generous support of Encompass Healthcare in making this week-long camp possible.

Camp ASCCA offers a unique, inclusive environment where individuals with disabilities can fully participate in a range of activities that includes archery, horseback riding, zip lines, water slides, arts and crafts, and a dance. This year's camp even featured an Elvis and a Prince impersonator.

TBI Camp would not have been possible without the wonderful leadership of AHIF's Camp Director, Chandraia Whitted. AHIF was also pleased to welcome volunteers from Encompass Healthcare and from the AHIF Birmingham Regional Board to this year's camp experience.

AHIF is pleased to announce our 2019 TBI Camp date, August 11th-16th. The application process will be available in Spring 2019, and if you are interested in volunteering or learning more about our camp program, please contact the AHIF office at [info@ahif.org](mailto:info@ahif.org) or (205) 823-3818.

*"AHIF TBI Camp is like a magic bubble...where we can just be ourselves and not worry how others perceive us in light of our injury."*





## A note from AHIF Executive Director Scott Powell

With any nonprofit organization, it can sometimes be a struggle to identify Board members who have a unique passion for helping those living with TBI and who can help open doors that lead to relationships and support that sustain the programs/services AHIF provides.

However, sometimes the more difficult struggle is knowing that part of this process is letting those Board members go and identifying new Board members to take on the challenge. It is vital to AHIF's success to continually recruit new Board members and hope and trust those who move on will continue to support and advocate for the needs of TBI survivors and their families.

AHIF has recently committed to a more formal process of Board succession, ensuring a process of identifying, engaging and circulating Board members to grow the number of AHIF advocates and keep a fresh perspective on AHIF's strategic direction.

With the beginning of the 2019 fiscal year, AHIF recognizes the addition of two new Emeritus Board members, Kit Belt and Drew Davis, who have faithfully served and supported AHIF for many years. AHIF also thanks outgoing Board members Kevin Braswell, Heath Phillips, and Dane Griffith for their service to AHIF.

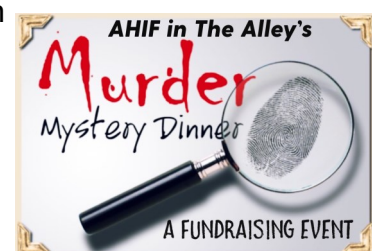
AHIF is also pleased to welcome new members of the Board including Dean Vikki Vandiver (UA School of Social Work), Kim Vice (Briarwood Presbyterian Church), Ty Brown (Marsh Rickard Law Firm), Jason Early (Hare Wynn Law Firm), State Senator Cam Ward, and Brittney Ziemba (Miracle-Ear in Auburn). I am excited to work with this wonderful group of individuals!

## AHIF Montgomery Regional Board holds 4th annual AHIF in the Alley event!

AHIF's Montgomery Regional Board held its 4th Annual AHIF in the Alley event, and this year introduced a new concept with a Murder Mystery Dinner. With more than 105 in attendance, many dressed in their best 1920's era costumes, the performance company from Miracle Plays conducted an intricate "who done it" murder mystery. All of the evening festivities helped raise more than \$4,000 in support of AHIF's local services in the Montgomery and surrounding area.



AHIF is thankful to platinum sponsors Encompass Rehab Hospital of Montgomery and Alley Station. AHIF also thanks Jackson Thornton, Beasley Allen, Rose Chiropractic, Clark Psychological Associates, B&B Bartending, Limerick Marketplace, Tidwell Training, Dr. Jeffrey Eng, Mrs. Stephanie Monplaisir, Mr. Evan Allen, Solomon & Associates, Adams Drugs, AALOS Prosthetics and Orthotics, and Solomon Neuropsychology for sponsoring this year's event.



## Honoring the life of TBI survivor Jimmy Lamb

AHIF was deeply saddened to learn of the passing of James Hudson “Jimmy” Lamb on July 10, 2018. Jimmy sustained a traumatic brain injury in 1980, and was a client of AHIF’s for almost all of AHIF’s 30+ year history.

Jimmy’s family asked that, in lieu of flowers, contributions be made to Alabama Head Injury Foundation. Jimmy was such an inspiration to so many people, and so many people honored Jimmy through their generous giving that more than \$1,800 was received from those seeking to honor Jimmy’s memory. There was even a special lemonade stand his nieces and nephews coordinated to honor him.



## Stopping Distracted Driving Isn't Just An Idea...It Is Her Mission

Michelle Lunsford’s life changed forever on February 22, 2018. Her only daughter, Camryn Callaway, was killed on her way home from work when, while texting a friend, she ran underneath the back side of an 18-wheeler. She was just 2 days away from her 18th birthday and 3 months to the day away from graduation.

Since that day, Michelle has been on a mission to bring awareness to the life and death consequences of distracted driving. She speaks to schools, media, churches, teen driver summits, anywhere and to anyone who is willing to listen.

AHIF is proud to partner with Michelle in this effort, and joins her in advocating

for the “Hands Free Alabama Law” that will be introduced in March 2019 in the 2019 Alabama Legislative Session. AHIF and Michelle Lunsford thank Senator Jim McClendon for his leadership in bringing this bill to the House floor.



AHIF Birmingham Regional Board President Brandy Robertson and Michelle Lunsford at AHIF’s Brain Freeze Challenge at Henger Garrison Davis Law Firm.

## Rachael's Journey

Six years ago, Rachael and her fiancé were riding together on a motorcycle when an accident ended her fiancé's life and left Rachael with a severe traumatic brain injury. Rachael spent the next five years of her life in a skilled nursing facility for individuals with severe disabilities without a family support network to care for them.

When Rachael's cousin continued to visit her in this facility, she decided to take Rachael home to live with her and become her 24/7 caregiver. Rachael has now lived with her cousin, Sherry, for the last 14 months. Sherry found AHIF through an on-line search for TBI services, and, in June 2018, Rachael and Sherry attended AHIF's first Bright Ideas TBI Camp at Samford University.

At the camp, Rachael worked with Samford students in physical therapy and speech therapy, and a licensed Occupational Therapist, who helped her roll over independently for the first time in six years and to stand, with assistance.



Following this camp, and a subsequent series of therapy sessions at Spain Rehab, Rachael can now walk 200 feet with minimal assistance, and AHIF recently helped purchase a bed alarm to notify the family when she gets out of bed! Rachael attends church several times a week, is involved with an on-line support group, and attends the AHIF Gadsden Support group.



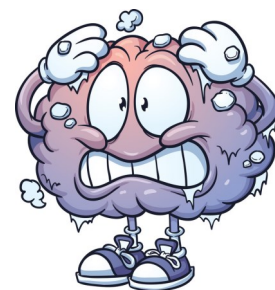
Rachael's cousin, Sherry, and her family have opened wide the door of possibilities for what Rachael's life can be. Despite an array of challenges that would have defeated most of us, Rachael's recovery has been nothing shy of miraculous, and AHIF is humbled to have played a small role in her continued improvement. Her story shows the improvement in the quality of life that can be achieved for TBI survivors with a dedicated and committed caregiver, an innovative program and students like those at Samford University.

Support for Bright Ideas Camp was provided by a grant from the Community Foundation of Greater Alabama and the Robert Meyer Foundation. Alabama Head Injury Foundation looks forward to additional milestones in Rachael's journey of recovery.

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You shop. Amazon gives.

You can help AHIF provide services to survivors like Rachael by choosing Alabama Head Injury Foundation when you make regular purchases from Amazon. Just go to <https://smile.amazon.com/ch/63-0893496> and support AHIF through all your holiday purchases!

# Brain Freeze Challenge Gets A 2018 Makeover



Three years ago, AHIF introduced its “Brain Freeze Challenge” August initiative. The concept rose from a recurring testimony from TBI survivors who described a persistent headache following their injury they could only describe as a constant “brain freeze.” AHIF decided to help raise awareness about TBI, its causes, and the challenges faced by those living with TBI, by encouraging individuals across the state to give us their best brain freeze look.

This year, AHIF decided to strengthen the connection between the “Brain Freeze Challenge” and awareness events across the state.

AHIF provided educational in-services at healthcare facilities across the state, with each culminating in a “Brain Freeze Challenge” activity.

AHIF partnered with Hare Wynn Law Firm to read an illustrated book about brain injury to students at Avondale Elementary, encouraging students to take preventative steps to avoid brain injuries in their own lives.

AHIF also partnered with Heninger Garrison Davis Law Firm and with Carney Dye Law Firm, along with UAB’s TRIP Lab, to use their mobile distracted driving simulator to demonstrate the dangers of distracted driving and the risk of causing a brain injury.

Till Hester Eyer & Brown accounting firm and Encompass Lakeshore also hosted brain freeze challenges to help raise awareness about TBIs.



*Heninger Garrison Davis (above) and Carney Dye (right) using the distracted driving simulator.*



*Hare Wynn attorneys Jason Early and Devan Byrd read to students at Avondale Elementary*



*Gadsden Regional Hospital (top right), Encompass Gadsden (top left) and Encompass Dothan (below) all held in-services to educate staff about traumatic brain injuries.*





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**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.*

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



## Janet Massey Announces Her Retirement

For the last 22+ years, Janet Massey has been a fixture as AHIF Executive Assistant and the very glue that has helped the organization support the thousands of TBI survivors it has during her tenure. Janet will officially retire on December 31, 2018, and we know that you will join the AHIF Staff, Board of Directors, AHIF clients and caregivers in thanking Janet for her selfless service to improve the quality of life for survivors of traumatic brain injury and for their families.



## AHIF welcomes UAB Social Work intern

AHIF is excited to announce that, beginning January 2019, Emily Jenkins will begin a three semester, 900 hour internship with AHIF. Emily is pursuing a masters of social work at UAB and received her undergraduate degree from Samford University. We are tremendously excited about the insight she will provide to enhance our existing programs and services and ideas she will bring of how AHIF can better serve our clients and their caregivers.

