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**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"

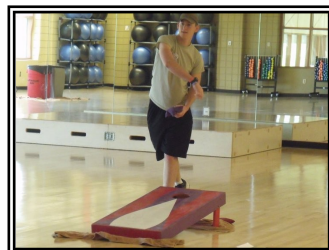
**MAY 2011
NEWS YOU
CAN USE!
SPIN-A-THON FUNDRAISER**



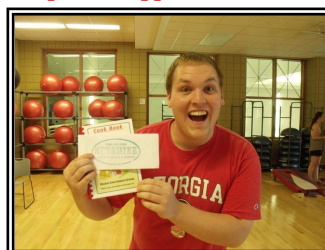
The UGA Students who organized the Spin-A-Thon Back Row (L to R): Max Wang, Stephanie Knowles, Chris Madden, Brittany Gipson, Angie Berman. Front Row (L to R): Emily Stephens, Angie Highsmith.

Students from the University of Georgia hosted the Bike for the BIAG Spin-A-Thon on Saturday, April 16th. The event was held at the Ramsey Student Center for Physical Activities on the University of Georgia Campus. The participants of the indoor cycling marathon were all students at UGA, and each cycled on stationary bikes for at least thirty minutes at subsequent times to raise money and awareness for the Brain Injury Association of Georgia. The participants spent their time spinning along with their peers and an Instructor, and when they were done spinning they could enjoy refreshments and games like cornhole. All participants who registered were automatically entered into a drawing for exciting giveaways like a spa gift certificate, restaurant gift certificates, bike gear, and BIAG cookbooks. Everyone who attended the Spin-A-Thon had a fantastic time while supporting the Brain Injury Association of Georgia. At the end of the Spin-A-Thon, a total of \$425 was raised from participants and local sponsors – all of which will benefit BIAG.

BIAG Wishes to THANK Chair of Funding & Marketing Randy Babcock and the UGA students who helped to support our cause to raise awareness!



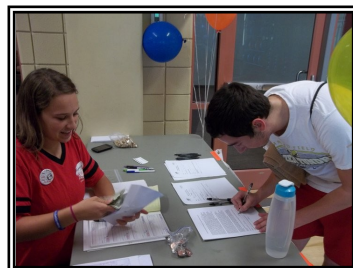
Joshua Lovelady takes time from spinning to enjoy a game of Cornhole.



Kevin Farrow won a BIAG cookbook and a gift certificate to Sunshine Bicycles



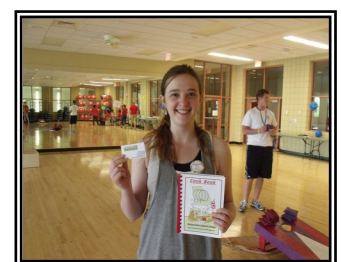
The first round of participants in the Spin-A-Thon



A participant registering for the BIAG Spin-A-Thon.



Handouts included BIAG and Trust Fund Brochures, membership forms, newsletters, buttons, magnets & wrist bands



Kat Nelson won a free bike helmet as well as a BIAG cookbook in the giveaway.

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

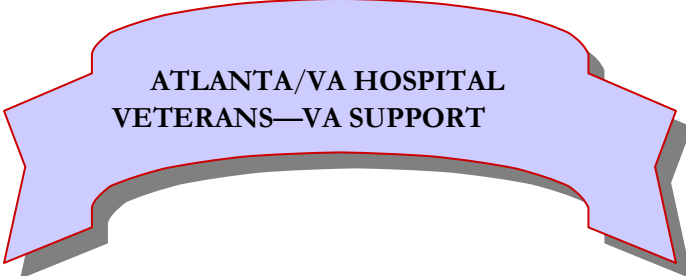
Observe Memorial Day with more than a cookout. Thank someone in the military for their service to our country



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service.

It was first officially recognized in 1868 when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

In 1915 Moina Michael conceived of an idea of wear red poppies to honor those who had died serving our nation.



BIAG Peer Visitor for Veterans Program Peer Visitor Tom Houchins hosted 2 pizza parties for the VA Support Groups. Funding for these events came from money earned by the VA support groups from the sale of BIAG cookbooks and from the Brain Injury Support Group of Newton/Rockdale. These pizza parties were big hits with our vets.

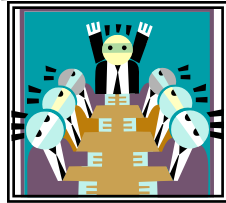
THANK YOU FOR YOUR SERVICE TO OUR COUNTRY!



News You Can Use From

BIAG

WELCOME NEW BOARD MEMBERS



BIAG is extremely excited to welcome the following new members to the Board of Directors:

Robert Beaham works with IBM as an International Program Manager. IBM is celebrating their centennial anniversary by asking their employees to volunteer and serve in the community. Robert feels he can leverage his skills and experience in helping BIAG grow and reach their objectives and is looking forward to supporting BIAG in their efforts.

Stephanie Spencer met BIAG while attending our Brain Injury Symposium in Warm Springs, GA. Stephanie has been a nurse for 37 years and has encountered many people with brain injuries during her years of service. Stephanie She would like give back to the community and has jumped on board to help support BIAG's efforts with membership, is interested in increasing awareness in geriatric head trauma/concussion and our Sports Concussion Program.

You will read more about Robert and Stephanie in an upcoming newsletter.

Athens Support Group

Athens Support Group Meetings are held the 3rd Monday at 7:00 PM in the Saint Mary's Hospital 5th Floor ADL Room. Light refreshments are served.

Athens Support Group has started a "Survivors Only Chat Room" for group members to communicate among each other with ideas and thoughts. The members will include survivors in the surrounding counties. As this grows they will share with other Support Groups the success of their endeavor.

Inclusion in this group is by invite only so if you are a BI survivor and interested, you may send a request to the group email - athensareabraininjury@yahoogroups.com



Janice Ward has been designated to be a representative on the regional ADRC Advisory board.

Congratulations to Athens for their support to the Clarke County citizens who have been impacted by brain injuries!

Board of Directors

Diane Ohmann
Board Treasurer
PVVP Committee
Nominating 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

Dr. Jeremy Hertz, Psy.D.
Board Member
Nominating Committee
Walton Rehab Health System

Randy Babcock
Board Member
Nominating Committee
Funding and Marketing Chair
Retired Businessman & Survivor

Dan Coe
Board Member
Fundraising Committee
Professional & Survivor
Savannah

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

Robert Beaham
Board Member
IBM International Program
Manager

Stephanie Spencer, RN, BSN, CCM
Board Member
Case Manager
Peach State Health Plan

Dee Houchins
Board Member
Interim Chair of the Support Group
Steering Committee
Support Group Leader
Newton/Rockdale
Brain Injury Support Group



Friends,

Our vision is expanding in 2011-2012! We must reach more people, make more life-enhancing awards, and raise awareness and money to do so. Georgia historically sees over 10,000 new SCI or TBI survivors annually who require some form of long-term rehabilitation, so reaching more people is fundamental to our legislative intent. I have also listened intently to applicants and staff regarding overwhelming needs...we average nearly 300 awards per year, so to increase the number of citizens we touch, we must move from success to significance through streamlining our Distribution and Application processes and raising awareness and money. We are marshalling every avenue of influence to accomplish this vital mission. Please join forces with us. Best Regards, J.D. Frazier, Commission Chairman



www.gatrustfund.org

May is a good time to think outside of the box and design a Physical Fitness Program to add to your Support Group Agenda!!

Before any of your Support Group Members begin a physical fitness program, they need to consult with their personal Physician to determine what types of programs they can perform. If they haven't participated in a Physical Fitness Program recently, they should start out slow and simple and gradually add onto their program.

Within this article, you will find different ideas that can broaden your Physical Fitness Program.



TAI CHI One of the best exercises to reduce stress is Tai Chi. Studies have shown that the health benefits of Tai Chi go beyond stress reduction. According to the Mayo Clinic, these benefits include improving balance and coordination, lowering blood pressure, relieving chronic pain, reducing the number of falls, reducing anxiety and depression, improving sleep quality, slowing bone loss in women after menopause, improving cardiovascular fitness. And improving everyday physical functioning.



PILATES Pilates has been used for years by dancers and other athletes to improve strength, improve flexibility, and prevent injuries. During the past decade, Pilates has entered the physical fitness mainstream. It is a series of exercises done mainly on the floor in either a sitting or reclining position. The exercised are low impact and partially weight-bearing and can be modified for the beginner to the advance participant. Pilates doesn't over work the muscles or any one part of the body but conditions the entire muscular system. Like Tai Chi, the leader for Pilates should be professionally trained to conduct the class to ensure that the exercises are done correctly.



PACESETTERS This group could be walkers or even joggers. They need to stretch prior to beginning each session. Use a walking path or hiking trail and enjoy nature. Encourage walker to carry bottles of water with them to keep hydrated.



DANCE You may be wondering how dance is a part of a Physical Fitness Program. It can be considered an aerobic workout because it increased participants' cardiovascular fitness and endurance. It can also improve balance, coordination, and range of motion.



WATER AEROBICS Water aerobics is the perfect water activity for both swimmers and non-swimmers. The activity is done in shallow water that should be between the rib cage and the underarms. Bodies are almost weightless, and since water provides support for the body, the risk of injury to the muscles or joints is greatly reduces. The deeper the water, the easier it is to perform the exercises.

Aligning your corporation or organization to BIAG demonstrates your commitment to raising awareness and linking more people to needed services. Your sponsorship on our website, or in our newsletter, brings visibility you can't get anywhere else!

Contact BIAG today to find out how to sponsor your corporation or organization!