

## AHIF Recognizes Brain Injury Awareness Month

Despite the continued disruptive impact of COVID-19, AHIF marked March 2021 as Brain Injury Awareness Month. Although traditional awareness initiatives were not possible, AHIF staff showed creativity in finding ways to still spread awareness.

### CEU Programs

AHIF was able to provide Social Work CEU programs to referral sources and other community partners in Florence, Birmingham, Phenix City, Montgomery and Mobile during March, both in-person and virtually.



### Video Testimonies

AHIF clients, caregivers, staff, Board members, volunteers, and community partners took time to share a video testimony of why Brain Injury Awareness Month was important to them. The videos were posted to AHIF's Facebook page, YouTube channel, and website throughout the month.

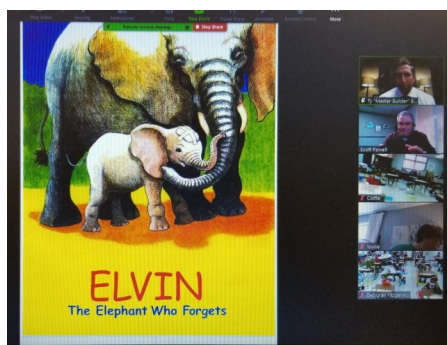
### Survivor's Panel

On March 31st, AHIF held its first Zoom Survivor's Panel. Several brave TBI survivors took time to share their personal journey with more than 200 total viewers through Zoom and live-streaming of the event. The video of these power testimonies is currently on the AHIF website and YouTube channel.



### Reading to Children

AHIF staff were able to read Elvin, the Elephant Who Forgets to classrooms across the state, and shared safety measures kids can take to protect themselves against a potential head injury. Marsh, Rickard & Bryan Law Firm attorney Ty Brown also helped read with students from Tarrant Elementary School in Birmingham.





## A note from AHIF Executive Director Scott Powell

If you are like me, there has been a time when someone shared a story that touched you so strongly that you wanted to share it with others. When you did, somehow it felt incomplete, and you might have said "John really tells this story a lot better than I can."

The Board and staff of AHIF have a tremendous passion for the mission and vision of AHIF, but no matter how hard we try we can never match the emotion or power of a TBI testimony shared by those with lived experience.

Throughout March 2021, we all were blessed by the strength, passion and vulnerability of so many clients and caregivers who shared from their heart the tragedy, disappointment, hope and perseverance that defines their individual TBI journey.

For many of us, we have heard these stories for five, ten, even twenty years, and yet the raw emotion present within each individual testimony can still bring us to tears and change our very life perspective for what we consider to be a daily challenge or struggle.

To each of AHIF's 1,600+ clients, and the countless family members and friends that constitute their support system, we honor you

not just this Brain Injury Awareness Month, but each and every day for the daily example you set for each of us for what it truly means to be a survivor.

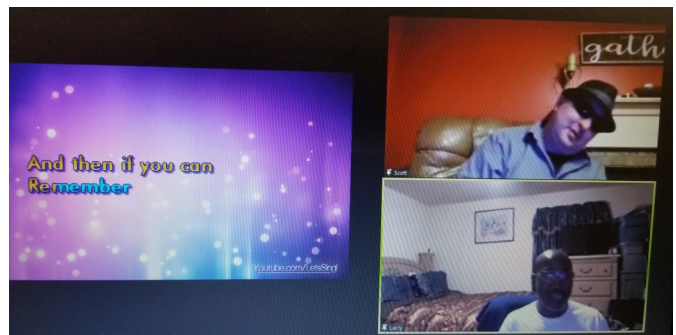
## Totally Brave Individual



## AHIF Holds Its First Zoom Karaoke Night!



AHIF clients impressed us all with their singing skills in our first ever Zoom Karaoke Night! Our talented clients performed everything from Dione Warwick to Florida Georgia Line to Rachel Platten. If you would like to hear their talent, you can find the videos on our Facebook page, YouTube channel, and website!



## AHIF Welcomes Back Its Bright Ideas TBI Camps

After a year in which COVID-19 forced the cancellation of all Bright Ideas TBI Camps, AHIF is excited that Bright Ideas Camps will return in Summer 2021.



Auburn University - June 29 - July 1

Samford University - July 13-15

University of Alabama - July 20-22

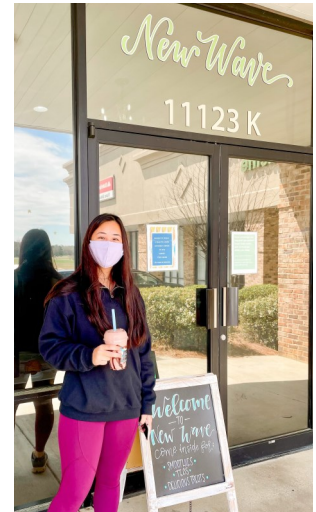




## New Wave Montgomery “goes green” for AHIF

AHIF is thankful to New Wave Montgomery for their generous support of Brain Injury Awareness Month by giving a portion of all their green Bora-Bora Loaded Tea sales for the weekend of March 19-21 to AHIF. They also allowed AHIF to share information in the store to help spread awareness about TBI and AHIF’s support services.

New Wave  
NUTRITION



## AHIF thanks our generous sponsors of Brain Injury Awareness Month!

After losing all fundraising events in 2020, AHIF pivoted in 2021 and sought sponsors for AHIF’s Brain Injury Awareness Month. AHIF is thankful for these generous supporters!

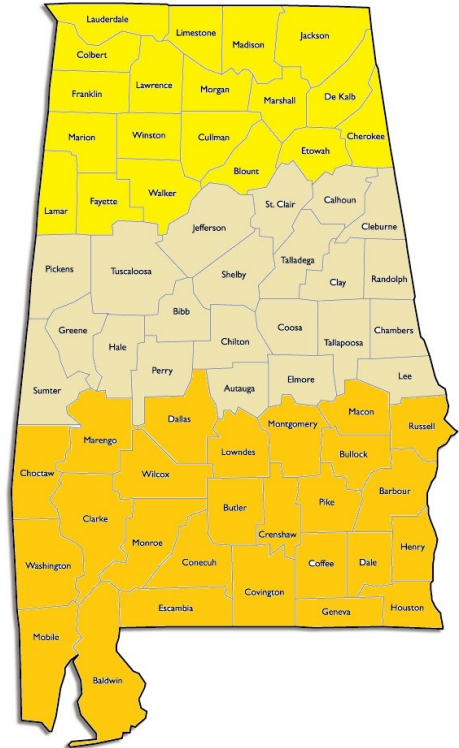


## AHIF Restructures To Better Serve Our Clients

In our response to COVID, AHIF realized that technology made some geographic restrictions we once held as true to not be as important. We also recognized that supporting newly injured TBI survivors and those who were years removed from their injury involved different skill sets.

Therefore, we divided the state into three territories, and identified a New Client Support Specialist and Long-Term Client Support Specialist for each territory.

Contact information for each position is listed here. If you are unsure who to contact, please call the AHIF Office at 205.823.3818.



**North Alabama**  
**New Client Specialist -**  
**Briana Reed -**  
**(256) 273-9303**

**Central Alabama**  
**New Client Specialist -**  
**Jenn O'Dell -**  
**(205) 547-0676**

**South Alabama**  
**New Client Specialist -**  
**Cindy Woodcox -**  
**(334) 232-9216**

**North Alabama**  
**Long-Term Client Specialist -**  
**Marilyn Davis -**  
**(256) 284-2328**

**Central Alabama**  
**Long-Term Client Specialist -**  
**Pat Motley -**  
**(205) 547-0582**

**South Alabama**  
**Long-Term Client Specialist -**  
**Aimee Lott -**  
**(251) 219-8335**

## AHIF Expands Staff For New Programs

As AHIF continues to expand its services and programs, we are pleased to announce the hiring of three employees to help coordinate some existing and some new program offerings:

**Zee Suntai - Caregiver Program Coordinator**  
 Zee will work to expand AHIF's Caregiver Support Group Program, its Respite Care Program, and develop a Caregiver Peer to Peer Mentoring Program.

**Chandraia Whitted - Camp Coordinator**  
 Chandraia will coordinate AHIF's recreational camps at Camp ASCCA and Camp McDowell, as well as help coordinate AHIF's Bright Ideas TBI Camps with universities across our state.

**Nicole Asbill - Support Group Coordinator**  
 Nicole will work to plan and facilitate AHIF's Zoom Support Groups, as well as coordinate the plan for all statewide "in-person" support groups.

## AHIF Partners With Universities For “Virtual” Programs



AHIF was proud to partner with the UA Music Therapy Department again in early 2021 for two 13-week clinicals where small groups of AHIF clients were able to take part in weekly music therapy sessions.

Music Therapy provides an excellent coping strategy for those living with TBI and has also developed strong relationships between AHIF clients from across the state who never would have known each other if not for this “virtual” opportunity.



Even though AHIF’s Bright Ideas TBI Camp with Auburn was cancelled in 2020 due to COVID, the relationships that formed have led to new program opportunities for our clients.

The Auburn Kinesiology Department offered AHIF the opportunity to provide 20 individualized personal training sessions to seven AHIF clients for just \$200 per client. Your support of AHIF made it possible for these clients to take part in this program at no cost. The initial feedback from this program for both the AHIF client and the Auburn students has been tremendous.



MOVEMENT. HEALTH. PERFORMANCE.

## AHIF Returns to Camp ASCCA

After COVID forced the cancellation of all three TBI Camps in 2020, AHIF was able to return to Camp ASCCA for a weekend camp March 12-14th! It was a welcome return for our campers, and a signal of things to come with a return to our week-long camp later this year and our first weekend camp at Camp McDowell.







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 Website: [www.ahif.org](http://www.ahif.org)

**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

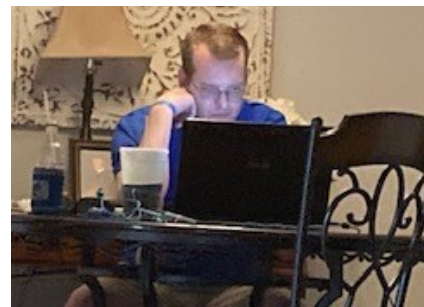


## The Therapeutic Benefit Of Spreading Awareness

Kyle Hicks is not a shy man. When you meet his father Bob, you realize it runs in the family. Kyle's life, like so many TBI survivors, changed in an instant. Just days before heading off to serve his country as an army medic, Kyle's truck hydroplaned just outside of Birmingham, leaving him with a traumatic brain injury and with a road to recovery that most of us could never comprehend.

With a spirit and faith that would not allow him to give up, and the support of a mother and father who also would never give up, Kyle has made progress beyond the most optimistic of projections by those who assessed him at his time of injury.

For many of us, this would be enough, and we might spend our days enjoying all that we nearly lost. Kyle certainly celebrates his recovery, as his joy and humor bring smiles to



every face on AHIF Zoom Support Groups.

But, instead of just thinking of themselves, Kyle and Bob were recently at Samford University, speaking to Physical Therapy students about the importance of the work they would one day be doing, and reminding them of the long-road to recovery that they start for each survivor of a traumatic brain injury.

For Kyle, not only does he realize the importance of the role that therapists play, but he recognizes the role that sharing his story, and spreading awareness about brain injuries, has on him as he continues on his ongoing road of recovery.

NON-PROFIT  
 U.S. POSTAGE

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