



1441 CLIFTON RD. NE #114-A •
ATLANTA, GA 30322 •

PHONE: 404-712-5504 •

FAX: 404-712-0463 •

1-800-444-6443

www.braininjurygeorgia.org



BRAIN INJURY ASSOCIATION OF GEORGIA

News you can use!

SUPPORT GROUPS

(Listed By County)

Please visit our [website](http://www.braininjurygeorgia.org) for details on group meetings and contact information

BIBB COUNTY

Macon, GA

"Macon Support Group"

CATOOSA COUNTY

Ft. Oglethorpe, GA

"Jimmy Simpson Foundation"

CHATHAM COUNTY (2)

Savannah, GA

Goodwill "Advance Acquired Brain Injury"

Memorial Rehab Center
"Gray Matters"

CLARKE COUNTY

Athens, GA

"Athens Support Group"

CLAYTON COUNTY

Riverdale, GA

"Miracles Happen"

COBB COUNTY

Marietta, GA

"Unlimited Possibilities"



Support Our Cause!

Do your shopping now through GoodSearch.
Designate Brain Injury Association—Georgia

"The Journey Back to Life"

Brain Injury Symposium in *Calhoun, GA*

"None of us can change what has happened,

but we can change what happens next"

This event in Calhoun, GA was sponsored by Accord Services, the Jimmy Simpson Foundation and the Brain Injury Association of Georgia. The full day conference on acquired brain Injury featured topics on health, resources, and motivation was a great success. Our attendees included brain injury survivors, caregivers, healthcare professionals and case managers. Thank you to the speakers that provided information on Brain Injury and Behavior, Bridging the Gap Between Rehab and Community, Brain Injury Recovery and a panel of Community Resources. Participants of the symposium were treated to delicious food and exceptional service. A special thanks to Saul Raisin of Raisin Hope Foundation, for sharing his inspiring story with the group.

For more information on upcoming symposiums visit their website at:
<http://www.thejourneybacktolife.com/>



Traveling with....Madam Chairperson

Marsha Still

Marsha@braininjurygeorgia.org



"Miracles Happen "

**Clayton County Riverdale, GA -
founded in 1997**



My support group journey began in August with this dedicated group of survivors that meet on the 2nd Tuesday of every month. There I met founder, Pat Buice and her members that consists of survivors that are making their mark in volunteering after a brain injury. This support group meets at Southern Regional Hospital and many of its members also volunteer there. They pride themselves on being a strong support system for all of their members and even provides them with brain injury publications that keeps them up to date on new medical advancements. I was honored to be asked to facilitate the September meeting where we discussed resources for caregivers and fundraisers. Their suggestion for BIAG is to have a web page on our site that allows survivors to share their stories with other stroke and brain injured survivors.

"Brain Injury Support Group of Newton/Rockdale" in Conyers, GA

On the 3rd Monday of October, I visited this enthusiastic support group, started in 1992 by Tom and Dee Houchins. The members include survivors, caregivers, the Pilot Club and supporting friends. My family and I were treated to an evening of inspiring conversations and a fantastic meal. The members were eager to listen to the exciting new goals for BIAG and shared their suggestions for future fundraisers. They spoke of a statewide Brain Injury Awareness Walk-a-thon to gain awareness of our efforts and to raise money.



The Brain Injury Support Group of Newton/Rockdale participates each year in the Conyers Fall Festival. Members distribute materials from their Support Group, the Brain Injury Association of GA, The Brain & Spinal Cord Injury Trust Fund Commission, the CDC and the Veteran's Administration. This event provides a wonderful venue for helping to educate the public about brain injury and the resources and services available to those who have suffered BI.

In orange: Conyers Pilot Club co-presidents, Pat & Joe Neely with grandson, Cameron. Providing dinners, donations and fellowship, the Pilot Club has been a constant friend and special support to the Brain Injury Support Group of Newton/Rockdale. Support group members left to right: Erica Grosvenor, Tom Houchins, Dee Houchins and Darren Kilby. Marsha Still and Mr. Blevins discuss current trust fund policies.

Board of Directors

Marsha Still
Madam Chairperson
Professional & Survivor
CEO
The Brandon Group, Inc.

Diane Ohmann
Board Treasurer
PVVP Committe
Owner
SAS Partners

Kay Jones
Board Secretary
Education Committee
Survivor, Support Group Leader
Columbus , GA

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Executive Planning Committee
Kopelman Sitton Law Group

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Board Member
Public Relations Committee
Atlanta Falcons Radio
Network

Rick Gipson
Board Member
Executive Planning Committee
Caregiver & Support Group
Leader—"Hope" Boston , GA

Dan Coe
Board Member
Fundraising Committee
Professional & Survivor
Savannah

Dan Miars
Board Member
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Dr. Stephen Macciocchi, Ph.D.
Board Member
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David Goudelock
Board Member
Executive Planning Committee
Rehabilitation/Life Care Planner

Carolyn Stepp
Board Member
Cookbook and Membership
Committee
Caregiver & Support Group Leader

Meet the Gwinnett County Area Support Group



The Gwinnett County Area Brain Injury Support Group meets weekly at various restaurants. They use this time to visit and enhance their social skills and to discuss needs, concerns or help related to brain injury. Dennis also provides updates that are sent out by BIAG.

The Gwinnett group was started six months after the Brain Injury Association of Georgia (at that time called Head Injury Association of Georgia) was formed in 1982.

Dennis has been actively involved with supporting brain injury in the past by helping to establish a Survivor Council, created an Annual Meeting Showing of Art by Survivors and their family and representing brain injury in Washington D.C. These are just a few of the activities Dennis has been involved in.

If you are interested in getting involved, visiting this group or if you are interested in helping Dennis, contact Dennis Stahl at 706-965-9426 or email stahldennisj@bellsouth.net

Cook Book

*Recipes from Support groups
Brain Injury Association of Georgia*

*Please purchase a
BIAG Support Group
Cookbook \$15*

*200+ recipes from brain injury
survivors and their loved ones*

The proceeds help support:

- GA Support Groups
- Information & Resource
- Advocacy & Education
- Camp Hardgrove
- Peer Visitor for Veterans Program

Contact BIAG to order a cookbook
or your local [support group!](#)
jane@braininjurygeorgia.org
404-712-5504

BIAG is the "VOICE OF BRAIN INJURY" in Georgia

COOK UP SOME SUPPORT FOR BIAG!

*CONTACT YOUR LOCAL SUPPORT GROUP
OR BIAG TO PURCHASE A COOKBOOK
DEDICATED TO BIAG SUPPORT GROUPS
ACROSS THE STATE*

*BIAG would like to give a special thanks to
AirTran Airways for helping to support our efforts!*



Become a Facebook fan of the Brain Injury Association of Georgia!

**SUPPORT GROUPS Cont.
(Listed By County)**

Please visit our [website](#) for details on group meetings & contact information

DEKALB COUNTY (2)

Atlanta, GA

**"VA TBI Support Group"
For Veterans**

"Peer Visitor for Veterans Program"

VA Medical Center
Decatur, GA

"Emory Support Group"

Emory Rehab Center
Atlanta, GA

DOUGHERTY COUNTY

Albany, GA

"Albany Support Group"

FANNIN COUNTY

Blue Ridge, GA

"Blue Ridge Support Group"

FLOYD COUNTY

Rome, GA

"Rome Support Group"

FULTON COUNTY (4)

"Children & Adolescent Support Group"

Children's Healthcare of Atlanta at Scottish Rite
Atlanta, GA

"North Fulton Support Group"

Alpharetta/Roswell, GA
770-642-4236 x41

"Minor Brain Injury Support Group"

Atlanta/Buckhead

"The Seminole Spirit—A Speech Listening Group"

Roswell, GA

ART GALLERY

Get your Support Group involved and submit a poem, photograph or art work to be published in upcoming "News You Can Use" Newsletters.

Rules and Guidelines

All poetry, photography, art work and images appearing within the Art Gallery section of the News You Can Use Newsletter are protected under United States and International Copyright laws and may not be reproduced, reprinted or retransmitted or altered in any form without the express written consent from the author/artists. Submissions of poems and/or art work to Art Gallery are accepted on the basis that the author or artist grants Art Gallery a non-exclusive license for use of the material within Art Gallery without monetary compensation. Art Gallery is non-profit and exists for educational and entertainment purposes only.

Authors or artists must provide us with your full legal name. All work that is being submitted must be the original work of the author or artist. No submissions will be accepted or considered other than that of the original work of the author or artist, unless the author or artist signs a release allowing their work to be submitted and published in the Art Gallery section of the News You Can Use Newsletter.

Failure to adhere, will results in the poems, photographs and art work being removed from the submissions queue. If the work(s) that are being submitted and they are not your own work(s) and permission has not been granted the submissions will be removed from the queue and not published.

Mail your poetry, photography and art work to:

Jane Jackson

BIAG

1441 Clifton Road NE

Atlanta, GA 30322

Or Email to Jane at: jane@braininjurygeorgia.org

Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu.



1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.



If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.



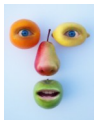
3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.



Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.



Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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GORDON COUNTY
Calhoun, GA
"Divine Restoration Abounds"

GWINNETT COUNTY
Lawrenceville, GA
"The Gwinnett County Area Support Group"

MUSCOGEE COUNTY
Columbus, GA
"Columbus Support Group"

NEWTON/ROCKDALE COUNTY
Conyers, GA
"Brain Injury Support Group of Newton/Rockdale"

RICHMOND COUNTY
Augusta, GA
"Brain Injury Support Group"
Walton West Transitional Living Center

SPALDING/LAMAR/UPSON COUNTY
Griffin, GA
"Lost and Found Support Group"

THOMAS COUNTY
Boston, GA
"Hope"

WARE COUNTY
Waycross, GA
"Southeast Georgia TBI Support Group"



**SUPPORT GROUPS
(Listed By County): cont.**

**CLAYTON COUNTY
Miracles Happen**

Pat Buice
770-473-7471
superhope@msa.com

**COBB COUNTY
Unlimited Possibilities**

Doreen Davey
770-974-7866
doreend@mindspring.com
Laura Coomes
770-924-7509
lauracoomes@bellsouth.net

**DEKALB COUNTY
Center for Rehab Medicine**

Dr. Louise Cording
404-371-0497
lcording@mindspring.com
Pat Gar
gar216@bellsouth.net

VA/TBI Support Group

VA Medical Center
Dr. Inge Thomas
404-329-4654
Inge.Thomas@va.gov

**DOUGHERTY COUNTY
Ryan's Steakhouse**

Tom Connelly
229-883-3911
tsconnelly@dol.state.ga.us
Call first to verify meeting!

**FANNIN COUNTY
United Community Bank of
Fannin County**

Carolyn Stepp
706-492-5308
james-stepp@att.net

**FLOYD COUNTY
Floyd Behavioral Health**

Linda Studard
706-509-6623
lstudard@floyd.org
Ginger Cochran
gcochran@floyd.org



A WITCH'S HALLOWEEN

Across

1. What a witch wears on her head.
4. A witch flies on this.
5. Witch's brew ingredient: bat _____.
8. What a witch turns a person into.
9. _____ a spell.
11. What witches make in their cauldrons.
12. A witch's pet.
14. A big black pot that witches use to make their brew.
15. You do this to break the spell and turn the frog into a prince.
16. Witch's brew ingredient: _____ of newt.

Down

2. _____ someone into a frog.
3. A group of witches.
5. What a witch has on her nose.
6. Some witches have this color skin.
7. Type of hat worn by witches.
10. Cast a _____.
11. The color of a witch's clothes.
12. An evil spell.
13. Put someone _____ a spell.

