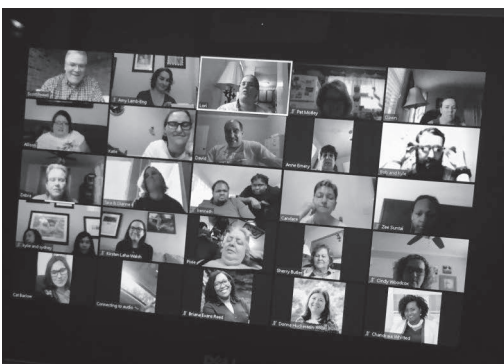


## AHIF Adjusts To Life In A COVID-19 World

In March 2020, life changed for all Alabamians, and for AHIF, due to the presence of the COVID-19 virus. There were few parts of our daily life routines that were not impacted by these changes, and for AHIF our programs were immediately impacted.

Support group locations could no longer accommodate our meetings. Our Resource Coordinators could no longer visit with those we serve in their homes. Camp ASCCA, and our university partners, were no longer able to allow our recreational camps or therapy-based camps to be held there.

Sadly, social isolation is nothing new for so many of our clients and caregivers...as social isolation has long been the most common complaint of survivors of TBI. Knowing this, AHIF could not sit idly by waiting for the quarantine period to end.



*This image has become familiar to many of us now as what a "face to face" meeting looks like during a quarantine*

As each of us did in our own personal lives...AHIF had to adjust! We began the process of moving all of our support groups to Zoom meetings, exploring and figuring out this technology at the same time as many of those we serve.

We began offering statewide programs, discovering a new concept of bringing together clients and caregivers from all across our state that we plan to keep doing even after this quarantine period is over. These sessions included a presentation from ABC 33/40's James Spann on severe weather preparedness, a reading of a children's book, AHIF Zoom Bingo Nights, Disney Jeopardy, and a session on tips for coping with COVID.

As Summer approaches and the state begins "opening" again, AHIF plans to continue working to provide creative, exciting and meaningful programs using the technology available while also re-introducing our original programs as it is safe to do so. We appreciate all those who have helped us make this transition, and to our clients and caregivers who have been so flexible with us in this time.



*James Spann speaks to AHIF support group attendees about severe weather preparedness*



*AHIF provided a session on tips for coping with COVID-19*



## A note from AHIF Executive Director Scott Powell

There is no blueprint for how to react to something like COVID-19. It is unprecedented. You cannot turn on the news, hear the stories, and not have it touch your heart. There are the terrible stories of those who have lost their lives, those who are critically ill, of job losses and businesses closing and individuals in desperate financial situations.

You cannot ignore these realities...and they definitely deserve our attention. But how does a nonprofit agency that was working before COVID-19, providing essential services to a vulnerable population in need, respond? TBIs have not taken a day off. Throughout the months of this pandemic, there has been no decrease at all in the number of new TBIs being sustained, or the referrals to AHIF for services to newly injured individuals. There has been no decrease in demand for our services, and in fact the unique challenge of this time actually heightened the challenges faced by many of those we serve.

How does AHIF demonstrate a sensitivity to the truly unique times in which we are living and yet still draw appropriate attention to the very real and enduring needs faced by those we serve, when all focus and attention is being placed on this new and present danger that is COVID-19?

It my hope and prayer that, in this time of uncertainty and turmoil, you will not forget the consistency and dependability of Alabama Head Injury Foundation and the essential programs and services your support of AHIF makes possible to the 2,800+ survivors we served before COVID-19, during this current pandemic, and that we will continue serving long after COVID-19 is gone.

## AHIF Birmingham Regional Board reschedules Beer, Band & BBQ Event

AHIF's 6th Annual Beer, Band & BBQ was another casualty of the COVID-19 quarantine. We have rescheduled this event for Saturday, September 12th from 12:00-4:00 p.m. Visit our website, [www.ahif.org](http://www.ahif.org) or the AHIF Facebook page for additional information as we near this rescheduled date!



## AHIF Wiregrass Regional Board plans Heads and Tailgate Party for September

AHIF's Wiregrass Regional Board is planning a low country boil Tailgate Party for September 26th! Football games will be playing on large TVs along with delicious food and live music. Watch for more information on our website and Facebook page in the coming months!

## AHIF hopes you remember to use AmazonSmile for purchases

AHIF recognizes many might be ordering more on-line as businesses are closed and virus concerns abound. Please consider choosing AHIF and using AmazonSmile to help raise money for AHIF.

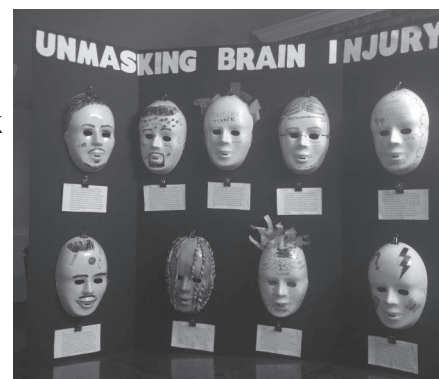


Through your use of Amazon Smile, AHIF has received more than \$365 just by everyday shopping at Amazon!

## Living Behind the Mask of TBI

Each day we are bombarded with news stories about shortages of protective masks, and ordinances requiring us to wear masks in public. Few people understand what it is like to live under the mask of traumatic brain injury. TBIs alter one's ability to express yourself and your identity as you once could and currently desire, and robs survivors of the ability to truly be understood and known for who they are.

AHIF was fortunate to have recreational therapy students from the University of South Alabama come to our Mobile Support Group and work with survivors to make their mask, revealing the individual behind the mask of TBI.



## AHIF works with local churches to “ramp” up our services

Aubryon was the victim of a shooting in the Eufaula area shortly after he moved to the area. The shooting left him with a TBI and multiple physical limitations as well. He was referred to AHIF and our Wiregrass Resource Coordinator Cindy Woodcox. Cindy worked with Aubryon and his family to help get some medical bills written off and to secure some durable medical equipment. Cindy also reached out to



*Aubryon and his family with their new ramp*

Christian Life Church, whose community mission team raised all the funding to purchase the supplies for a wheelchair ramp and built the ramp themselves for Aubryon and his family! They now visit the church on Sundays as well!

Eveora used to attend Church of the Highlands, but recently moved and could no longer make it to church. However, the church remained in touch and maintained fellowship with her. When the church realized she needed a new wheelchair ramp, they came together to allocate \$1,400 for a ramp, and AHIF identified a local carpenter, Dave Taylor, who built the ramp to help Eveora safely navigate her new space! AHIF is grateful to Church of the Highlands for their generosity and to Mr. Taylor for his excellent work!



*Eveora with her new wheelchair ramp*



## AHIF Welcomes Two New Resource Coordinators



**Jenn O'Dell -  
Central AL  
Resource  
Coordinator**

Alabama Head Injury Foundation welcomes Jenn O'Dell as our first Resource Coordinator dedicated just to Central Alabama. Jenn was an intern with AHIF for the Summer and Fall 2019 semesters, and brings a skill set that includes a Masters in Rehab Counseling and a deep knowledge of veteran-related TBI through her military service as a field medic.



**Briana Reed -  
Northeast AL  
Resource  
Coordinator**

Alabama Head Injury Foundation is pleased to welcome back Briana Reed as our Northeast Alabama Resource Coordinator. Briana served in this role in 2016 before moving to Nashville. We welcome her back to Alabama and to AHIF where she reassumes the role she had serving clients in the northeast Alabama region!

## AHIF's Janice Waters Announces Her Retirement

If you have ever called or visited the AHIF corporate office for any reason, there is an excellent chance you have met Janice Waters. There is an equally excellent chance that, like so many others, she took time to learn your story, to make you feel welcome, and to meet your needs however she could. For 20 years, Janice took time to make each client and caregiver she spoke to feel important, valued, and offered what they often needed most...a patient ear to just listen.

In addition to providing support services for all AHIF staff, Janice found a special satisfaction in coordinating our recreational camp program and our respite care services. She spent countless hours establishing relationships with the home health agencies providing our respite care, but also with the caregivers who

benefitted from the program. In a recent Facebook post, one caregiver referred to Janice as "the angel on the other end of the phone." We look forward to celebrating Janice appropriately once the COVID-19 situation has passed, and wish her the very best in her retirement after so many years of selfless service to the clients and caregivers we serve! Thank you Janice!



## AHIF Partners With Universities For Summer Programs

Although COVID-19 led to the initial cancelation of four AHIF Bright Ideas TBI Camps in Summer 2020, AHIF reached out to our university partners and has identified some exciting opportunities in this “Virtual” time of social distancing. We remain optimistic that we will still be able to offer at least four Bright Ideas TBI Camps in Fall 2020.

AHIF has partnered with the University of Alabama Speech and Hearing Center and Auburn University Speech Department to offer virtual therapy-based sessions to our clients. AHIF has also partnered with Samford University’s Physical Therapy program to offer a similar therapy-based program.



### UA Speech Therapy Sessions

**Dates:** June 8 - July 24, 2020

**Time:** 7 one-hour sessions

**Participants:** 7 groups of 5 clients (35 total)



### AU Speech Therapy Sessions

**Dates:** June 1 - July 28, 2020

**Time:** 3 one-hour sessions each week for 3 weeks

**Participants:** 3 groups of 7 clients (21 total)



### Samford Physical Therapy Sessions

**Dates:** May 25 - July 24, 2020

**Time:** 3 one-hour sessions each for three weeks

**Participants:** 12-18 clients

## AHIF Plans Two Weekend Camps in Fall 2020

AHIF was able to reschedule its canceled weekend Camp at Camp ASCCA from March to Fall 2020, and is still planning its first weekend camp at beautiful Camp McDowell for Fall 2020 as well. If you are interested in attending one of these two camp opportunities, please contact your local Resource Coordinator.



**AHIF Weekend TBI Camp at Camp ASCCA - October 2-4, 2020**

**AHIF Weekend TBI Camp at Camp McDowell - November 6-8, 2020**



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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.*

**AHIF is a proud partner of:**

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



## AHIF Is Asking You To Help Us Do More

**Providing** wheelchair ramps to TBI survivors moving into the home of a loved one following their injury...

**Providing** an Amazon Echo Dot to a TBI survivor struggling with memory loss...

**Providing** a silent smoke alarm to a veteran with a TBI who also has PTSD...

**Providing** free respite care to a caregiver needing a break from their 24/7 duties of caring for a TBI survivor...

**Providing** free mental health counseling to a TBI survivor and/or a caregiver struggling with the consequences of their injury

**Providing** a free recreational support group, recreational camp or therapy-based camp experience for a TBI survivor

These are just some of the countless opportunities your support of AHIF makes possible for our clients and caregivers. In a time when so much focus is placed on the overwhelming affect that COVID-19 is having on our world, we ask that you not forget the powerful, tangible, and local impact your giving has on those around you and across our state living with the effects of TBI. Please consider a gift to AHIF to help us not only continue providing the vital support services we have for the last 35+ years, but to help us **Do More** for our clients who so desperately need help and assistance to experience the quality of life that we so often take for granted. Thank you for your support of AHIF!

**Your tax deductible gift can be mailed to AHIF or you can give on-line at [www.ahif.org](http://www.ahif.org).**