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www.braininjurygeorgia.org

Contact: jane@braininjurygeorgia.org



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"

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"



*Rally on the
Steps!*

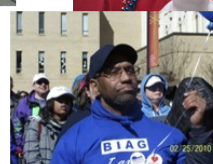
Save the Date!

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

Let your voices be heard—let yourself be seen!

Help to Raise Awareness!

- How many members will be present
(To reserve free lunch tickets)
- NEW! BIAG hats will be handed out
- Mardi Gras beads with buttons
- BIAG t-shirts will be distributed
- Bring your BIAG bandana (handed out in previous years)
- Check the Calendar of Events on our [website](http://www.braininjurygeorgia.org) for parking and event details—or contact Waring Jackson
- Begin talking this up with your groups, friends, family—carpool together
- **Volunteers are needed!!!!!!**



Contact: Waring Jackson—770-924-7609 or wj1@bellsouth.net

March is Brain Injury Awareness

If your Support Group is planning any events or activities let us help promote it! Deadline February 15th.

**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"



Journey Back to Life

BRAIN INJURY SYMPOSIUM in Warm Springs, GA

February 18, 2011

We are pleased to invite you to our conference on brain injury, featuring topics on health, resources, and motivation.

WHO SHOULD ATTEND:

Brain Injury Survivors, Caregivers, Nurses, Social Workers, Occupational Therapists, Physical Therapists, Speech Therapists, Georgia Claims Adjusters, and Case Managers.

CONFERENCE OBJECTIVES:

Attendees will hear topics focusing on aspects of health, resources, and motivation for Brain Injury Survivors , their loved ones, and healthcare professionals.

CONTINUING EDUCATION:

For CRC, CCM, CDMS, Nursing, Occupational Therapists, Physical Therapists, and Claims Adjusters in Georgia.

REGISTRATION COSTS:

Will be FREE and includes CEU's, handouts and lunch

ANY QUESTIONS OR TO REGISTER FOR THE CONFERENCE CONTACT:

Layna Brown, 1-866-922-2673
lbrown@accordservices.com

Hotel: Best Western—706-655-2750

20 rooms are blocked at a discounted rate of \$65 + tax

Presented by: Accord Services; Roosevelt Warm Springs Rehabilitation Institute and BIAG

Visit our website to download the brochure



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

Sports Concussion Training Now Available

Sports concussion training is now available for youths of all ages through high school, including youths, teammates, coaches, trainers, teachers, nurses and parents. Learn how to prevent sports concussions as well as to identify signs and symptoms if a sports concussion occurs.

As we want to ensure that our youth who play sports play it safe, the Brain Injury Association of Georgia has taken an active role in putting together a training curriculum on sports concussions for schools and youth sports organizations through high school. This training has been developed through interactions with trainers, players, coaches, parents whose youth athletes are living with the affects of a brain injury and the Center for Disease Control and Prevention. Elements of this training are also recognized by the National Football League.

It's a Team Sport

Recognizing a concussion is not just one person's responsibility. Each sport is a team sport and each player needs to look after each other. What a coach may miss a teacher may notice in the classroom or a parent may see at home. Teammates, coaches, trainers, parents, school nurses and teachers all need to be aware of the seriousness of a concussion and how to recognize when a child or young adult has sustained one.



What You Will Learn From the Training

You will learn how to recognize a concussion; signs and symptoms to look for; questions to ask; when a player should come out of the game; when to seek medical attention; return to play protocol and how to prevent the next concussion, as prevention is the only key.

What is a Concussion?

A concussion is a brain injury caused by a blow or jolt to the head. This injury can range from mild to severe and can disrupt the way the brain normally works. An athlete does not need to lose consciousness to sustain a concussion. You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It is best to seek medical attention right away if you think you or a family member might have a concussion. An undiagnosed concussion can affect the individual's abilities at school or work and in everyday activities.

How many sports concussions occur each year?

- An estimated 1.6 to 3.8 million sports- and recreation-related concussions occur in the United States each year
- The incidence rate for concussion is highest among football players
- The next two highest rates among boys' sports are ice hockey and lacrosse
- In girls' sports, the incidence rate is highest in soccer, gymnastics and lacrosse
- During 2001 to 2005, children and youth ages 5 to 18 years accounted for 2.4 million sports-related emergency department (ED) visits annually, of which 20 percent are brain injuries
- Because sports-related concussions tend to be underreported, the number may, in fact, be much higher
- High school athletes' recovery times for a sports concussion are longer than college athletes' recovery times
- High school athletes who sustain a concussion are three times more likely to sustain a second concussion
- Lack of proper diagnosis and management of concussion may result in serious long-term consequences, or risk of coma or death



Schedule A Training Today!

To schedule a training session for your school or organization, please call Clint Sitton or Marsha Still at the Brain Injury Association of Georgia at 404-712-5504 .

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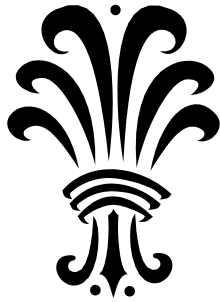
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Become a Facebook fan of the Brain Injury Association of Georgia!

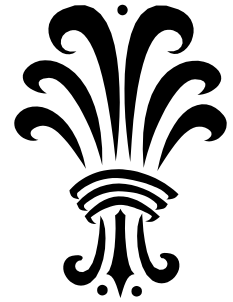


Art Gallery

A Celebration of Creativity

Comprehension

Being able to accept a situation,
Takes a lot more than conversation.
A series of misunderstandings appear,
Without speech you must see it clear.
Also do not feel desperation,
If there is a lack of communication.
There is hope to discover,
This lack from one another.
It may include from both,
A desperation of growth.
This is taking an hour or two,
To sit down and talk about the few,
Areas that need attention,
For the relationship to surmount complication.



By Deborah Ann Wellbrock

www.recoveryinpoetry.com

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 result 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.

Email or Mail your poetry, photography and art work to: Jane Jackson, Brain Injury Association of Georgia BIAG, 1441 Clifton Road NE, Atlanta, GA 30322 Or Email to jane@braininjurygeorgia.org



BIAG Statement on Congresswoman Giffords



Brain Injury Association of Georgia's Statement on Congresswoman Giffords

The Brain Injury Association of Georgia (BIAG) extends its sympathy to family members and friends who lost a loved one in the unspeakable tragedy in Tucson, Ariz., this weekend. Our thoughts are with Congresswoman Gabrielle Giffords and others who are hospitalized.

Traumatic brain injury, also known as TBI, is an alteration in brain function or other evidence of brain pathology caused by an external force. About 1.7 million children and adults sustain a TBI in the U.S. each year; 10 percent of those injuries are the result of assaults. Although TBI is the leading cause of death for people ages 1-44, recovery is possible.

A gunshot to the head tends to create focal, rather than diffuse, brain injuries. Depending on the bullet's penetration point and trajectory, the patient may experience physical, cognitive or behavioral impairments. Injuries to the left side of the brain, as is the case for Congresswoman Giffords, may cause decreased control over right-sided body movements; difficulties in speaking or understanding language, trouble with memory or sequencing or impaired logic; and depression or anxiety. Physical, occupational and speech therapy, as well as cognitive rehabilitation and psychological counseling, will help Ms. Giffords restore as much brain function as possible and perhaps return to work and former social roles.

BIAG offers links to a nationwide network of chartered state affiliates including the BIA of Arizona, that are readily available to provide support, information and resources regarding brain injury. A toll-free helpline is also available through our National Brain Injury Information Center (NBIIIC) to those needing assistance at 1-800-444-6443. If you are a Georgia resident and you or a family member need assistance, please contact us through our toll free Helpline 1-800-444-6443, our local Helpline at 404-712-5504 or email jane@braininjurygeorgia.org.

The CDC estimates that assaults (this includes firearm injuries) account for approximately 10% of the average percentage of annual TBI by external cause in the U.S. between 2002 – 2006.

If you or a family member need assistance, please contact our Helpline at 1-800-444-6443, 404-712-5504 or email jane@braininjurygeorgia.org.



Brain & Spinal Injury Trust Fund Commission

**Do you have a Traumatic Brain Injury or a Spinal Cord Injury from outside forces?
(i.e. blunt force trauma)**

Are you looking for funding for a physical or behavioral therapy?

Maybe a computer is what you need!

The Brain and Spinal Injury Trust Fund Commission (BSITFC) has a Stewardship Coordinator that can help with some of your questions.

I, Ayanna Anderson, am the Stewardship Coordinator for the Brain and Spinal Injury Trust Fund Commission. I am in the community to speak with hospitals, case managers, organizations, and support groups about the Brain and Spinal Injury Trust Fund Commission. As the Stewardship Coordinator, I present informational sessions, train organizations who are interested in helping others complete the Trust Fund Commission application, as well as answer and assist individuals through the application process

Do you need for me to come out and speak to your support group or organization?

Are you having problems with the application?

Do you have questions about the Trust Fund Commission or the application process?

Look for monthly updates and happenings through the BIAG newsletter!



You can contact me by phone at 404-825-1466 or by email at alanderson@dhr.state.ga.us

Thank you, Ayanna Anderson

Cook Book

Please purchase a **BLAG 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 BLAG 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!

If it is time to renew your sponsorship, membership, or if you would like to 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!