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www.braininjurygeorgia.org

Contact: jane@braininjurygeorgia.org



NEWS YOU CAN USE!

MARCH IS BRAIN INJURY AWARENESS MONTH

- 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"

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!

Saturday, March 5th
"Pancakes for Prevention" 


Saturday, March 12th
"Play for Prevention" 

Friday, March 18th
"Awareness Matters Formal Dinner" 

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

Contact: Jennifer Litchfield
706-533-3904 to reserve your place with any of these events.
Or visit: www.augustabrain.com


Cycle-A-Thon Benefits Brain Injury Association of Georgia 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. 

"The cycle-a-thon is a fun way for members of the Athens community to use their competitive nature to do good," said Chris Madden, event coordinator.

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 Association.

The **Brain Injury Association of Georgia** is a non-profit organization serving individuals with brain injuries. BIAG was founded in 1982, with the goal of improving the quality of life for people with brain injuries. Professionals, survivors, friends and family members work together through BIAG to provide support programs and help individuals to understand the effects of brain injury as well as facilitate rehabilitation. 

Contact: Angie Berman
angieb@uga.edu
706-881-3749

**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"



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

BOARD OF DIRECTORS OPPORTUNITY



The Brain Injury Association of Georgia, Inc.(BIAG), a non-profit 501 (c)(3) organization whose mission is "to provide help, hope and support to the citizens of Georgia that have sustained or have been affected by brain injury" has a few opportunities for members to serve on our Board of Directors. We are an Affiliate of the Brain Injury Association of America, Inc. a national organization.

Our Board is an organized group of volunteers who, collectively, are legally and morally responsible to the members and community for the success or failure of BIAG. As representatives of the public, the Board of Directors is the primary force pressing BIAG. to the realization of its opportunities for service and the fulfillment of its obligations to all it members.

The general term used to describe the role of our Board of Directors is "governance". The governance function encompasses legal responsibilities, general oversight, planning and policy making and fiduciary requirements.

Our Board of Directors is not a titular group. Rather, it is a working group, with each individual contributing his/her particular expertise to the success of the organization. Board members are recruited because of their commitment to the issues and because of their expertise in areas necessary to the well-being and success of the organization.

SPECIFIC RESPONSIBILITIES OF THE BRAIN INJURY ASSOCIATION OF GEORGIA BOARD OF DIRECTORS

In general, our Board of Directors is responsible for the following areas:

1. Satisfying the legal requirements for the corporation, i.e. compliance, with city, state, federal laws and regulations
2. Making policies and setting short and long term goals
3. Monitoring the health of the organization and ensuring that it reaches its goals.
4. Raising and ensuring proper management of the organization's funds
5. Recruiting and evaluating the performance of the Executive Director
6. Developing and perpetuating Board leadership.

CRITERIA FOR BIAG MEMBERSHIP

It is important that BIAG articulates what it expects of the individual as a Board member. BIAG has developed a Board of Directors Manual that includes, but not limited to the following criteria:

1. Believe in and be an active advocate of BIAG.
2. Regularly attend and participate in Board meetings and other activities of BIAG.
3. Serve actively on at least one committee
4. Give an annual financial contribution to the extent of personal ability
5. Help raise funds to support BIAG.
6. Act as a liaison with the public, interpreting BIAG's programs to the community and informing BIAG of needs in the community
7. Use personal contacts and specific expertise for the benefit of BIAG.

BIAG is currently seeking outstanding individuals with demonstrated expertise in non-profit fundraising, finance, marketing and event planning to join our Board of Directors. Interested parties must fill out a Board Application, join one of our committees and must display excellence in commitment, initiative and follow-through. Committee membership allows current Board members and new prospects to build relationships and to work on projects side-by-side. The Fund Raising Committee is actively seeking new members. The Fund Raising Committee meets monthly to strategize and carry out the Board's fund raising plan. Current fund raising strategy includes broadening, deepening and diversifying our membership base through events and support group cultivation. As Board positions become available, committee members are considered for full Board membership. Membership is determined by the changing needs of the Board and is a significant commitment. Members are expected to give approximately 6-12 hours per month to BIAG. For more information please contact BIAG Board Chair, Marsha Still, at Marsha@braininjurygeorgia.org.

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

Marsha@braininjurygeorgia.org

GETTING TO KNOW YOUR BOARD MEMBERS!



CLINT SITTON

Board Chair:

Public Policy & Relation Committee
Legal & Legislative Advisory Committee
Concussion Awareness Committee

Clint Sitton is an Atlanta native and received both his undergraduate and law degrees from Emory University. Clint is married to Lara Smith Sitton, who is editor of the South Atlantic Review, a peer-review journal in the field of rhetoric and composition. She is also a doctoral candidate at Georgia State University. They have four sons. Both Lara and Clint are active members in the Atlanta community, having been involved with, among others charitable organizations, Habitat for Humanity, the Breakthru House for women and Trinity House for men.

For 26 years Clint has represented citizens of Georgia and other southeastern states, in claims for residential and commercial property damage arising from storm water and sewage flooding, personal injury, death of a loved one, medical malpractice, products liability, pharmaceutical products liability, automobile accidents, aviation accidents, work place accidents and injuries arising from exposures to toxic substances. Upon his graduation from the Emory University School of Law, Clint spent a year and a half as the staff attorney for the late Judge John Bruner of the State Court of Fulton County. After spending the following nine years with one of the leading law firms in the representation of individuals injured as the result of exposure to toxins, Clint opened his own practice, and in 2010, he entered into a partnership with his long time colleague and friend, Richard Kopelman.

In the field of claims arising from storm water run-off and sewage contamination of private property, Clint successfully argued several notable appellate court cases and achieved significant verdicts and settlements on behalf of individual homeowners and business owners. In doing so, Clint is recognized as a “trailblazer” in this area of law who is credited with laying the groundwork for others who benefitted from “pro-consumer” law that Clint helped develop.

Clint is the holder of an AV rating from Martindale-Hubbell, the highest rating bestowed by this pre-eminent legal rating organization. The rating is based upon reviews of co-counsels, opposing counsels and Judges with whom, against whom and before whom Clint has practiced throughout his career. Clint is a member in good standing with the State Bar Association of Georgia, the Georgia Trial Lawyers Association and the American Association for Justice. He is admitted to practice before all of the State, Federal and Appellate courts of Georgia and, in selected cases, has been specially admitted to practice before the courts in other states.

We feel very honored that Clint has chosen to volunteer his time and expertise to our organization.

You may contact Clint at Clint@sittonkoppelman.com



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
 Board Member
[Fundraising and Marketing
 Committee](#)
 Survivor

Dan Coe
 Board Member
 Fundraising Committee
 Professional & Survivor
 Savannah

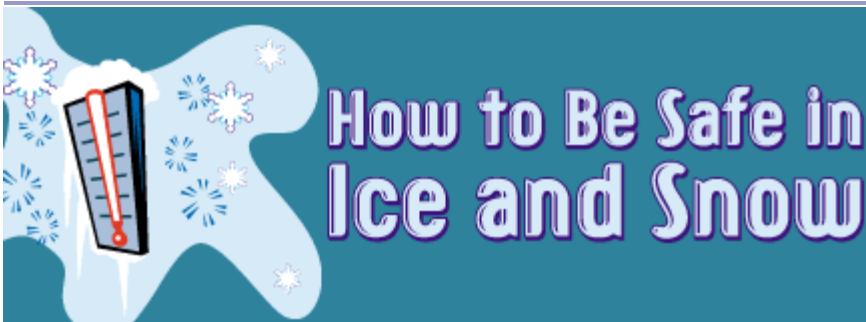
Dr. Stephen Macciocchi, Ph.D.
 Board Member
 Fundraising Committee
 Medical Professional
[Shepherd Center](#)

David Goudelock
 Past Board Chair
 Executive Planning Committee
 Rehabilitation/Life Care Planner

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



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



Your dream finally came true . . . it was announced on the radio and on TV . . . it's a snow day! That means it's time for one thing: going outside to have fun in the snow.

Winter is a really fun time of year — it's great to have snowball

fights, build snowmen, and construct igloos. But while you're out having fun, you have to know how to be safe. When it's cold outside and you're not prepared, you can feel uncomfortable or even downright rotten. But lucky for you, learning how to stay safe is a breeze — even when puddles start to freeze!



Love Those Layers

Dressing in layers is the best way to stay warm and toasty in the cold, because you can start out with lots of clothes to keep you warm and then peel them off once you start to heat up. Depending on where you live and how cold it is, some people may need more layers, some less. But if you're in doubt, go for more layers to start — they can always come off later. (Whatever you do, always leave your coat on — that's one layer that should stay!)

Grab That Hat

You're all bundled up and ready to go, but are you forgetting something? Pull a hat onto your head! You'll stay much warmer with a hat than without one — tons of body heat escapes right from your head. Scarves, face masks, and earmuffs are also great at covering you up so you'll stay comfortable longer.



And don't forget mittens or gloves — the waterproof kind are best if you know you'll be playing around a lot in the snow. Keeping your hands warm and dry is important because fingers are sensitive to the cold.

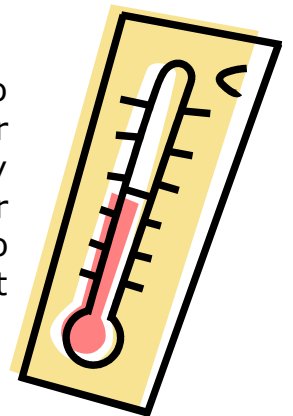
Drink Up!

Sounds like advice for hot weather, not cold weather, right? Well, the truth is that it's good advice for both kinds of weather. When you're outside in the cold and breathing hard, you lose a lot of your body's water through your breath. And the best way to get that water back is to drink up!



Take It Easy

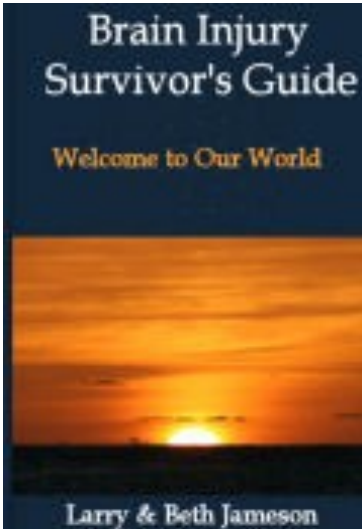
Sometimes if you're out having fun, it's easy to forget to pay attention to your body. But if your body temperature drops even 4 or 5 degrees while you're outside, it can make you feel crummy. That's why you need to be alert to your body's signals. If you're starting to shiver or your teeth are chattering, it's a message from your body that you need to head inside. And if you ever feel dizzy or weak, those are sure signs that you have to take it easy indoors for a while.



Brain Injured Valentine



One of the saddest things about brain injury is how relationships are often severed because of it. Fortunately, for Larry and me, we were able to hold onto each other and our marriage is stronger than ever. However, it was not without some very serious challenges (pointed out in our book, Brain Injury Survivor's Guide). This year I am still his Valentine even though I am brain injured.



Relationships are tricky enough when those involved are healthy, both mentally and physically. But, throw in the fact that one of the two in the relationship has suffered a traumatic brain injury and it's a whole other story. Unfortunately, some are not able to weather the storm and end up divorced or separated.

While therapy, both for the brain injured survivor and the surviving spouse or significant other is available, there needs to be a strong desire to participate in order to get the most out of it. It is difficult for both to stick with it until you can actually see light at the end of the tunnel. But, believe me, it is worth it.

This subject came to mind because of Valentine's Day later this week, but I think of it often. Larry and I still have to work at our marriage just like anyone else. We just have some unique circumstances to address on a regular basis. I realize others have unfortunate happenings in their lives, but our "experience" is with the topic of brain injury and how it affects a marriage. I am because I suffered an anoxic brain injury and Larry is because of what he endured as we struggled to pull our lives back together. I know it took both of us, but I give him most of the credit because, if not for him, it would not have had a happy ending. I am still his Valentine.

We just hope to pass along some of the knowledge we have obtained over the years to others who are experiencing some of the same issues and facing the same types of challenges. That was the main reason we wrote Brain Injury Survivor's Guide, Welcome to Our World.

Enjoy Valentine's Day this year. Never Give Up. The basis for making this happen is love, but it takes so much more. Persevere - it's worth it!





Ayanna Anderson, Stewardship Coordinator, of the [Brain and Spinal Injury Trust Fund Commission](#) participated in, or will be attending, the following functions:



Friday, February 18, 2011: Roosevelt Warm Springs at “Journey Back to Life.”

Thursday, February 24, 2011: “Disability Day at the Capitol.” I hope I get to see everyone and answer all the questions you may have in person.

You may also contact me directly alanderson@dhr.state.ga.us

Disability Day at the GA State Capitol February 24, 2011.

*Join us to let your voices be heard—let yourself be seen!
Contact: Waring Jackson, 770-924-7609, wj1@bellsouth.net*



If it is time to renew your sponsorship, membership, or if you would like to make a donation, become a new sponsor or member of BIAG visit our website today!



Volunteer Services

If you would like to become a volunteer and involved with one of our committees contact BIAG!

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

Do not forget to order a cookbook through your local Support Group or BIAG today!