In our monthly meetings, we strive to provide speakers and programs that are informative and will benefit our members and survivors in some way. However, if you have come to our meeting seeking personal support or guidance and would prefer to speak with someone one on one, please let us know. There will always be someone available to talk with you.

Please note that the meetings and programs of the Alamo Head Injury Association (AHIA) are open to members, non members, guests, visitors and anyone desiring to provide or receive information and/or support.

Do you have a topic idea or speaker you would like to see covered at one of our meetings? Let us know!

UPCOMING MEETINGS

All meetings are held on the fourth Wednesday of each month from 6:00 – 8:00 p.m.
This quarter, meetings will be held at Warm Springs Rehabilitation Hospital
5101 Medical Drive, 1st floor,
San Antonio, Texas 78229

October 25:
Halloween Bash
Join us for an evening of fun, games, and a costume event.

November 15:
Survivor: Canine Companion for Independence

December 6:
Holiday Dinner: Mamacitas
Join us for our annual holiday dinner celebrating survivors of brain injury.

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As we say goodbye to Summer, I hope you are all looking forward to the cooler weather of Fall. With fall arrives many fun festive and events as the year is coming to a close. I would like to remind support group attendees to SAVE THE DATE for our Halloween Bash on October 25 and our Holiday Party on December 6. These two events are a highlight of our year and we hope you can join us.

Could you benefit from the AHIA Grant Program?

I want to remind everyone that AHIA does offer small grants to survivors in need of medical equipment, education material, transportation, accessibility assistance, etc. Please contact Kelly Quezada for more information on these grants and on how AHIA may be able to assist you.

kelly@alamoheadinjury.org or 210-614-4323

Support Group News:

We would like to send out a big thank you to Neuro-Restorative for hosting our support groups for the months of July, August, and September. They were a gracious host providing AHIA with wonderful refreshments and accommodations. We would also like to thank our speakers Megan Crandall, Officer Gilbert, and Hannah Chenault for sharing their knowledge and expertise with our group. We especially would like to thank Dardo, Toni, Shelia for ensuring our group was well taken care of.

In the month of September, several members attended the Support Group Celebrations hosted at Morgan’s Wonderland by Warm Springs Connect+Ability. AHIA support group join several other support groups during this event enjoying the accessibly facilities found at Morgan’s Wonderland. Many of our members were in attendance and fun was had by all. We would like to thank Warm Springs Connect+Ability for their generous support of our group.

AHIA member Spruce enjoying time with "Captain America"!
Wallace is in good company. Forgetting what you are looking for is another common problem reported by persons who’ve had a brain injury. What can be done to remedy this frustrating problem?

- Avoid trying to do too many things at once. It’s much easier to forget or get confused when you are trying to do different things at the same time.

Repetition, Repetition, Repetition. Repeat the name of the object of your search over and over until you find it.

- Write down what you’re looking for. Even just one word may be enough to trigger your recall.

  - If paper isn’t handy, write on your arm or hand.
  - If a pen isn’t handy, “write” with you finger.

- Take something with you to remind you what you’re looking for. For example, if you’re looking for your checkbook, take the bill you intend to pay.
Retrace your steps.” For some, going back to the “scene of the crime” helps them recall what they’re looking for.

Walk back to the last place you remember being. Look all around.

Try to form a picture in your mind of what you were doing. Were you sitting or standing? Were you alone or with someone?

Pantomime or “act out” what you were doing (e.g., writing something down, opening a drawer, leafing through a book).

Wallace returned to the den and noticed his half-eaten bologna sandwich. Pickles, he thought to himself, smiling. As he returned to the kitchen, Wallace repeated “Dill” over and over again until he got to the fridge. Pickle jar in hand, Wallace strutted back into the den to, well,... relish his victory.

Reprinted from TBI Today

Support AHIA while shopping online at Smile.Amazon.com. Select AHIA from the drop down menu and Amazon will donate 5% of every Amazon Smile eligible purchase.
Planning for the Future Series 2017-2018

A series of workshops designed to help self-advocates and parents/caregivers of children/young adults with intellectual and developmental disabilities plan for the future

**Long Term Services and Supports**  September 16th, 2017
This session will provide an overview of Long Term Service and Support Medicaid Waiver Programs including CLASS, HCS, MDCP, Texas Home Living, and DBMD.

**Guardianship and Alternatives**  October 14th, 2017
This session will provide a better understanding of the process of Adult Guardianship, as well as provide an overview of Alternatives to Guardianship including Supported Decision-Making, Powers of Attorney, Representative Payee, and others.

**Financial Planning**  November 11th, 2017
This session will provide general information with regard to Financial Planning for individuals and family members with Special Needs. Information on Special Needs Trusts and ABLE Act will also be provided. Special Needs Trusts allow individuals to retain vital resources without losing essential benefits.

**Life After High School**  January 13th, 2018
During this session, we will explore and discuss different post-secondary programs including day programs, residential options, and support services that young adults can utilize as they transition from a school to a community setting. TWC-VR will also present program information.

**Summer Recreation Fair**  February 24th, 2018
Featuring 30+ organizations offering summer programs, camps, respite care, support groups, and many more recreational opportunities! No registration required for this event only.

**Social Security Overview**  April 14th, 2018
Attendees of this session will learn the difference between SSI and SSDI, as well as eligibility and the application process. Additional topics include fair share, appeals, and Disabled Adult Child (DAC).

**WHERE?**
The Arc of San Antonio
Pam Stephens Center
6530 Wurzbach Rd.
SATX 78240

Childcare is not offered by The Arc of San Antonio during these sessions. However, respite is available on-site through Respite Care of San Antonio with registration and reservation. For more information, contact Respite Care of San Antonio at 210-737-1212

**WHEN?**
Saturdays
9:00a-11:00a

Registration Required
To reserve your seat, contact Liz Perez at 210-490-4300 ext. 103 or email lperez@arc-sa.org
Community Events:

Sensory Friendly Nights at the DoSeum
The DoSeum offers Sensory Friendly Nights for children in need of sensory modification. This allows children to come enjoy the children’s museum without some of the noises effects, and crowding that hinder their ability to engage and learn. Contact The DoSeum at 210-212-4453 for more information.

Compassion Fatigue Workshop
Presented by Amy Cunningham
October 18th 6:30 pm – 8:00 pm
5101 Medical Drive, 1st floor
Are you caring for a loved one with a disability? Learn strategies to refill your physical and emotional reserves. This workshop is for caregivers who are family members, friends, and relatives. Space is limited. Please RSVP to Shelia Brown sbrown@warmspringsconnectability.org or 210-672-4097

Stoke Survivor and Caregiver Conference
Friday October 6th, 9am-3:30pm
San Antonio Live Oak Conference Center 8101
Pat Brooker Road, Live Oak
Register using the link below:
New Meeting Location

Our July, August and September meetings will be held at Warm Springs Rehabilitation Hospital. The address is 5101 Medical Drive, San Antonio, TX 78229. This simplified map will give you an idea of its relative location.

WOULD YOU LIKE TO SHARE YOUR STORY?

If any survivor or family member would like to share their own personal story about the life changing experience of living with brain injury, please send it to the AHIA at:

Po box 29074,
San Antonio, TX 78229
October, November, December

2017 AHIA BOARD OF DIRECTORS

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Kay Dabney, Treasurer
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René Mills, Carol Kattan, Dr. Rebecca
Tapia, Board Members at-large
TBA, Survivor Representatives

Meeting Locations for 2017

October, November
Warm Springs Rehabilitative Hospital Medical Center
5101 Medical Drive
1st Floor Room #130
San Antonio, TX 78229

December
Holiday Dinner-Mamacitas
8030 IH 10 West
San Antonio, TX

AHIA Annual Fund

DONATE TODAY
Choose where you would like
to see your contribution go...
meetings, survivor outings, grant programs, prevention, etc.

Questions: Contact Kelly Quezada by phone: 210-614-4323 or
email: kelly@alamoheadinjury.org

Donations can also be made online by visiting our website: www.alamoheadinjury.org and clicking on:
About Us >Donations.

Thank you in advance for your support and consideration.