

AHIF Citizen Advocacy Institute - Mobile

Join us at our Alabama Citizen Advocacy Institutes, a series of public policy and advocacy trainings held in Birmingham, Mobile, Decatur and Montgomery to help you become a more successful advocate. Each series will explore different ways to influence public policies that impact individuals and families living with brain injury.

Who is an Advocate?

If you have ever spoken up for yourself or on behalf of someone else, you are an Advocate! Advocates could include a person with a brain injury, or a family member of a person with a brain injury or someone who cares about them.

Why is Advocacy Important?

Despite past advocacy efforts, many people find that services for people with brain injury and funding for those services is woefully inadequate. People with brain injury do not receive nearly the same services and resources as people with other disabilities. In short, people with brain injury are being left behind and denied many supports and necessary services.

Why? Knowledge is power and our Citizen Advocacy Institutes will help you sharpen your skills in everything from effectively telling your story and understanding the legislative process to visiting with elected officials.

Where? Mobile: Regency Church of Christ, 501 South University Blvd., Mobile, AL 36609

When? 9:00 a.m.— 4:00 p.m. on August 5, September 9, October 14, and November 4, 2011

There will be a \$50.00 stipend provided to each participant per session (\$200.00 total) to offset expenses in order to attend.

How to apply: Applications are on the AHIF website at www.AHIF.org or call (205) 823-3818 in Birmingham or 1-800-433-8002 from anywhere in Alabama

Deadline for submission: April 30, 2011

This Project is supported in part by Grant 21MCO6738 from the Department of Health and Human Services (DHHS) Health Resources and Services Administration and Maternal & Child Bureau.

Brain Injury Awareness Month Declared by Governor Bentley



You can write to Governor Bentley to thank him for this Proclamation and share your story with him. Help him understand the lives of the citizens in his state

Governor Robert Bentley
State Capitol
600 Dexter Avenue
Montgomery AL 36130

www.governor.alabama.gov

Alabama Head Injury Foundation



IMPROVING LIFE AFTER TRAUMATIC BRAIN INJURY

3100 Lorna Road Suite 200
Birmingham, AL 35216



AHIF

AHIF is on the Web & on Facebook

Website: www.ahif.org
Register Online to attend the
AHIF Mobile Citizen Advocacy Institute - Details page 5

Download Materials for
Brain Injury Awareness Month:
Poster ~ Fact Sheets ~ Activities
Governor's Resolution

Facebook:

Search **Alabama Head Injury Foundation** to find posts from survivors, families, AHIF and more.
Join the conversation with your own post!

6

HEADLINES

Brain Injury Awareness Proclamations Across the State



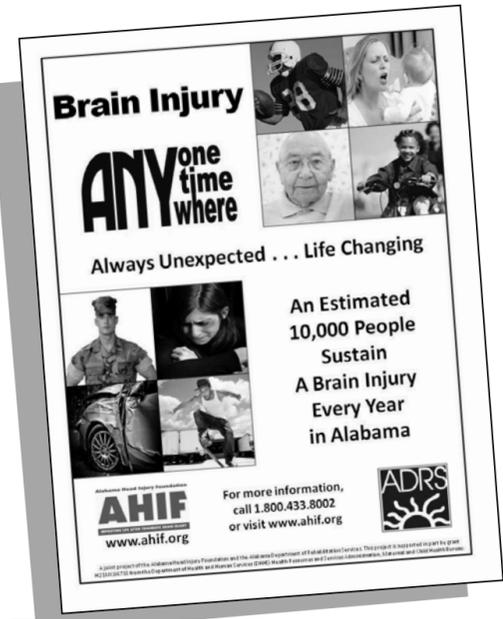
Daphne



Hoover

AHIF thanks the following mayors who have joined with Governor Robert Bentley in issuing proclamations in support of the recognition of people with Brain Injury during Brain Injury Awareness Month, not only in the state but also in their cities in Alabama: **Hoover**-Mayor Tony Petelos (pictured); **Daphne**-Mayor Fred Small (pictured); **Birmingham**-Mayor William A. Bell, Sr.; **Brewton**-Mayor Tom Jennings; **Montgomery**-Mayor Todd Strange; **Wetumka**-Mayor Jerry Wilson; **Andalusia**-Mayor Earl Johnson; **Auburn**-Mayor Bill Ham, Jr.; **Mobile**-Mayor Samuel L. Jones; **Millbrook**-Mayor Al Kelley; and **Prattville**-Mayor Bill Gillespie, Jr.

NON-PROFIT
U.S. POSTAGE
PAID
BIRMINGHAM AL
PERMIT NO. 3246



March is Brain Injury Awareness Month

Traumatic Brain Injury (TBI) can change lives forever. During March and throughout 2011, we urge you to share what you know about TBI with others. As more people understand the causes and results of brain injury and its impact on our society, better services will become available and, equally as important, we may be able to decrease the number of people sustaining TBI's.

Start by downloading our **poster and fact sheet** from the AHIF website. Print them out for your own use or for an organization. You may give them to as many people as you wish.

Over **1.5 million** individuals sustain a TBI each year in the U.S. including U.S. combat soldiers. According to www.caringnews.com, in 2000, the direct medical costs and indirect costs (such as lost productivity) of TBI was an estimated **\$60 billion** in the U.S.

Share these and other facts of TBI with others. Go to www.AHIF.org now to download the AHIF poster and fact sheets.

People with Brain Injury Speak Out

Twelve people/families living with brain injuries were trained in Montgomery on February 22, 2011 at the "Share Your Story" workshop held at the Independent Living Center.

AHIF is working with the Alabama Department of Rehabilitation Services and the Alabama Head Injury Task Force to educate the public regarding the impact of TBI on individuals, their families and the community.

This was the first of four trainings statewide conducted by Vikki Grodner of the Grodner Group in Birmingham to help teach persons with TBI and their family members how to share their personal experiences. By sharing their stories, their communities will understand better the unexpected and life-changing nature of brain injury.

This is the first of many activities being conducted all over Alabama in conjunction with Brain Injury Awareness Month.



The AHIF newly-formed Speakers Bureau will provide persons with TBI and family members to tell their stories to their Recreational Support Groups, civic and professional organizations as well as media outlets across Alabama during Brain Injury Awareness Month and throughout 2011. For information about future speaker training or to book a speaker contact Sandy Koplun, AHIF Special Projects Coordinator, at 205-823-3818 or 1-800-433-8002.

AHIF Board President



Keith T. Belt, Jr.

AHIF is pleased to announce the election of Keith T. Belt, Jr. as our Board President for the 2010-2012 term of office. Keith has served on the AHIF Board for five years and been instrumental in helping design the AHIF Car Seats for Kids program.

The Belt Law Firm, founded by Keith, serves clients in Alabama and the southeast region. Keith earned a B.S. degree in 1990 and a J.D. in 1994 both from the University of Alabama. Among the honors that he has received are the Hugo L. Black Scholar Award and the American College of Trial Lawyers Award for Most Promising Trial Lawyer.



In Alabama, over **1,500** people are disabled due to Traumatic Brain Injury **each year.**

Major causes of **brain injuries:**
 Falls 28%
 Motor vehicle crashes 20%
 Struck by or against objects 15%
 Assaults 11%



A Story of Survival: Sherry Jay

Sherry Jay, of Atmore, was employed in 2001 by Vanity Fair as supervisor of the Monroeville Accounting Group, working seventy to eighty hours a week, when she was injured while barrel racing, her recreational escape from work. Her

horse fell with her on the completion of a barrel racing competition and she suffered a TBI. Her impaired motor skills, including poor balance, are the lasting effects of her injury.

Sherry possesses an abiding faith in God and enjoys watching televised evangelical programs. She exercises in her home gym to keep her spasticity to a minimum and to build endurance. Ms. Jay makes things on her sewing machine for friends and prepares vegetables to put in her freezer. Sherry continues to ride horses at the recommendation of a physical therapist since it works on all muscles and her balance...but she has not returned to barrel racing!

"I cannot cry since my brain injury which is a godsend. In my opinion it is God's way of allowing me to deal with my injury instead of being depressed. I can focus my time on being thankful for what I am still capable of doing. Instead of crying, God has replaced my ability to laugh at the predicaments that I find myself in. My family and I have had a lot of good laughs since my accident. Laughing at situations that we have found ourselves in since my accident, helps keep things in perspective. What happens to us is not as important as the way we respond to it."

Sherry was most fortunate to have excellent insurance that enabled her to enter a rehabilitation Center in Atlanta, GA. She has come a long way - from being in a coma to walking with a cane. "My rehabilitation program taught me that I am not limited by time. It has been nine years since my injury and I still continue to improve."

"Most people with head injury enter a rehabilitation program to be fully restored. I have been told that no such program exists. At the same time, I will not let that "ceiling" limit my dreams. I do not know how far I can stretch. I have always imagined for myself a life of intellectual, emotional and spiritual growth. I still do."

Sherry attributes her progress to her strong belief in God, the support and love of her husband Mike, her son and her loving family, and Shepherd Center.

"If I were asked what I would likely recommend to someone with a devastating injury, I would say not to focus on their loss and "what might have been" but to fully live the life they have now and create new and achievable dreams to fit it. My life is truly mine and I am trying to learn what God intends for me to do with it."



ANNUAL REPORT FY-2010

ANNUAL REVENUE AND EXPENSES

	Unrestricted	Temporarily Restricted	TOTAL
Support and Revenue			
Grants	1,076,766	135,464	1,212,230
Contributions	26,571		26,571
Fundraising	67,109		67,109
United Way(s)	158,611		158,611
Interest, Other	10,368		10,368
Net assets released from restrictions	177,037	(177,037)	
Total	1,516,462	(41,573)	1,474,889
Expenses			
Programs Services	1,337,511		1,337,511
General & Administrative	139,816		139,816
Fundraising	23,509		23,509
Total Expenses	1,500,836		1,500,836
Net Assets At End of Year	\$178,254	\$165,126	\$343,380

Board and Staff

Board of Directors

Keith T. Belt, Jr., *President*
 Kim F. Hooks, *Vice President*
 Jack Sellers, *Secretary*
 Joe Ackerson, *Treasurer*
 Al Ellison, Jr., *Past President*

Jim Alosi
 Linda F. Coleman
 Drew Davis
 Deane Giles
 Ann S. Horne
 Thomas A. Novack

The mission of the Alabama Head Injury Foundation is to improve the quality of life for people who have survived traumatic brain injuries and for their families!

Staff

Charles D. Priest, *Executive Director*
 Wendy Hicks, *Program Director*
 Sandy Koplun, *Special Projects Coordinator*
 Donna Huckestein, *Bookkeeper*
 Janet Massey, *Executive Assistant/Clinic Coordinator*
 Janice Waters, *Secretary/Respite Coordinator*
 Shirley Estill, *Registry Assistant*
 Terrie Causey, *Dothan Resource Coordinator*
 Debi Dean, *Shoals Resource Coordinator*
 John Hicks, *Anniston/Gadsden Resource Coordinator*
 Holli Driver, *Auburn/Montgomery Resource Coordinator*
 Pat Motley, *Birmingham Resource Coordinator*
 Sandy Kiplinger, *Huntsville Resource Coordinator*
 Phyllis Lewis, *Selma/Tuscaloosa Resource Coordinator*
 Teresa Roberts, *Mobile/Southwest AL Resource Coordinator*
 Tina Adamson, *Walker/Shoals/Cullman Recreation Coordinator*
 Terri Andrews, *Calhoun/Huntsville/Gadsden Recreation Coordinator*
 Anthony Daniels, *Baldwin/Mobile Recreation Coordinator*
 Amber Tilson, *Birmingham Recreation Coordinator*
 Tiffany Wilkins, *Tuscaloosa Recreation Coordinator*
 Mason Wilson, *Montgomery Recreation Coordinator*



Annual Report FY 2010

During fiscal year 2010, AHIF continued to address the needs of its constituency through a variety of programs and services.

Resource Coordination: was provided to 916 people throughout the state, 285 newly injured.

Financial Aid: A total of \$904,160 was secured for clientele in donated goods and services.

Housing: Three accessible, affordable apartments in Florence, Hoover and Mobile served 57 residents.

Information and Referral: During the year, 766 people requested information on a variety of topics.

Respite Care: Through contracts with Home Health Agencies across the state, 62 caregivers were able to enjoy breaks from the constant duty of round-the-clock care valued at \$70,713.

Recreation: During the past year, the Small Places recreation programs served 95 people in Birmingham, Anniston, Jasper, Huntsville, Cullman, Tuscaloosa, Florence, Gadsden, Montgomery, and Baldwin County.

Recreation Support Groups: held 161 meetings across the state with 2,856 in attendance.

Volunteers: 322 volunteers provided 4,128 hours of service to AHIF.

Camp: Held on Lake Martin in August serving 24 campers.

Safety/Prevention: AHIF's "Car Seats for Kids" Program provided 2,422 free seats.

Grant Activity: AHIF and its partners, the Alabama Department of Rehabilitation Services, continued work toward increasing access to neurobehavioral treatment funded by the U.S. Maternal & Child Health Bureau, as well as developing educational services related to TBI.

Neurobehavior Clinic: 15 clients and their families received help from AHIF's Clinic and its collaborative partners: UAB, United Cerebral Palsy and the Alabama Department of Rehabilitation Services.

Staff Development: Staff members of AHIF continued to become nationally certified as Brain Injury Specialists by the American Academy of Certified Brain Injury Specialists - AACBIS.

Funding: These services were funded in whole and in part by the Alabama Impaired Drivers Trust Fund, United Ways of Central and West Alabama, Community Health Charities of Alabama, and generous donors like you!