

HEADLINES

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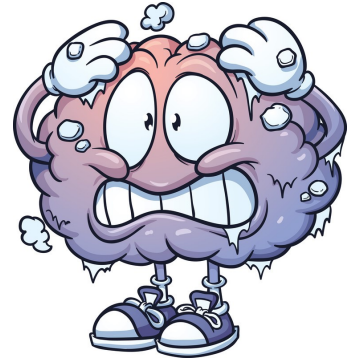
2nd Annual Brain Freeze Challenge!

About two years ago, a consumer of Alabama Head Injury Foundation shared a consequence of his traumatic brain injury. He described a perpetual headache that he could only compare to a constant brain freeze.

It was a description that almost everyone could relate to, having experienced it personally they could imagine what that must be like each and every moment of every day.

Out of that came the idea to help raise awareness of traumatic brain injuries by encouraging people to share their best brain freeze looks. In August 2017, AHIF conducted its 2nd Annual Brain Freeze Challenge, and over 1,700 Alabamians took part and also helped raise more than \$6,000 in support of AHIF's programs and services.

Throughout this newsletter, you will read and see the many different ways people took part, enjoyed some delicious frozen treats, and helped spread awareness about TBI and its effects.



You can see more brain freeze pics at www.ahif.org or by visiting our First Giving page at www.firstgiving.com/ahif



Fox 6 News

Home Depot—Tuscaloosa



Auburn University—Rehab Counseling Program





A note from AHIF Executive Director Scott Powell

When you work for a small nonprofit, such as Alabama Head Injury Foundation, you often end up wearing many different hats. I joke sometimes about calling a meeting with our Marketing Director and Human Resources Director to discuss a topic, knowing that all those people are, in fact, me. It is just part of the business.

Over the years, AHIF has been fortunate to have another employee who wears multiple hats, including being the organization’s accountant, bookkeeper, benefits administrator, grants manager, as well as countless other jobs I am sure I am forgetting to mention.

It seems impossible to imagine that this part-time employee (yes, I did write part-time) could also find a way to be the accountant and bookkeeper for the National Association of State Head Injury Administrators (NASHIA). This national organization helps state head injury organizations work with state and federal government to meet the needs of TBI survivors and their family.

Recently, in recognition of her tremendous service, NASHIA recognized AHIF’s very own Donna Huckestein with their President’s Award for her service to NASHIA. We join NASHIA in thanking Donna for her wonderful service in helping TBI survivors

across Alabama and across our nation!



UAB Student Board conducting surveys to develop a Caregiver Support Group

The AHIF UAB Student Board is preparing to survey existing AHIF caregivers to determine their needs so that they can develop and implement a curriculum for a Caregiver Support Group. It is hoped that the research can be completed in the next three months and the pilot Caregiver Support Group programs begun in Summer 2018. For more information, please call the AHIF office at (205) 823-3818.

Take Me Out to the Ballgame...and again...and again

AHIF was pleased to partner with the Birmingham Barons, Montgomery Biscuits and Mobile Bay-Bears by conducting brain freeze challenges at each baseball stadium during the month of August! Executive Director Scott Powell threw out the first pitch at two games, and AHIF staff and volunteers shared information about AHIF and its services with attendees while encouraging them to take the brain freeze challenge. Each mascot was also kind enough to take the challenge as well!



Birmingham Barons—Babe Ruff



Mobile Bay Bears—Teddy



Montgomery Biscuits—Big Mo

Your Contributions Make It All Possible...Thank you!

After 20 years, it is hard to find new ways to tell EBSCO thank you!

In the nonprofit world, everything truly comes down to relationships. If AHIF did not establish relationships with our clients, then we would have no reason to exist. If we did not have relationships with referral sources, people would never know about our services. And, if wonderful companies like EBSCO did not continually support our mission, we would not have the resources to provide the life-changing services we do. For 20+ years, EBSCO has supported AHIF through financial contributions and sponsorships. We are

so thankful to EBSCO for their continued support of AHIF and its mission.



AHIF Client Testimony

In 2011, Pat was injured in a car crash that left him with serious cognitive and physical limitations. He was 36 at the time, and moved back in with his parents because he could not live independently. Sadly, his mother passed away a year later, and so his father had to retire to become a full-time caregiver for his son.

With limited insurance, AHIF staff worked with the physical, occupational and speech therapists to help train Pat's father on things he could do daily with his son to help him. Pat's father also learned from the nurse how to care for Pat's skin wounds.

As Pat and his father worked together on his recovery, they both became aware of how isolated they were from social opportunities. When Pat was initially encouraged to attend the local AHIF support group in Roanoke, he was worried his speech pattern difficulties

would effect him being comfortable going, but he finally agreed to go. Pat and his father are now regulars at the support group. The group is diverse in every way imaginable, but they have bonded as a family through their connection to brain injury.

The group rejoiced with Pat this past summer when, after six years of recovery, Pat was able to enter the support group meeting walking on his own, without any assistance. The joy the attendees felt for Pat, and his desire to show them his progress, is a vivid example of the value of being part of an extended family through an AHIF Support Group.



AHIF and Oxford Healthcare have a special bond through head injury

Deb Chambers has worked with individuals with disabilities, including head injuries, for more than 25 years. If anyone was prepared to deal with such a situation, it was her. But, we hear it said every day in our field that you never truly understand head injury until you have experienced it.

For Deb, that experience came on an January day in 2011, when her daughter was in a car accident. The accident left her in a coma with a traumatic brain injury, subdural hemotoma and broken bones. In her own words, Deb was lost as to what to do.

The recovery was a long one for Chanda, Deb's daughter. She dealt with anger issues, depression, isolated herself from others, and had struggles

with addiction. She did not feel like she fit in anymore, could not pursue her career, and most of her friends carried on their lives without her.

After a lot of time, prayer and support from her mother and family, Chanda has turned a corner in her recovery. She has returned to school, with a new vision for how she can work to help others dealing with life-altering situations. She is active in church, getting out in the community, and she and Deb have recently worked with AHIF to start a new support group in the Cullman area, where Chanda can see that she is not alone, and also use her experience to help others dealing with similar circumstances.

The support group meets at Oxford Healthcare's offices in Cullman, where Deb is the State Director. Oxford Healthcare has a long history of providing respite care services for AHIF clients, and has been a generous supporter of AHIF's programs and services.



Deb Chambers & Chanda Pope

AHIF is now a Social Work CEU Provider

AHIF recently gained approval to be an official provider of social work CEUs. AHIF recently worked with Tiffany Works at Gadsden Regional Medical Center to provide a class for social workers throughout Etowah County, and more than 30 attendees earned credits while learning about traumatic brain injury, its causes, and how to refer

individuals to AHIF for the services we provide. As a special treat, attendees also were provided with Steel City Pops following the class and posed for their own brain freeze pictures!

AHIF has additional programs scheduled in the coming months in

Tuscaloosa, Huntsville, Birmingham and Mobile.



AHIF awards its first ever Brain Freeze Challenge trophies!

HealthSouth Dothan wins the 2017 Brain Freeze Challenge Grand Prize Trophy!

When you think brain freeze, it is hard not to think about a Sonic Slushy. Imagine 100 HealthSouth Dothan employees all consuming a Sonic Slushy, complete with the Sonic hot dog mascot! That was the HealthSouth Dothan Brain Freeze Challenge.

On top of that, throw in a special fundraiser where employees donate money into cans with the names of fellow co-workers on them. The can with the most money means that employee has to kiss a live pig, and all money raised goes to support the programs and services of Alabama Head Injury Foundation. That is why AHIF is pleased to recognize HealthSouth Dothan as the first ever winner of its Brain Freeze Challenge Grand Trophy!



Heninger Garrison Davis Law Firm recognized for most creative Brain Freeze Challenge!

When it came to going all in on the Brain Freeze Challenge, Heninger Garrison Davis Law Firm did not disappoint. A large spread of ice cream and toppings, coupled with scarves and toboggans taken from their children's wardrobes made for a truly unique event! Thank you for a wonderful Brain Freeze Challenge!

Clark Psychological Associates recognized with the Spirit Trophy

Clark Psychological Associates turned out in force for the Montgomery Biscuits game in support of AHIF, joining in the Brain Freeze Challenge!





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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.*

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AHIF is a proud partner of:

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



AHIF thanks each company that took part in this year's Brain Freeze Challenge!

