

Patton Ridge Apartments scheduled for completion in January 2006



A cooperative effort between Accessible Space, Inc. and the Alabama Head Injury Foundation, the U.S. Department of Housing and Urban Development, the Federal Home Loan Bank of Atlanta, the Alabama Impaired Driver's Trust Fund, and the City of Hoover, Patton Ridge will provide eighteen, barrier-free, subsidized apartments for people with traumatic brain injury and/or other physical disability in Hoover, Alabama.

It is not too late to apply! For more information, or to request a Housing Application, phone Accessible Space, Inc., toll free at 1-800-466-7722 extension 284 or go to the website, www.accessiblespace.org to apply online.

Hurricane Katrina Relief

AHIF teams up with the Brain Injury Association and the Christopher Reeve Paralysis Foundation

Funding recently awarded by the Christopher Reeve Paralysis Foundation, through their Quality of Life grants, will assist victims of Hurricane Katrina currently in Alabama. The requested funding, along with additional commitments from the Brain Injury Association and the Alabama Head Injury Foundation, will help people with brain injury and/or spinal cord injury who are either residents of Alabama, or who are currently in Alabama displaced by the Hurricane.

With maximum efficiency and limited red tape, financial aid will be provided to: a) help acquire disability related equipment, supplies and assistive technology that was destroyed or left behind in the evacuations; or b) provide attendant care.

If you know of anyone in need of such help, please contact AHIF at 1-800-433-8002 or email to AHIF1@bellsouth.net

Easy In... Easy Out!

Richard Tidwell, is very proud of his new porch and ramp which was built on the front of the home where he lives with his parents in Marion County. Richard sustained a traumatic brain injury in 1997 resulting from a motor vehicle crash. He was sixteen years old. Tidwell experiences left side weakness and balance problems and walks with a crutch to stabilize his gait. He can now exit his home safely and independently.

This accessibility modification to his home was funded in great part by the Alabama Impaired Drivers Trust Fund through the AHIF Housing Program that assists people with Traumatic Brain Injury and/or Spinal Cord Injury with home accessibility and/or structural home repairs..



Local Fundraising Benefits AHIF Clients



Walkers begin to show up early for the Daniel Rainwater Memorial Walkathon

Rainwater Memorial Walkathon

The Daniel Rainwater Memorial Walkathon was held at Bloch Park in Selma, Alabama on October 15, 2005. All funds raised benefit local AHIF clients. Sponsors of the Walk were The Pilot Club of Selma, Mike Reynolds, WHBB-WDXX and Epsilon Sigma Alpha Sorority. There were walkers representing Meadowview Christian School, Inc. and Special Preschool Education Program, West Alabama Rehabilitation as well as individual supporters of AHIF.

Mobile Hidden Treasures Sale

The AHIF South Alabama Steering Committee raised over \$1,500 at their First Annual Hidden Treasures Sale at Mobile Christian School in Mobile on Saturday, August 6, 2005. The Mobile/ Baldwin communities showed their full support of AHIF programs and services in the area by their overwhelming donation of used items. Everything from trinket items to full sets of living room furniture were sold to generate local funds to benefit individual AHIF clients with financial needs as well as Recreational Support Groups in the local area.



Gene Sullivan, Allen Slater, Charlie Slater and Ron Haynes take a break from loading merchandise onto the truck for the Hidden Treasures Sale to smile for the camera!

Anniston/Gadsden Walkathon

The Anniston/Gadsden Alabama Head Injury Foundation Recreational Support Group and the Anniston Small Places Program held their local Walkathon on Saturday, November 5, 2005, at Oxford Lake to increase awareness about brain injury,

and raise funds to provide financial assistance for local AHIF clients and funding for the group's activities. Several local merchants donated items for free walker bags and for door prizes as well as food for the event.



Anniston/Gadsden AHIF Supporters prepare to "Stride Ahead" at their Walkathon.

B'ham Parisian Charity Day

The Birmingham AHIF Recreational Support Group participated in Parisian Charity Day in 2005. Members of the Support Group pre-sold tickets to customers for a Parisian discount and the opportunity to shop Parisian's before the stores opened to the public on Parisian Charity Day. Members also volunteered to assist the day of the event. AHIF received a portion of the pre-event sales and the sales of tickets during the event. These funds support the activities of the Recreational Support Group and provide assistance for local clients.

Pilot Club Members Lend Support to Huntsville Small Places

The Pilot Club of Huntsville recently provided a generous gift certificate to Small Places of Huntsville, an AHIF recreational day program for persons with brain injury. The focus of service for the Huntsville Pilot Club is people with brain related disorders. Small Places was selected as one of their projects. Their gift certificate will be used to buy food, games and supplies. In addition to providing the gift certificate, two Pilot Club members volunteer their assistance each week on Wednesday, when Small Places meets at The First Baptist Church on Governor's Drive. Many thanks to the Huntsville Pilots!



The Pilot Club of Huntsville president, Johnnie Cooper, (rt) presents a \$300 gift certificate to Huntsville Small Places Activity Coordinator, Terry Andrews, October, 2005.

WANTED! USED LASER PRINTER CARTRIDGES

Are you an employee of a business that uses multiple laser printers? Is your company located in Huntsville, Auburn, Montgomery, Birmingham or the Shoals?

We have a creative way that you can request that your employer donate the business's used laser printer cartridges to AHIF for recycling.

Talk to your employer, and explain the process:

1. The business provides a box in a central location where the Company's used laser printer cartridges can be deposited by employees.
2. The business appoints a Coordinator to publicize the program internally and coordinate collections.
3. Cartridges will be picked up every two weeks, as scheduled by our recycling company and the Coordinator will be given a receipt. AHIF will receive a check!
4. The company's donation will be acknowledged by the AHIF State Office.

If you need help making the contact, our Staff or a Volunteer can help. For further information call Sandy Koplon, Director of Community Outreach at 1-800-433-8002 or email her, SandyKoplon@bellsouth.net.



FROM THE PRESIDENT

The ALABAMA Head Injury Foundation

I capitalized the word "Alabama" in the heading above to draw attention to something that we need to remember. The AHIF is a STATEWIDE organization. It does not represent just one area of Alabama. It is not, for instance, "The Birmingham" Head Injury Foundation. We have been very fortunate over the years to have good representation in the organization from people throughout the state to ensure that our vision for the organization includes all citizens of the state who experience TBI. People such as Anita Winn and Andy Anderson from Mobile, Jack Sellers from Florence, John and Cathy Hicks from Gadsden, George Areno from Jacksonville, Carol Rainwater and Brenda McAfee from Selma, E. R. Brannon from Huntsville and Connie Shreve from Montgomery have guided the AHIF, often going the extra mile (literally!) to participate in meetings and events. This type of involvement is essential for a viable and effective organization. I am heartened to hear of the groundswell of support being generated in Mobile recently by Melissa Slater and the South Alabama Steering committee. The AHIF has responded to such statewide support by generating programs and services for the entire state. There are now Small Places recreation programs in eight locations in the state. Respite services are available statewide, and eight Resource Coordinators are positioned throughout the state to assist people with TBI and their families (generating over \$700,000 in donated services and equipment for TBI survivors in 2005 alone). As a measure of this statewide impact, I am pleased to report that another grant to build housing for people with TBI has been submitted by AHIF in partnership with Accessible Space, Inc. The planned housing development is in Mobile. If funded- and we are optimistic!-this will be the third apartment complex designed and built for people with disabilities in Alabama in which the AHIF has taken the lead role. Thank you to all the people in Mobile who helped to make this happen on such short notice. The Dogwood Terrace complex in Florence is flourishing and the Patton Ridge development in Hoover is scheduled to open in January, 2006. Now, it's Mobile's turn. Wow! Talk about an organization in action!

Tom Novack

AHIF GOALS

- I. Continue the Current Programs/Services :
 - HELPLINE: Information and Referral
 - Resource Coordination
 - Financial Assistance
 - Respite Care
 - Small Places
 - Camp
 - Housing
 - Education/Training
- II. Stimulate the Development of Neurobehavioral Treatment and Services
- III. Develop and Implement Volunteer Campaign
- IV. Increase Public Awareness of TBI

MEET OUR VOLUNTEERS



Diane Polito

Diane Polito's twenty-four year old son, Chad, sustained a traumatic brain injury on Mother's Day, 2001, resulting from a motor vehicle crash in Birmingham. Even as Chad was receiving acute care in the hospital, Diane realized that she had to be an advocate for her son in order to enable him to access the most appropriate services available. Diane's first experience with the Alabama Head Injury Foundation was atten-

dance at the local Birmingham Recreational Support Group meetings where she met other parents and family members, and shared experiences.

In 2004, Polito, Administrative Coordinator of Roads and Transportation for the Jefferson County Commission, volunteered to be a public awareness volunteer for the Alabama Head Injury. She trained to represent AHIF in United Way of Central Alabama's 2004 Campaign by speaking of her son's experiences with brain injury to local businesses and organizations. That year she made over seven presentations, telling her compelling story, and promoting AHIF as a member agency of United Way of Central Alabama. As a result of her success, the Jefferson County Commission "loaned" her to United Way for the 2005 Campaign. As a "Loaned Executive", Diane solicited contributions from employees of several large businesses in Central Alabama. Diane never misses an opportunity to tell of how the Alabama Head Injury Foundation continues to assist Chad and their family by providing emotional support, education, resources, services, and a volunteer position where Diane makes a significant difference!



Sherry Fowler

Photo by Jim Hannon. Printed with permission of Shoals Woman, Sept/Oct., 2005

Sherry Fowler's nineteen year old daughter, Darlene, was struck by an intoxicated driver in 1986. She sustained a very serious traumatic brain injury and was so incapacitated that her Mom and Dad were advised to place Darlene in a nursing home for round the clock care that she would need for the rest of her life. Instead, Sherry sought the necessary training and devoted her life caring for Darlene at home for nineteen years. Darlene died this year at the age of thirty-seven from pneumonia. Darlene is survived by her mother, Sherry, her

brother, Tony Fowler and sister, Rene' Grigsby.

Sherry has been an active volunteer with the Alabama Head Injury Foundation for many years. As a leader of the AHIF Shoals Recreational Support Group, Sherry worked diligently to increase awareness about brain injury, and increase resources available to family members. She was a member of the local steering committee instrumental in developing Dogwood Terrace, the first accessible apartment complex for people with brain injury and/or other physical disabilities in the Shoals area. Sherry's tireless efforts to secure funds for

Dogwood Terrace, even though her beloved Darlene's needs exceeded what could be provided there, is an example of Sherry Fowler's selflessness, and caring for others.

As a result of her volunteer activities, Sherry was named "Shoals Woman of the Year" at the 2005 Women's Expo on Saturday, August 27th at the Florence Lauderdale Coliseum.

In a letter of nomination from a group of parents and survivors of TBI in the Shoals, Sherry Fowler was described as "an inspiration to all who know her, as well as a supporting force in the lives of all Alabama families who have a loved one who has sustained a traumatic brain injury".

Amanda McBay's energy was boundless. She was a member of her high school gymnastic team. She was captain of the cheerleading squad. On weekends and after school, Amanda worked as a waitress and hostess. She graduated with a scholarship that she planned to use to become a CPA.



Amanda McRay

In 1989, at age nineteen, Amanda's life changed. While slowing down to get into the median to turn across the highway, Amanda's car was hit from behind by another car, causing her vehicle to flip three times. Amanda was ejected into oncoming traffic. She sustained a traumatic brain injury and was in the hospital in a coma for three months.

Amanda was a wife and mother. Her baby boy celebrated his first birthday while she was in a coma. Her son, now eighteen years old, has been raised by his father. Amanda missed his growing up years.

Today, Amanda, a thirty-six year old AHIF Volunteer, who uses a wheelchair, tells her story to high school students in Huntsville as part of the Alabama Children's Hospital's Think First Program. She explains, "Life goes on for me, but it is very different". She tells of the long difficult journey to get where she is today. A recipient of two scholarships from "Miss Wheelchair Alabama," Amanda tells the students that she will graduate from Athens State University this year with a liberal arts degree, and her plans are to write a book about her life.

Vicki Hill, State Chapter Director of Think First Alabama states "Amanda's presentation of her story is powerful as well as inspiring to the students. She helps them realize that a brain injury is life changing and can happen to any one of them."

*With each new volunteer, AHIF increases our effectiveness. **Won't you join our volunteer team today?** You will not only be helping others, but you will be making your own life more meaningful! Contact Sandy Koplou, Director of Community Outreach, 1-800-433-8002 to discuss your interests and AHIF Volunteer statewide opportunities or go to www.ahif.org. Flexible scheduling is available.*

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In Memory of Daniel Rainwater

Pilot Club of Selma, Inc.
 Mrs. Carol Rainwater

Visit our
 Website
 WWW.AHIF.ORG

- Obtain information about AHIF
- Learn about our services and programs
- Download current articles about brain injury
- Link to other brain injury websites
- Make a donation
- Learn about Volunteer Opportunities

Free CDC Tool Kit on Concussion Available to High School Coaches

Concussions can happen to any athlete—male or female—in any sport. Concussions are a type of traumatic brain injury (TBI) caused by a blow or jolt to the head that can range from mild to severe and can disrupt the way the brain normally works. More than 300,000 people sustain sports and recreation related traumatic brain injuries every year in this country. Coaches, athletic directors and trainers play a key role in helping to prevent concussion and managing it if it occurs.

To reduce the number of this type of injury, the Centers for Disease Control (CDC), with the support of partners and experts in the field, has developed a tool kit for coaches titled, **Heads Up: Concussion in High School Sports**. This kit contains practical, easy to use information, including a video and DVD featuring a young ath-

lete disabled by concussion, a wallet card and clip board sticker for coaches, posters, fact sheets for parents and coaches in English and Spanish, and a CD-rom with downloadable kit materials, and additional concussion related resources. A free copy of this tool kit may be downloaded or ordered from the CDC website: www.cdc.gov/ncipe/tbi/Coaches-Tool-Kit.htm, or by phone from The CDC Division of Injury, Disability Outcomes and Programs at 770-488-4031.

Readers: Please notify the coaches and athletic directors in your area of the availability of this excellent material.

Giving Opportunities to Show You Care

- **Cash Gifts/Credit Card Donations**
- **Bequest**—Designate the Alabama Head Injury Foundation as part of your estate or set up a gift annuity.
- **Stocks**—Use as a tax advantage—a great year-end idea!
- **Insurance**—designate the Alabama Head Injury Foundation as the beneficiary of a life insurance policy.
- **Tributes**—Honor someone living or deceased, or celebrate an occasion of graduation, promotion, birthday or holiday with a contribution to AHIF!
- **Matching Gift**—See if your company will make a matching gift.

Contact Charles Priest, Executive Director,
for further information at 1-800-433-8002.

Camp

By Meigan Porter, August, 2005

Camp ASCCA is for special people to have fun,
To get a chance to have fun in the sun.
For people of all ages, shapes and size
To come have some laughs and even cries.
God looks down on those who volunteer to help,
Who believe that those with brain injuries are not different
than themselves.

Handicapped people are no different than you and me
They can be very sweet, you see.
Well, that's my point and I hope you see
These people are no different from you and me.

Meigan, the nine year old sister of camper, Matt Porter, attended AHIF Summer Camp at Camp ASCCA with Matt and their family in August, 2005. Campers and buddies/families spent the weekend meeting friends both old and new and sharing a variety of camp activities. Megan read her original poem at the Talent Show, and many in the audience requested a copy.



Alabama Head Injury Foundation

AHIF

IMPROVING LIFE AFTER
TRAUMATIC BRAIN INJURY

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