



Join us at  
the 2013  
Inverness  
Member-Guest  
Tennis  
Tournament  
May 3-4!



## The 2012 Inverness Member~Guest Tennis Tournament

The 17<sup>th</sup> Annual Inverness Member Guest Tennis Tournament to benefit AHIF was held May 18-20, 2012. The event was hosted by the Inverness Racquet Club with Tennis Pro Jerry Nixon coordinating the tournament.

Serving on the organizing committee were Char and Rick Bonsack, Pam & Phil Bradford, Bennie Bumpers, Martha Douglas, Deane & Ronnie Giles, Ann and Ken Horne, Cindy & Jim Kiel, Buddy McDaniel, Jerry Nixon, Tery Sherer, Susan Smith and Vicki Vickers along with AHIF Executive Director Charles Priest. Others were Cady Block, Paula Crosby, Juliette Galindo, Alice Goss, John Hilmer, Kim Hooks, Donna Huckestein, Bonnie Johnson, Sandy Koplon, Susan Levine, Janet Massey, Pat Motley, Diane Polito, Lisa Roberts, Stephen Wadsworth, and Janice Waters.

On Saturday evening, tennis participants, family and friends celebrated the weekend with a dinner, silent auction and entertainment at the beautiful Inverness Country Club. Flickering candlelight and delightful summer bouquets of hydrangea, lilies and queen anne’s lace adorned the tables while the Goodfellows jazz musicians enhanced the ambiance, all arranged by Décor Chair Char Bonsack. Auction items, coordinated by Auction Chair Pam Bradford, included prized Alabama football memorabilia, a Porsche experience at Barber’s, pampering at local spas and many other enticing items.

The 2012 Inverness Member Guest Tennis Tournament raised over \$40,000 for AHIF.

Alabama Head Injury Foundation

# AHIF

IMPROVING LIFE AFTER TRAUMATIC BRAIN INJURY

3100 Lorna Road Suite 200  
Birmingham, AL 35216  
www.ahif.org



This edition of Headlines was produced in part by AL TBI Grant H21MCO6738 from the Dept. of Health & Human Services Health Resources & Service Administration Maternal & Child Health Bureau.

## AHIF SPRING “BUDDY” CAMP

**Date:** April 12-14, 2013  
**Ages:** 18 and Up  
**Camp Fees:** \$30.00 per person  
**T-Shirts:** \$10.00 each (Optional)



**Applications are accepted on a  
first come, first serve basis.**

Call 205-823-3818 or 1-800-433-8002 to request your application. After you return the completed application and \$30 camp fee, we will send you a confirmation letter and map.

**AHIF APPLICATION/PAYMENT DEADLINE IS  
MARCH 1, 2013**

**IF ACCEPTED, CAMP ASCCA APPLICATION  
DEADLINE IS MARCH 22, 2013**

NON-PROFIT  
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Spring 2013



## AHIF Serves U.S. Veterans with Traumatic Brain Injury in Alabama

As U.S. service men and women return home from Iraq and Afghanistan, we are reminded that Traumatic Brain Injury (TBI) is the signature injury of modern warfare. Pat Motley, AHIF Resource Coordinator reports that in St. Clair County, she is working with Lakeside Hospice-Behavioral Services, MAPS, Eden Westside Baptist Church, and several area veteran’s programs, such as the AM Vets and DAV, to provide support and assistance to Veterans who are survivors of TBI and/or PTSD.

The Cornerstone Café Veterans Support Group was formed in 2012 by concerned members of these organizations. Counselors facilitate the meetings where veterans and their family members are encouraged to share with the group any frustrations, concerns, or issues they are experiencing.

As issues emerge, the veteran and/or their family members have the option of 1) working one-on-one with a professional from the group who has experience/knowledge in dealing with similar issues or 2) discussions with input from all of the professionals and volunteers involved.

In one case, this group was able to identify a volunteer driver to take a Veteran (and spouse) to the Birmingham VA for medical appointments. Finding a place to park and being able to walk to the VA Clinic was a major concern for this Veteran. In having a volunteer drive them to the front door of the VA those worries were completely eliminated. A quick call to the volunteer’s cell phone after their appointment was all they had to do to be picked up and on their way home in record time. While it may seem a little thing, to this Veteran, on this day, a volunteer driver made a tremendous difference.

Continued on page 2

## The Alabama Sports Concussion Information Dissemination Plan is Under Development

The Alabama Sports Concussion Law, passed in 2011, is intended to prevent, identify and treat concussions including how soon a student athlete can return to play. It applies to all athletic organizations statewide.

The Alabama Sports Concussion Dissemination Plan will get information out to parents, student athletes, educators, coaches and athletic associations about the Alabama Sports Concussion Law, return to think and play, and other important concussion issues.

With funding from the Health Resources Services Administration, The Alabama Head Injury Task Force is partnering with the University of Alabama at Birmingham (UAB) to develop this Dissemination Plan.

The Plan will include Alabama specific materials, as well as state and national resources. Information and materials will be disseminated to schools, recreational and sports organizations and partnering agencies and organizations.

Collaborating on this plan are the Alabama Department of Rehabilitation Services, Children’s of Alabama, the Alabama Head Injury Foundation, Alabama Disabilities Advocacy Program, and Kohl’s Think First Alabama. For information about concussions including prevention and treatment go to: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

## According to the Center for Disease Control (CDC)



- All concussions are serious,
- Most concussions occur without loss of consciousness.
- The recognition and proper response to concussions, when they first occur, can help aid recovery and prevent further injury, or even death.



## Across the State AHIF Helps Veterans with TBI

### St Clair County

Serving Veterans - Cont. from Page 1

In another situation, the wife of an Iraqi war Veteran came to the support group. She told her husband's story and described some of his problematic behaviors. Many in the support group were able to relate, having had similar situations. This veteran's spouse needed to talk and to hear that others had similar experiences and to learn what they found helpful. After that meeting, she felt more encouraged about the future. It is true; we find great comfort in knowing we are not alone and that there are people who care.

**The Cornerstone Café Veteran's Support Group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month from 10:30 to 12:00 noon at the Cornerstone Café located at Eden Westside Baptist Church.**

The Alabama Head Injury Foundation is excited to be part of this group and looks forward to providing emotional support and, when appropriate, resource coordination to veterans who are survivors of traumatic brain injuries.

For more information, contact AHIF Resource Coordinator Pat Motley, at 205-594-4992 /[patmotley@windstream.net](mailto:patmotley@windstream.net) or Teresa Carden at 205-884-1111/[tcarden@lakesidehospice.org](mailto:tcarden@lakesidehospice.org).



### Your Business Can Support AHIF While Promoting Your Product:

Inverness Dermatology & Laser held an Open House event in October, 2012 at its Hoover location. There were demos of products and specially priced services available "one night only". Dr. Jacobson (below) and her colleagues donated 10% of all proceeds to AHIF.

In addition, AHIF brochures and other information was given out—raising awareness of TBI and AHIF. Thank you, Inverness Dermatology & Laser!



If your company would like to support AHIF with a similar event, March would be the perfect time. It's Traumatic Brain Injury Awareness Month! For more information, call 205-823-3818 today.

### Tuscaloosa

In 2009, Phyllis Lewis, AHIF Resource Coordinator and a military veteran who served as a Captain in the U.S. Army Reserve, had a dream of forming a Traumatic Brain Injury Support Group for veterans at the Tuscaloosa Veteran Administration Hospital. As Phyllis began pursuing this collaboration, she met Dr. Mia A. Bergman, a Licensed Clinical Psychologist, who also had this vision. Thus began the journey of putting into action their shared dream.

Phyllis Lewis, Dr. Bergman and Rhonda Snow, the VA TBI Poly-Trauma Coordinator, met numerous times with VA officials until all details were resolved. Together, AHIF and the VA then began providing this service to returning Veterans and others.

The TBI group focuses on adjustment and support. Dr. Bergman has also organized meetings on topics such as sleep disorder, nutrition, medication and pain management. Often there are specialists invited on these subjects to address the veteran's issues. Veterans are also encouraged to make requests on topics of interest.

Today, meetings are led by Dr. Bergman whose specialties are Rehabilitation and Clinical Neuropsychologist. She is also an Adjunct Professor of Psychology at The University of Alabama. Seeing her dream come true, Phyllis Lewis, AHIF Resource Coordinator and Certified Brain Injury Specialist, assists with the meetings

**The TBI Support Group Meetings are held the last Friday of each month, from 3:00 – 4:00 pm, in the VA Transition Center. The Tuscaloosa VA hospital is located at 3701 Loop Road East, Tuscaloosa AL.**

### Young Professionals Sought to Share Knowledge & Support

AHIF will soon be forming a Junior Advisory Board. This board will consist of young professionals who share an interest in TBI and the mission of the AHIF. The Junior Advisory Board will work with the Board of Directors to host annual benefit events and also volunteer throughout the year for AHIF activities.

Anyone who is interested in applying to join the Junior Advisory Board or wants more information can email AHIF at [ahif1@bellsouth.net](mailto:ahif1@bellsouth.net).



## An Alabama Veteran with a TBI



St Clair County is home to a U.S. Veteran we'll call Jason. In 2009, Jason was a U.S. Marine serving in Afghanistan. His job was to go ahead of his unit to search for anything that might harm the unit. For months he performed his duties without incident, however, there came a day when his life was forever changed. An IED exploded and, as a result, he sustained a severe traumatic brain injury.

Jason, now retired from the Marine Corps, lives in Pell City with his wife and 3 young children. He is experiencing difficulty with concentration, has short-term memory deficits, frequent and severe headaches, light sensitivity, and has difficulty when trying to retain new information. These issues, which are often seen after a TBI, were making his efforts to complete his college education very complicated and frustrating.

During a conversation with his AHIF Resource Coordinator, Pat Motley, he was referred to the Alabama Department of Rehabilitation Services for assessment of his specific needs with the possibility of providing accommodations that could help make his academic efforts more successful.

Jason is attending Jefferson State College with benefits through the GI Bill. After finishing Jefferson State College, he wants to attend a 4 year college to pursue a Bachelor's degree in International Business.

He is an active member of MAPS, or Military Assistance Personal Support, a group formed by vets in St. Clair Co. and dedicated to helping other veterans and their families. The goal of MAPS is to not let any vet "fall through the cracks". For additional information on MAPS contact Otto Fox at 256-493-9191 or [OttoFox2@aol.com](mailto:OttoFox2@aol.com).

Jason also speaks to church or civic groups about his time in Afghanistan and the struggles of life following traumatic brain injury. In the Marines, he was a valiant soldier: now he is bravely adjusting to a different life while also helping fellow vets. He is an inspiration to all that know him.



## Grassroots Citizen Advocacy in Alabama

The Alabama Citizen Advocacy Institute Traumatic Brain Injury Leadership Class of 2012, funded by the MCHB Alabama TBI Grant, culminated its training on November 2, 2012 with a "mock" Legislative Hearing.

Once a month, from August to November, 2012 eighteen persons came from all parts of Alabama to be trained. Their goal was to learn to advocate, using their own personal story concerning TBI, in their own communities and at all levels of government to support public policies that expand services and improve treatment for persons living with TBI in Alabama.

The Institute training model was from the Minnesota Brain Injury Alliance. Appropriately, during March, Brain Injury Awareness Month, the Class will meet again in Montgomery to see the State Legislature in action.

### Mission

To improve the quality of life for people who have survived traumatic brain injuries and for their families.

### Board of Directors

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

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## Annual Report FY 2012

### REVENUE & EXPENSES

Support and Revenue	
Grants	935,504
Contributions	147,769
Fundraising	55,105
United Way(s)	164,837
Interest, Other	10,047
Net assets released from restrictions	143,557
<b>Total</b>	<b>1,456,819</b>
Expenses	
Programs Services	1,283,374
General & Administrative	141,971
Fundraising	13,618
<b>Total Expenses</b>	<b>1,438,963</b>
<b>Net Assets At End of Year</b>	<b>\$353,753</b>

### Programs & Services

During fiscal year 2012, AHIF continued to address the needs of its constituency through a variety of programs and services.

**Resource Coordination:** was provided to 845 people throughout the state 176 newly injured.

**Financial Aid:** A total of \$899,278 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, 504 people requested information on a variety of topics. 104 presentations were delivered by staff to 3,175 people.

**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 \$69,198.

**Recreation:** During the past year, the Small Places recreation programs served 85 people in Birmingham, Anniston, Jasper, Huntsville, Cullman, Tuscaloosa, Florence, Gadsden, Montgomery, and Baldwin County.

**Recreation Support Groups:** held 145 meetings across the state with 2,712 in attendance.

**Volunteers:** 124 volunteers provided many hours of incredible service to AHIF.

**Camp:** Held on Lake Martin in August serving 27 campers.

**Safety/Prevention:** AHIF's "Car Seats for Kids" Program provided 2,859 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 providing training on brain injury and helping to promote Sports Concussion preventing and awareness.

**Neurobehavior Clinic:** 26 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 maintain national certification as Brain Injury Specialists by the American Academy of Certified Brain Injury Specialists – AACBIS.

**Funding:** These services were funded in whole or in part by the Alabama Impaired Drivers Trust Fund, United Ways of Central and West Alabama, the Alabama Child Passenger Restraint Act, and generous donors like you!