



# DISABILITY DAY

## DISABILITY DAY at the CAPITOL

Thursday, February 16, 2012

Georgia State Capitol and Freight Depot – Atlanta

10:00 am .....Meet BIAG in front of GA Depot Station by fountain

10:30 am .....March together to Capitol Rally Location

11:00 am ..... “Make It Real!” Rally begins at the Capitol Steps

**TO ALL BRAIN INJURY SURVIVORS, CAREGIVERS,  
FRIENDS AND ADVOCATES**

Disability Day will be held on 2/16/2012 at the Georgia Capital. Some of you have attended in the past and for some of you this will be your first exposure.

*With your help, this year we will continue to raise awareness about TBI/ABI*

*If you have, from past events or handouts, BIAG Blue Bandana's, Cap or T-Shirt and Mardi Gras Beads/Buttons - PLEASE WEAR THEM*

**LET US BE SEEN and HEARD**

**CREATE A POSTER TO CARRY**

**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 & WALKER  
COUNTY**

Rock Spring, 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

**FANNIN COUNTY**

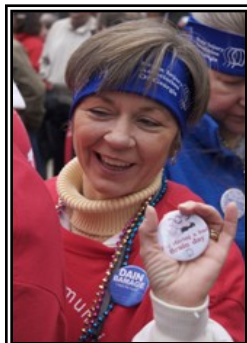
Blue Ridge, GA

"Blue Ridge Support Group"

**FLOYD COUNTY**

Rome, GA

"Rome Support Group"



**CONTACT INFORMATION:**

1) Waring Jackson – 770-924-7609

warinjackson@gmail.com

Visit [www.braininjurygeorgia.org](http://www.braininjurygeorgia.org) for  
parking and directions

# Public Policy Corner

## FULTON COUNTY (4)

### "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"



**Lash & Associates Publishing/Training Inc.**  
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We participate in the Bookstore Affiliate Program with Lash and Associates Publishing/Training, Inc. When you use this link and place an order on their website, Lash and Associates will contribute a percentage of the sale to us to support our programs and services for persons with brain injury. Please use this link and encourage others to order using this link.

Our cause  
earns money...

GoodSearch.com

Fellow Georgians, If you or someone you know has a disability and is seeking employment or receiving services through Georgia's Vocational Rehabilitation Program it is important that you become aware of proposed legislation that will affect the program. This legislation seeks to separate employment services for Georgia citizens with disabilities from their non disabled peers who share the same desire of employment. **The Proposed legislation will have the Vocational Rehabilitation Program move from the Georgia Department of Labor to the Department of Human Resources.** To better help you understand the current proposal you may want to consider or consider posing the following questions to legislators so that you can better determine your own position on the matter.

1. Why the GDOL is not an appropriate department to oversee employment services to persons with disabilities.
2. Why DHS has greater capability to oversee the functions of the VR Program, including any strategic plan developed by DHS for the maintenance or proposed growth of the VR Program once acquired.
3. The fiscal experience of the DHS staff as compared to the DOL staff to administer and navigate the regulatory restrictions of federal VR funds.
4. The amount of projected funds that will be required for the move and how those funds will be recovered to provide services, including the implementation of an employer-job seeker computer match system, and a new case-tracking system designed to interface with the GDOL tracking system.
5. How relationships related to economic development will be maintained or improved based on the move.
6. How requiring Georgians with disabilities to seek employment support from a non-work focused department will improve the independence of persons with disabilities in their pursuit of gainful employment.
7. How separating the program from the GDOL will improve the statistical monitoring of persons with disabilities entering the workforce as a part of the overall employment initiative of the state. And, conversely, how they will improve by aligning the program with DHS.
8. How the separation of the program from the GDOL will improve integrated employment services in the state and will not have a negative effect on the associated federal funding.
9. How the move does not negatively impact the continuation and connection of services and funding related to the One Stop centers.
10. How the loss of direct contracted relationships with employers will not have a negative effect on the improvements in the levels of employment.
11. How the transfer from a department that focuses on employment to a department that focuses on providing social services is beneficial to qualified persons with disabilities seeking jobs for competitive wages.
12. How the inevitable effects on staff will have a positive effect on their ability to assist clients in finding and securing employment.
13. How the restructuring of the VR Program to streamline staffing and improve recruitment and retention of qualified vocational professionals will be maintained.
14. How the federal regulations related to the use of the VR funds will be managed by the DHS.

**You are encouraged to CALL these legislators as well as your legislators representing your home district to express support for or against this bill. BE SURE TO mention (House Bill) HB 831, Human Services, Department of; include Division of Rehabilitation Services, <http://www.legis.ga.gov/legislation/en-US/Display/20112012/HB/831>**

**Sponsors to contact HB 831 to express your position: (Contact YOUR rep also!)**

Tom McCall—District30—404-656-5099 / Doug Collins—District26—404-651-773  
Matt Hatchet—District143—404-651-7737 / Amy Carter—District175—404-651-7737

**Thank you, Linda Shepherd Chairperson—GA State Rehabilitation Council  
[srcofga@gmail.com](mailto:srcofga@gmail.com)**

# GOALS 2012



Submitted by Jean Kropa. Program Coordinator with the Mild Brain Injury Support Group in the Atlanta-Buckhead area. This is a generalized version of the introductory information presentation at the Mild Brain Injury Support Group meeting on January 12, 2012. The major portion of the meeting was the members writing their specific personal goals and the plan of how to achieve their goal. We had a lively, fun time as a few shared their goals as the meeting ended. We plan an evaluation/ tweak-revise-challenge meeting in a few months. Jean - Group Website: [www.mildbraininjurysupport.org](http://www.mildbraininjurysupport.org)

Even though we attend brain injury support groups, we know that we have certain skills, and knowledge base. We use multiple skills when we set a goal. We must use Executive Function to consider ideas, to make Good Decisions, to Prioritize the best options, then "Manage Time" so that we are more likely to succeed. This Reduces Stresses of Frustrations resulting from Procrastination. Still, we tend to have a growing "to do" list,. Increasing organization in our brains and our environment, translates into reduced time "lost" to look for "lost" items in our chaos.

The Mayo Clinic Rehabilitation program also recognizes this, so over a period of time, they teach specific skills, before combining them as parts of Cognitive/ Executive Function in setting goals, planning, implementing and celebrating smaller and larger successes.

The purposes of goals are to organize your thinking, to guide us, and set a direction toward change. These changes may be uncomfortable, stretching and challenging.

## Be SMART in making your goals:

**S Specific**- A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions: \*Who \*What \*Where \*When \*Which \*Why

**M Measureable**-When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

**A Attainable**-When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

**R Realistic**-To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

**T Timely**-A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

Your goal is probably realistic if you truly **believe** that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

There will be setbacks; That is the time when you "step back" mentally, look at the whole situation, make adjustments in your approach, and go for the long term goal another way. This might be the right time to ask someone else to help with ideas and encouragement.

## Newton/Rockdale Support Group NEWS YOU CAN USE!

### Brain Injury Support Group of Newton/Rockdale's Annual Christmas Party

For many years our friends at Smyrna Presbyterian Church in Rockdale County have hosted our group at a lavish luncheon and party on the first Saturday in December. The event includes a visit by Santa and his elves who present gift bags to everyone. This year about 35 of our members and their guest enjoyed the festive occasion. We appreciate all those who work so hard to make this a success, especially Carrie Teasley and Delores McDonald who established this tradition.



Darren Kilby



Erica Grosvenor



Angie Ware

## Quilt Raffle Fundraiser

Thanks to the generous donation of the Smyrna (Presbyterian Church) Quilters, our Support Group is sponsoring a raffle for a lovely handmade quilt. Suitable for a baby or girl, this twin size quilt would be beautiful as a coverlet or wall hanging.

Tickets are **\$1 each** and the drawing will be held at our February 20th Support Group. All proceeds from the raffle will go towards helping our support group.

To purchase tickets contact any member of the Newton/Rockdale Support Group or contact Tom Houchins, [hthouchins@yahoo.com](mailto:hthouchins@yahoo.com) or 404-316-3193



**\$1 per  
Raffle Ticket**



2 Views of this beautiful quilt!

# Seminole Spirit Speech Language NEWS YOU CAN USE!

## Swimming for Brain Injury



**March is Brain Injury Awareness Month** — **March 24<sup>th</sup>** between the hours of 2:00PM and 5:00PM at the Cecil B. Wellness Center in Dunwoody Georgia the Seminole Spirit Speech Language Support Group lead by Mr. Bill Peet and Mr. Mark Halvorsen, two survivors of a Traumatic Brain Injury will be giving back to brain injury by “Swimming for it”.

Both Bill and Mark ask you for your sponsorship support to donate 50 cents a lap which is 2 lengths of a 25 yard pool at the Cecil B. Wellness Center. Your donation will be supporting the Brain Injury Association of Georgia a 501 c (3) nonprofit organization that advocates, educates and directs Georgia residents and our veterans that have sustained this terrible life changing injury to one’s brain. Swimming just happens to be the very best rehabilitation and healthy exercise that helps the survivor rehabilitate. A portion of your donation will go to the Seminole Spirit Support group to help pay for video taping of this one of a kind Georgia speech language self-improvement group. Upon the completion of swimming for brain injury on the 24<sup>th</sup> of March Bill and Mark will approach you with the final participation swimming report for your written tax deductible check.

**Contact: Mark Halvorsen—[seekinmotion2012@gmail.com](mailto:seekinmotion2012@gmail.com) or Bill Peet—[bpeet3@att.net](mailto:bpeet3@att.net)**

***Thank You for Your Support !***



Mission Statement: The Brain and Spinal Injury Trust Fund Commission enhances the lives of Georgians with traumatic brain injuries and spinal cord injuries. Guided by the aspirations of people with traumatic injuries, the Commission supports lives of meaning and independence. If you have sustained a TBI or SCI and to see if you can qualify for a grant visit their website - <http://www.gatrufund.org/>



A special THANK YOU to [The Adair Group](#) who generously donated t-shirts to be used by the Brain Injury Association of Georgia. The Adair Group has an understanding of the impact of brain injury on the lives of the citizens of Georgia; the support and donations needed to help sustain a nonprofit organization such as BIAG. *“Being able to give back in the form of t-shirts for BIAG is just a small way for us to say thank you for what you do to help others.”* Jordan Adair, Co-Owner, The Adair Group

# Robert Beaham News You Can Use

With 2012 underway we have many things planned for 2012. We are proud of our 2011 accomplishments and appreciate your support and encouragement. Some of our activities and accomplishments in 2011 included:

- Over 7,000 contacts received, many which received services and assistance
- More than 48,000 page requests through our [www.braininjurygeorgia.org](http://www.braininjurygeorgia.org) website which provide education, information and resources
- More than 300 Likes on our Facebook Fan Page
- Leadership Summit held for our affiliated statewide support group. Our Summit provided group strengthening, networking and brain injury updates and education so they can better serve their group members and community
- Camp Hardgrove for adult brain injury survivors with respite camp for their loved ones.
- Advocacy and awareness through our Disability Day presence, walks and symposiums held during March Brain Injury Awareness and throughout the year.

As we begin 2012 we are preparing for **Disability Day** to be held 2/16/2012, **March Brain Injury Month** activities from swim or walk for awareness to brain injury symposiums being held in several locations. These will be updated on our website, calendar of events.

We will also be **updating our web site appearance** and looking to increase the number of programs and resources available.

Please keep an eye out for how you can participate in the new brain injury awareness campaign!

**"I am the face of Brain Injury in Georgia."**

**Camp Hardgrove 2012** will be held again in September - keep an eye on our website if you are interested in being a volunteer or a camper. We expect to have news and the online applications posted the end of February. If you can make a donation to support camp, contact BIAG.

BIAG is taking the lead with the **Georgia Concussion Coalition** in advocacy efforts for legislation in our youth and sport league and educational system. As we get to the final stages, we will be turning to you for contacting your representative through letter writing campaigns to support the legislation bill when introduced. ***If you know of anyone who has a story to tell about their son or daughter who sustained a concussion through their sports activity let us hear from you.***

**Support Group Liaison:** Several nominations were received by our support groups. The names have been submitted and we are putting an innovative structure together to ensure we encourage a team effort with this role and promote enhanced communications. We will be announcing the elected nominees and the new approach shortly.

Thanks much for your support, your participation is very important for our programs and services. We look forward to working together with you in 2012 and wishing you the best of days in 2012! If you have any recommendations on how to improve our services, presence, and awareness- please feel free to contact me directly at [robert@braininjurygeorgia.org](mailto:robert@braininjurygeorgia.org)



*Robert Beaham, Chairman of the Board*

***If you are not an active member of BIAG please contact a support group leader or BIAG and join today! Together, as one, we can help support the Brain Injury community throughout the state!***

## Board of Directors

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*If you would like to be a sponsor on our website or our newsletter, contact BIAG today.*