BRAIN INJURY AWARENESS MONTH

Mar. 1 is Brain Injury Awareness Day

AAA - THREE FREE POSTERS

For a FREE Brain Injury Awareness Month Poster (22”x28”), contact the Alabama Head Injury Foundation (205) 991-3818 or email info@ahif.org

BRAIN INJURY AWARENESS MONTH LAUNCH PARTY

On March 1st from 7-9 pm at the Loews Hotel in downtown Birmingham, join the Alabama Head Injury Foundation for a kick-off event. There will be a no-host bar, free food by The Toaster, and a Special Guest Speaker who will discuss her personal story of recovery.

FREE BRAIN INJURY AWARENESS MONTH POSTER

The Alabama Head Injury Foundation has partnered with 3 non-profits to provide FREE Brain Injury Awareness Month Posters. You can download the poster and distribute it in your community.

AHIF MEMBERS

Please share this information with your members!

March is Brain Injury Awareness Month

Tragic brain injury (TBI) can change 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 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 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 $50 billion in the U.S. From 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 to share their personal stories. At the “Share Your Story” workshop held at the Independent Living Center.

The AHIF newly-formed Speaker Bureau will provide people 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 Sandi Koplon, AHIF Special Projects Coordinator, at 205-991-3818 or 1-800-243-3818.

AHIF

Alabama Head Injury Foundation

Headlines

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

Facebook:
Search Alabama Head Injury Foundation to find posts from survivors, families, AHIF and more.

Brain Injury Awareness Proclamations
Across the State

Daphne
Huntsville

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 Paul Small (pictured); Birmingham-Mayor William A. Bell, Sr.; Brownwood-Mayor Tony Ammonis; Montgomery-Mayor Todd Strange; Wetumpka-Mayor Jerry Welton; Andalusia-Mayor Earl Johnson; Auburn-Mayor Bill Harris, Jr.; Mobile-Mayor Samuel L. Jones; Millbrook-Mayor Al Kiley; and Prattville-Mayor Bill Gibson, Jr.

Brain Injury Awareness Month Declared by Governor Bentley

Join us at our Alabama Citizen Advocacy Institute, a series of public policy and advocacy trainings held in Birmingham, Mobile, Dothan and Montgomery to help you become a more successful advocate. Each series will explore different ways to influence public policy 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.

Who 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. As a result, people with brain injury are 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 every- thing from effectively telling your story and understanding the legislative process to visiting with elected officials.

When?

Mobile: Regency Church of Christ, 501 South Mobile or 1-800-243-3818 in Birmingham Mobile - 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 to cover expenses in order to attend.

WHERE?

Mobile: Regency Church of Christ, 501 South Mobile or 1-800-243-3818 in Birmingham

Applications are on the AHIF website www.ahif.org or call (205) 823-4331 to book a speaker contact Sandi Koplon, AHIF Special Projects Coordinator, at 205-991-3818 or 1-800-243-3818.

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Sherry was fortunate to have excellent insurance that enabled her to enter a rehabilitation facility in Atlanta, GA. She has some 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 by default. I have been told that such programs exist. At the same time, I will let that “safety net” become a crutch. Instead of crying, God has replaced my ability to laugh with joy, replaced my depression with a positive attitude and has replaced my inability to walk with 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.”

Sherry attributes her progress to her strong belief in God, support from her family and friends and dedication to learning to live a productive life. “If I were asked what I would 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 and accomplish dreams to fit it. My life is truly mine and I am trying to learn what God intends for me to do with it.”