

Q4—Oct-Nov-Dec 2011
NEWS YOU CAN USE!

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Support Our Cause! Do your shopping now
through GoodSearch.
Designate Brain Injury Association—
Georgia

*As we close out 2011 and begin 2012, our message
begins with a simple "THANK YOU" to
our Support Groups and Volunteers,
our Memberships and Sponsors
the Medical Professional Community and
State Affiliates throughout Georgia.*

*Each of you demonstrates an outstanding passion and
commitment to serve the brain injury survivors and family
members, our veterans and their loved ones, as they face a
challenging and sometimes a difficult road ahead.*

*If there is a message we want to get out, we need to continue
to create awareness and work together. We hope you will
continue to support our efforts to help others.*

*We wish you Season Greetings and Best Wishes for a
Happy and Prosperous New Year.*

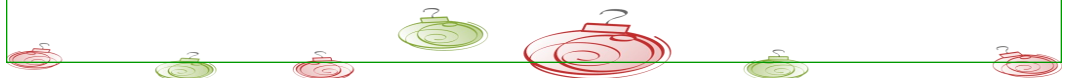
The Brain Injury Association of Georgia



***This Holiday Season—Make A Difference
Support the Brain Injury Association of Georgia!***

*BIAG is a non-profit organization whose voice **rings** loud
and clear for Prevention, Advocacy, Support,
Information, Resources and Education for the
brain injury community statewide.*

*As you consider your holiday giving this year, please give to
the Brain Injury Association of Georgia and help us
continue our important mission as the
"VOICE of Brain Injury in Georgia"
Click to **Donate Today***



Brain Injury - Surviving Holiday Stress



For some people, the holidays can be an exciting time revolving around the hustle and bustle of baking, entertaining, welcoming out-of-town guests, shopping, and more. For others, the holidays can be a time of loneliness and isolation. Whether it is positive or not-so-positive, the holidays are usually a source of stress for all. For a survivor of a brain injury, however, the holidays can feel even more overwhelming and can lead to new daily challenges that can make not just the holiday season a struggle, but can also affect day-to-day living. The following tips can be useful for all individuals battling seasonal stressors, but can be especially good survival tips for those who have survived a brain injury (and their caregivers).

Leave the past in the past: The reason many brain injury survivors and their families may dread this time of year is because of not-so-pleasant experiences of years past. Others may feel disappointed because they tend to compare current holiday seasons with the “good old days”. Keep your expectations for the holiday season reasonable.

Predict: In the vein of keeping holiday season expectations reasonable, it is important to predict what sort of challenges and excitement you may face during this time of year. For example, you can predict that family gatherings or holiday parties may tire you more easily. You can also predict that when shopping for presents, shopping areas are going to be busier on the weekends than during the weekdays. Predict that preparing for so many seasonal activities will require some extra-special planning and organization.

Plan: Make a list and prioritize the important activities. You may even have to plan which activities you can attend, and which ones you cannot attend. Put these activities such as shopping, cooking, having house guests, attending parties, etc. on your calendar. Don't forget, you need to plan out your regular life as well. Make sure you are continuing to do things that are vital to your daily routine like taking your medications, exercising, and maintaining organization.

Pace: Save time for yourself! Not all the planning has to fall on your shoulders. Make sure you take special care to prepare for upcoming events by maintaining a good diet, sticking with your daily exercise routine, and setting aside time (whether or not you are tired) to rest. Be realistic about what you can and cannot do. Don't put the entire focus on just one. Activities can be spread out to lessen stress and increase enjoyment. When you don't pace yourself, you may become easily overwhelmed, depressed, or simply exhausted, which does not make any part of the holidays enjoyable for you or for those around you.





Other tips that may help you survive the holidays include:

- ❁ Try something new: This could be as simple as sampling a new recipe or as exciting as starting a new holiday tradition.
- ❁ Spend time with supportive and caring people: Stick with those you know can help lift you up during holiday season. Talk to those you trust and ask for help if you need it. Despite the idea of “holiday cheer” some people are especially unpleasant to be around during the holidays. Try your best (if possible) to limit contact with unsupportive people.
- ❁ Do something for someone else: Try volunteering. It is a free way to give during the holidays. You could also make cards or write letters to friends, family and neighbors. It is an inexpensive and personal way to show others you care.
- ❁ Avoid excessive drinking: Drinking alcohol is not only known to increase feelings of depression, it can also be dangerous for individuals with brain injuries. If you must drink, please do so in moderation. It is also important to avoid excessive eating and maintain and exercise schedule if possible.
- ❁ Save money by enjoying free activities: The holiday season is a great time to seek out free activities. Checking your local newspaper or listening to the radio may help you find free music to enjoy, places to try a free treat, or more. It also is free to view holiday displays, whether these displays are in neighbor’s yards or in store-front windows.

As the holiday season quickly approaches, a very important thing to keep in mind is the holidays go just as quickly as the come. If you are feeling overwhelmed, *hang in there*, the holidays do not last forever. Use some of the tips mentioned above, and you may not just survive the holidays, you may actually find more enjoyment in the season!

The Brain Injury Association of Georgia (BIAG) offers support, information and resources for Georgian’s with brain injury, our Veterans, their families, caregivers and service providers. For more information about brain injury please contact the Brain Injury Association of Georgia at 404-712-5504, our Helpline at 800-444-6443, at info@braininjurygeorgia.org or at our website - www.braininjurygeorgia.org

By: Emily Axvig LMHC, NCC, Department of Neurology, University of Iowa Hospitals and Clinics
Copied from BIA-IA



2011 Support Group Leadership Summit, hosted by BIAG and facilitated by Stuart Hanzman, LCSW

On November 05 and 06, BIAG hosted the annual Support Group Leadership Summit at Simpsonwood Conference Center in Norcross, GA. Forty two Brain Injury Support Group leaders and other members attended the conference representing fourteen brain injury support groups from around the state. The event was facilitated by Stuart Hanzman, LCSW.



The conference site was in a beautiful setting along the tranquil Chattahoochee River and offered an opportunity for education, networking, sharing of ideas and solidifying the organization's commitment to the brain injury support groups.

Speakers from Walton Rehabilitation in Augusta presented "Post Injury: Recommendations for Self and Family"; Georgia State University on "Social Communication Following a Brain Injury" and the GA Spinal and Brain Injury Trust Fund addressed the "State Action Plan".

Five of the BIAG Board of Directors were in attendance and informed the members of their roles and a brief status report. Robert Beaham, the Board Chair presented the agency's agenda, mission and vision for the future.

The breakout and networking sessions addressed "What Makes Our Group Unique?"; "How to Strengthen the Support Group?"; "Community Leadership" and "SG Members' Involvement in Social, Employment and Volunteer Activities". The participants also gave input and feedback to BIAG on policy issues, suggestions for future conferences, fundraising and membership. Suggestions were prioritized and voted upon for a consensus to present to the Board.

Robert Beaham described the Support Group Liaison position and requested the groups nominate a candidate for the Board of Directors position. The SG Liaison would be a voting member on the BOD and would represent all of the BIAG Support Groups throughout GA.

The post summit evaluation results were very positive this year, indicating a good balance between speakers, networking, meeting the BOD members and small group brainstorming. Everyone agreed the Simpsonwood Conference Center was an ideal place to meet despite no television in the rooms.

The participants especially gave their appreciation to Jane Jackson, BIAG I&R Service Coordinator for her tireless efforts to serve the brain injured population of Georgia.

See Leadership Summit 2011 Attachment for additional photos of the summit.

By: Stuart Hanzman



Georgia Center for NonProfit Holiday Party



Karen Beavor, President and CEO of GCN thanking Freddie Ashley, Artistic Director of Actor's Express

An evening of camaraderie, food and drink was hosted by GCN for its members. The holiday party was a way of celebrating for what we, as non-profits, do for our community, and saying "Thank You" to its membership and staff. The party was held at the [Actor's Express](#), and sponsored by Coca Cola. Networking among other non-profits and a private tour of the Actor's Express theater was provided. BIAG has been a member of GCN for over 10 years and uses its services for education, grants, board member search and a host of other programs provided to non-profits, helping us to make a difference in our communities.

Policy Alert

Proposed Bill Could Require Volunteer Work to Obtain Unemployment Benefits

A Georgia state senator will introduce legislation this winter requiring people seeking unemployment benefits to do volunteer work in their communities. Under a bill pre-filed by Sen. John Albers, applicants for unemployment would have to volunteer at least 24 hours per week with a nonprofit organization. The work could be either paid or unpaid.

Summer Internship Program

American Association of People with Disabilities has announced a summer internship program in Washington, DC for students with all types of disabilities. AAPD's Summer Internship Program offers college students, law students, graduate students and recent graduates with disabilities the opportunity to work in public service for ten weeks on Capitol Hill, at federal agencies, nonprofits and for-profit business. This ten week experience gives interns the opportunity to gain invaluable hands-on experience in the workforce. Interns receive a living stipend, expenses covered for travel to and from DC and full accessible housing. Applications must be received by 5:00 PM on or before January 6, 2012. <http://www.aapd.com/internship>



**SUPPORT GROUPS
(Listed By County)**
Please visit our [website](#) 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"

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"



Upcoming Webinars

JANUARY 2012

Click [here](#) to register or see other webinars or visit [biausa.org website-marketplace-upcoming webinars](#)

January 12, 2012—ET: Facility Design for Behavior Management by Michael Mozzoni, PhD. Dr. Mozzoni will discuss designing rehabilitation facilities to environmentally manage behavior. Registration \$55. CEU 1 Hr. Deadline Jan 10th.

January 26, 2012 at 3:00 PM—ET: Guardianship and Brain Injury by William Dussault, Dussault Law Group. Objectives:

1. Develop an understanding of the causes and effects of brain injury on adolescents, their families and communities.
 2. Identify differences between adolescent and adult brain injury
 3. Obtain an awareness of the potential effects of injury on a growing brain
 4. Review implications of impairments
- Registration \$30. CEU 1 Hr. Deadline Jan 24th
Click here to register



Use GoodSearch to do your holiday shopping. When you shop on-line they work with more than 2,500 major brands, have over 100,000 coupons. Enroll in the GoodDining.com when you eat at one of over 10,000 participating restaurants.

Designate Brain Injury Association of Georgia as Your Cause!



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

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"

THOMAS COUNTY
Boston, GA
"Hope"

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



Just in time for that Holiday Gift!

SUPPORT OUR CAUSE - PURCHASE A COOKBOOK and
PURCHASE A STAINLESS STEEL WATER BOTTLE

*Help The Voice of Brain Injury of Georgia
Be Loud and Strong!*

Show your support for
BIAG

Show your support by going green!


With a donation of just....
\$10 This stylish ...



**26 oz Stainless Steel Water Bottle
Will Be Yours!**

*Please purchase a
BIAG Support Group
Cookbook! \$15 per book*

CookBook



RECIPES FROM SUPPORT GROUPS
BRAIN INJURY ASSOCIATION OF GEORGIA

*The money from the sale of
these items goes to
support:*

- GA Support Groups*
- Information and Resources*
- Advocacy & Education*
- Peer Visitor for Veterans program*
- Peer Visitor Training and Education*
- Camp Hardgrove*
- Awareness about Brain Injury*

OVER 200 RECIPES!

TO PURCHASE YOUR WATER BOTTLE OR A COOKBOOK—
404-712-5504 OR jane@braininjurygeorgia.org