

1441 CLIFTON RD. NE #114-A • AT-
LANTA, GA 30322 •
PHONE: 404-712-5504 •
FAX: 404-712-0463 •
1-800-444-6443

www.braininjurygeorgia.org

Contact: jane@braininjurygeorgia.org

**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"

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"



MARCH IS BRAIN INJURY AWARENESS

Walton West and the Augusta Support Group will be hosting special events each week during the Month of March. Support their efforts by spreading the word and encourage your members, friends and family to attend in support of raising awareness about Brain Injury!

Friday, March 18th "Awareness Matters Formal Dinner"

Saturday, March 26th "2nd Annual Awareness Walk"

Contact: Jennifer Litchfield 706-533-3904
visit: www.augustabrain.com



1st Annual Awareness Walk 2009

**Cycle-A-Thon Benefits BIAG
Exercise Marathon Raises
Money and Awareness**



Athens, Ga. – University of Georgia student teams will raise money for the Brain Injury Association of Georgia (BIAG) with a "cycle-a-thon" on exercise bicycles at the Ramsey Student Center on **April 16** at 2 p.m. Teams or individuals will cycle non-stop for as long as they can, up to a maximum four hours, switching off when necessary as long as cycling remains continuous for the team. The team or individual who lasts the longest and raises the most money for the Brain Injury Association of Georgia will win an award and a prize pack. Entrance into the competition is \$15 for individuals and \$50 for teams of four, all proceeds benefitting the Brain Injury Association of Georgia. This program is sponsored by the University of Georgia Recreation and Leisure Studies Student.

Contact: Angie Berman
a n g i e b @ u g a . e d u
706-881-3749



Many of the BIAG Support Groups are hosting special speakers, brain games, social hour or putting an ad in their local community newsletter making people aware March is Brain Injury Awareness. Visit a Support Group near you and learn what you can do to make a difference!

WEAR BLUE for your March Brain Injury Awareness Support Group meeting or event!



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

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

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

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"



Perseverance



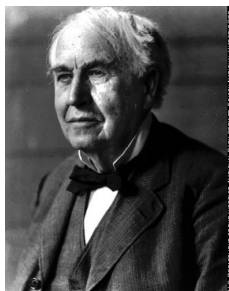
What is perseverance?

- Perseverance is commitment, hard work, patience, endurance.
- Perseverance is being able to bear difficult ties calmly and with out complaint.
- Perseverance is trying again and again.

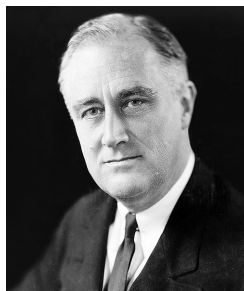
People who persevered despite handicaps and disabilities



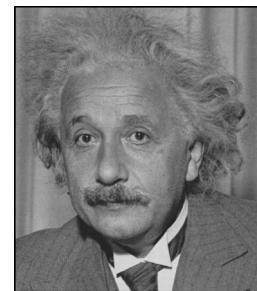
Helen Keller
(author) - was deaf and blind



Thomas Edison
(inventor) - had a learning problem



Franklin D. Roosevelt
(president) - was paralyzed from polio



Albert Einstein
(scientist) - had a learning disability

Cool ways to cope

- Write in your journal about difficult situations and how you handled them without giving up.
- Write a poem about suffering, what you can learn from it, how to face it, how not to hurt others, or anything else about obstacles
- Collect stories, poems, diaries, or quotations by writers about persistence.
- Brainstorm cures for "the blues."
 - Learn what Galileo (a famous astronomer) or other scientist endured with opposition faced during his or her lifetime.
- Find out what help is there for people who face difficult situations - counselors, psychologists, social workers, psychiatrists, therapists.
- Create a skit that shows what to do when disaster strikes.
- Explore the healing power of music.
- Explore the healing power of exercise.
- Explore the healing power of pets.
- Put some extra effort into a project that is difficult and try to improve your skill (like public speaking or learning a dance).

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

If you have news to share—an event, happening, article, story about someone in your group — contact jane@braininjurygeorgia.org

News You Can Use From [Marsha Still](#)

Marsha@braininjurygeorgia.org

MEMBERSHIP COMMITTEE

2011 QUARTERLY REPORT

MEMBERSHIP DRIVE

At our Leadership Conference in November, 2010, Support Group Leaders voiced their concerns about the costs of the membership donations. They wanted them lowered to \$1.00. I advise them that I would take their concerns to the Board.

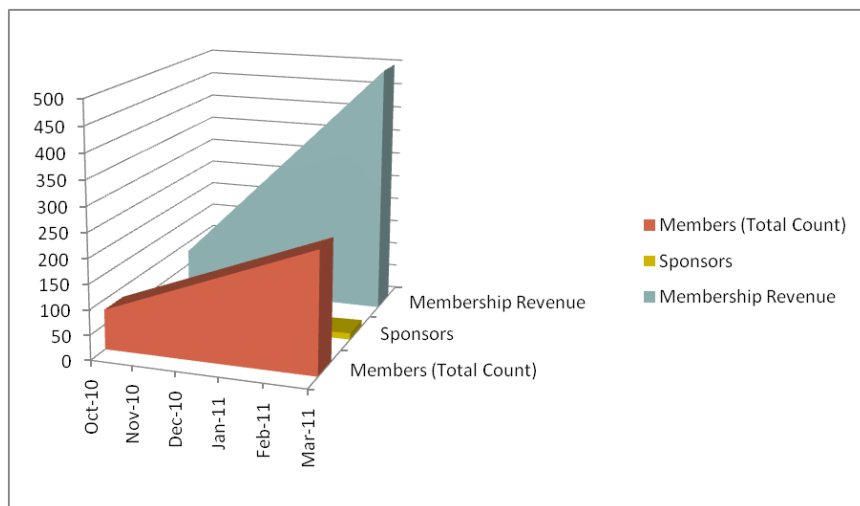
At the December Board Meeting, BIAG Board Members unanimously voted in a new Membership Drive for 2011. The annual membership donations were lowered to \$2.00 for brain injury survivors, with \$1.00 of the donation going back to their Support Group. An announcement was sent to all of our Support Group Leaders and posted in our monthly Newsletter.

We have received an overwhelmingly positive response to the new membership donation for brain injury survivors!

In the month of February, BIAG increased their membership base by 40 members at just one event, Journey Back to Life Conference and received \$96.00 in membership donations.

As of today, our membership count is: 243 Members

That is an increase from last year's count in October 2010 of 80 Members



Board of Directors

Marsha Still
Madam Chairperson
Professional & Survivor
CEO
[The Brandon Group, Inc.](#)

Diane Ohmann
Board Treasurer
PVVP Committee
Owner
[SAS Partners](#)

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

Clint W. Sitton
Board Member
Public Policy & Relations, Legal &
Legislative Advisory Committee
[Kopelman Sitton Law Group](#)

Dan Vasquenza
Board Member
Public Relations Committee
[Atlanta Falcons Radio Network](#)

Randy Babcock
Funding and Marketing Chair
Survivor and Retired Business

Dr. Stephen Macciocchi, Ph.D.
Board Member
Fundraising Committee
Medical Professional
[Shepherd Center](#)

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



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

Taste a Rainbow

from **FamilyFun Magazine**



Happy St. Patrick's Day!! A magical snack that can add color to the grayest March afternoon. (Pot of gold not included.)

Ingredients

- White cake mix (we used an 18-1/4-ounce box)
- Food coloring (red, blue, green, and yellow)
- Baking cups
- Whipped cream (optional)

Instructions

1. Prepare your favorite white cake mix, then divide the batter evenly among six small bowls. Following the chart below, dye each bowl of batter a rainbow color.

| RAINBOW COLOR | DROPS OF FOOD COLORING |
|---------------|---------------------------|
| Purple | 9 red and 6 blue drops |
| Blue | 12 drops |
| Green | 12 drops |
| Yellow | 12 drops |
| Orange | 12 yellow and 4 red drops |
| Red | 18 drops |

2. Line 16 muffin pan wells with baking cups. Evenly distribute the purple batter among the cups, then the blue, and so on, following the order shown. As you go, gently spread each layer of batter with the back of a spoon to cover the color underneath.

3. Bake the cupcakes according to your recipe directions. Before serving, remove the paper wrapping, and if you like, top each cupcake with a whipped-cream cloud.



St. Patrick of Ireland - Did You Know?



Patrick, the patron saint of Ireland wasn't actually Irish, he was born around 373 A.D. in either Scotland, near the town of Dumbarton, or in Roman Britain.



Legend has it that Saint Patrick drove all the snakes out of Ireland -- that they all went into the sea and drowned. We know this isn't technically true. The basis of this legend probably lies in the origin of the snake as a pagan symbol. The legend tells the figurative tale of St. Patrick's driving paganism out of Ireland.



The phrase "Erin Go Braugh" means Ireland Forever!



St. Patrick predates the Roman Catholic Church, and was considered a "saint" before the Roman church created its list of saints and included him in it.





March is BRAIN INJURY AWARENESS MONTH

Did you know the Brain and Spinal Injury Trust Fund Commission has awarded many individuals with traumatic brain injury a wide array of goods and services?

Has your brain injury made it difficult for you to read and learn? Maybe you would like to apply for an adaptive computer or a reading and comprehension program.

Are you having vision problems due to your brain injury? Maybe visual aids, zoom text software, or voice recognition software is the answer.

Has your brain injury made it difficult for you to be around other people? Maybe behavioral, family, life skills or social skills therapy can help.

These are examples of the many services and goods that the Brain and Spinal Injury Trust Fund Commission has provided for individuals with traumatic brain injuries. Give Ayanna Anderson, Stewardship Coordinator, a call at 404-825-1466 if you want to learn more. Call the office at 1-888-233-5760 or visit the websites at www.bsitf.state.ga.us or www.gatrufund.org to apply.

MEET YOUR NEW BOARD MEMBER!



Randolph S. Babcock, TBI survivor and currently retired and classified as Social Security Disabled. I volunteer in the North Fulton Hospital ER Department and am active in North Fulton TBI support groups. I am currently initiating efforts on outreach and projects for BIAG and have been recently voted to their Board of Directors.

I grew up in New England and learned to love the ocean while living in Stonington, CT. Growing up next to the water led to my appeal for sports such as sail boating and skiing. I also loved to dance and learned to do the [Shag](#) pretty well. My family owned the only hardware store for 40 miles around and included many items that went on Lobster boats from brass to paint. I enjoy reading since my injury and am currently enjoying "Plague Ship" by author Clive Cussler, who is called the "Grand Master of the American action adventure novel writer".

I have 2 daughters and 3 grandchildren. Kristen is a physical therapist and lives with her husband and 2 children in Louisiana. Kelly lives in Florida and works for a realty company in Niceville (located between Destin and Panama City) with her husband and one child.

Previously, I had been Director of Operations for a non-profit organization called RBRC directing a program called Call2Recycle, recycling electronics through 62,000+ sites assuring that these heavy metal and sometimes carcinogenic materials were handled in an environmentally responsible manner and kept out of landfills and bodies of water. In that position, I oversaw all inside and outside activities dealing with participants in our programs.

In the process, we handled 1,400-1,600 shipments weekly that had to be monitored, specific in their nature and within federal, state and local legal requirements. EPA standards were strictly adhered to. It was determined by my neurologists that I needed to leave that position subsequent to my TBI.

I have a B.S. in Business Administration and an M.B.A. in Statistics and Marketing both from The University of Connecticut.

I can be reached by email randy@braininjurygeoriga.org.





Camp Hardgrove

in partnership with Camp Twin Lakes

When: September 8-11. **Deadline to apply is July 15!**

Where: Winder, GA

Go to www.braininjurygeorgia.org to read about and complete an application



Camp Hardgrove is celebrating another year as the only overnight camp for adults with brain injury in Georgia. Adults and caregivers are served in this terrific program where camp sessions are called "life changing" by the campers. Life skills are re-introduced, socialization and making new friends is enjoyed by both campers and the volunteers.

We strive to maintain nominal camp attendance fees so every adult and caregiver has the opportunity to attend. We depend on contributions from friends like you to help make it possible for every eligible person to attend. Your contribution is needed to ensure that every camper has an experience to remember! If you can make a donation please send in a check, make a donation online (specify for Camp Hardgrove) or contact jane@braininjurygeorgia.org.

If you have questions about camp contact: crystal@camptwinlakes.org, 404-231-9887 or Jane@braininjurygeorgia.org, 404-712-5504

