



Second Chance Golf Tournament September 21, 2012

Second Chance is seeking sponsorships, teams & silent auction items for the Second Chance Golf Tournament

Visit our website, www.secondchancenwfl.com
for a registration packet or call 850-769-7779
for more information.

**Homebre Golf Club
Lunch & Registration begins at 11AM and
the tournament begins at NOON with a
Shotgun Start.**

**Four man, best ball/scramble format.
Fees include lunch and gift bag for each golfer.
Team awards and hole prizes will be awarded.**

OUTINGS/ACTIVITIES CALENDAR

- 7/2 YOGA
- 7/4 **CLOSED- INDEPENDENCE DAY**
- 7/6 PANAMA CITY MALL/FOOD COURT
- 7/13 SCIENCE & DISCOVERY CENTER/
SUBWAY
- 7/16 COVERED DISH DINNER
- 7/20 PANAMA CITY NURSING CENTER/
PIZZA HUT
- 7/27 FUNLAND
- 7/30 YOGA
- 8/3 WALMART/HONG KONG BUFFETT
- 8/7 COVERED DISH DINNER
- 8/10 ROCK-IT-LANES/ CICI'S
- 8/13 YOGA
- 8/17 PANAMA CITY NURSING CENTER/
CHULAS'S
- 8/24 92.5 WPAP/ CAPTAIN D'S
- 8/27 YOGA
- 8/31 VISUAL ARTS CENTER/ MADDIES
LA CASITA

Pirate Ship Cruise- by Randall V. & Robin C.



On Friday June 15th, Second Chance took a 2 hour cruise aboard the Sea Dragon. On the way out we saw several dolphins. Some with as many as six to the group. We also saw several skiers, perhaps as many as ten. They were doing some kind of maneuvers around what looked to be posts protruding from the water.

Two of the pirates aboard the ship were Fair Weather Heather and Bones, somewhat of the comedians aboard the ship. I'm sure Fair Weather Heather was more than likely a cook and probably dishwasher, though her hands didn't give her away. Then there was bones who nearly had to walk the plank. But the children saved him from

such a plight. They all voted unanimously to let him go.

The cannons were fired several times, giving everyone a thrill. Later, the children did a dance to the music of Jimmy Buffett. Shamika joined in, good going Shamika!

Now the ship was getting close to where they say a buried treasure is. All the children hurried to look for the treasure. Yep, sure enough there is a buried treasure down there! All the children around the circle would get three pieces of treasure. They were very excited as they pulled the chest up and opened it up. The children were excited it was easy to tell. On the way back, we saw a few more dolphins and some birds flew along with us. Shamika fed one a cheese curl. What a great day!

Our thanks to the Sea Dragon for showing us such a great time. We really did enjoy it! It felt good to get our land legs again but to be real truthful about it, I'm ready to start all over again!

Camp TBI- By Shamika C. & Terri M.

We left Second Chance at 7:30AM on Friday June 8. The trip took us around six hours. We stopped in Lake City for lunch at Arby's and a visit to the bathrooms and then we were back on the road again. Once we arrived in Fruitland Park we went into registration and picked up our room keys, name tags and team colors. We explored our rooms and then went to dinner, which was very good. We always had a choice of two entree, vegetables, and desserts. The food there is very delicious. Later that evening we had an ice cream social and sang karaoke.

On Saturday, We had breakfast then we spilt into teams. Different color team members competed in different activities, such as chair volleyball, ladder golf, Frisbee toss bean bang toss, WII, and then we had a terrific lunch. There were 9 people who received the Every Day Hero Award including me, Shamika Curry. Ms. Sherl got the Valiant Heart award. Later that day, as we tried to take a boat ride it began to rain. After some rest and relaxation we got ready for the dance.

On Sunday, we started our day with devotional service, packed our bags and ate breakfast. Then we loaded up in the van and started home. For lunch, we stopped at Denny's and it was a very good place to eat. We continued on our way home. We arrived at Second Chance at 5:30p.m., and our families came to pick us up. It was a wonderful weekend!

We would like to thank Ms. Marsha for driving us there and back, and being so helpful. Mr. Wanda and Ms. Sherl also helped us a lot during our trip.



**IMPORTANT
ANNOUNCEMENT:**
DUE TO THE JULY 4TH HOLIDAY,
THE COVERED DISH DINNER
WILL BE HELD ON **MONDAY
7/16/2012 AT 6PM INSTEAD
OF TUESDAY 7/3/2012.**

VOLUNTEERS NEEDED!
WE ARE IN NEED OF A
VOLUNTEER WHO CAN PROVIDE
HAIRCUTS TO MEMBERS AT
SECOND CHANCE EVERY 6-8
WEEKS ON A PROGRAM DAY.
IT IS DIFFICULT FOR MANY OF
OUR MEMBERS TO AFFORD
AND/OR FIND TRANSPORTATION
FOR REGULAR APPOINTMENTS
SO WE WOULD LIKE TO BRING
THIS SERVICE TO THEM!

MONTHLY BINGO VOLUNTEERS

**VOLUNTEERS TO ASSIST WITH
THE 2012 SECOND CHANCE
GOLF TOURNAMENT**

**PLEASE CALL 850-769-7779 IF
INTERESTED IN ANY OF THE ABOVE
VOLUNTEER OPPORTUNITIES!**

2012 Officers

Sheri Morden, President
Michael Brill, Chairman
Nita French, Secretary
Sandy Kennedy, Treasurer

A Not-for-profit 501(c)3 Organization Serving the Needs of Adults with Brain Injuries, their Families, and the Community. Second Chance of Northwest Florida, Inc is registered with the State of Florida, Solicitation of Contributions Act.

Our registration number is #SC09281 and 100% of contributions are used for and by Second Chance of Northwest Florida, Inc.

www.secondchancenwfl.com
secondchancefl@hotmail.com
Find us on Facebook!

2012 Brain Injury Expo: Community Resources & Prevention

On May 12, 2012, Second Chance and the Pilot Club of Panama City hosted the first annual Brain Injury Expo. The Expo was a half day seminar featuring speakers specializing in the field of brain injury.

Special Thank You to all of the speakers who provided such valuable information to Expo attendees:

Dr. Michael Noble, Southern Orthopedic Specialists

Charlie Ketchum, Gulf Coast Hospital
Colleen Oberlie, Barnes Health Care
Mike Nobles, Vocational Rehabilitation.

Ed Mills, Brain & Spinal Cord Injury Program

Valerie Breen and Susan Grundhoefer,
Brain Injury Association of Florida



Brain Regain Newsletter

July/August 2012

Brittany Davis Shares Her Story—

On Friday March 29th 1995, I was out of school during Spring Break. I was out with friends on the beach. We just left one place and was headed home. We stopped at a stop sign at Churchwell Road and Middle Beach Road, we were pulling out when out of nowhere we were t-boned by a truck driven by a 19 year old who had been drinking. The hatch back of the car I was in was popped open from the impact. My hair was wrapped in the hatch back rod and I was thrown out of the car. I was thrown across Middle Beach Road. An off duty EMT from Dothan, AL who was on vacation saw me in the road. He stopped traffic and called a friend who was just entering one of the local night clubs. The EMT that first arrived on the scene removed the hair from my mouth because it was all tangled in

my braces and I had swallowed my hair and I was strangling. He stayed with me until the ambulance arrived. I was transported to Bay Medical Center. Things were moving very fast they were taking blood, x-rays, and all sorts of tests. Besides the trauma to my head, I suffered a broken femur, a broken pelvis, broken shoulder, broken clavicle, and broken jaw. They had to have the orthodontist come take my braces off. After the numerous surgeries including a craniotomy, I spent six months at Bay Medical Center. From there I went to Pensacola. I came home from Pensacola. I then went to Craig Head and Spinal Cord Injury Rehab in Colorado. After spending several months at Craig hospital I came home after a total of 23 surgeries.

With the help of my family I returned to school and graduated from Bay High School in 1998. I am paralyzed on my left side but with the help of my family and friends and now, Second Chance, I am able to do things I didn't think were possible. I enjoy coming to Second Chance. I have made many new friends and enjoy the outings we go on. It is nice to be around people who understand what is like to have a brain injury.



Caregiver's Corner-

Consider Needs— That includes your own and those of your family member. This might mean that you must make some hard choices about whether home or facility is the best place for your family member.

Accept Help— Be open to offers of help from friends and family and others who want to do something to help you. Get involved in self help/support groups.

Realize Limits— Don't allow yourself to become overwhelmed before reaching out to others.

Expect Setbacks— Ups and downs are to be expected. This can apply to both health related issues and psycho/social issues. Remember "this too shall pass" but a proactive approach can offset more serious problems.

Get Moving— Exercise is one of the best stress management tools, so try to get an exercise routine going for both yourself and your family member.

Imitate— Make sure, before leaving hospitalization or rehabilitation, that you observe and know how to provide the care required.

Vacation— You need to take breaks. Hopefully you can find some help to enable you to get away for a matter of hours or a real vacation. It will recharge your batteries.

Eat Right— When caring for others, there is a tendency to neglect ourselves. Eating nutritiously sustains your energy level so you can provide care.

Rest— Sleep deprivation is a major problem and one that can compromise your own immune system. If you are not well rested, you cannot take care of someone else.

Adapted from an article by Tedd Mitchell, M.D., Medical Director of the Cooper Clinic in Dallas

Congratulations to Shamika Curry recipient of the 2012 Everyday Hero Award and Sheri Morden recipient of the 2012 Valiant Heart Award at Camp TBI this year!



Thank You to Karen Smith of Dove Chocolate Discoveries for traveling all the way from Pensacola on June 22nd to do a Chocolate Tasting Party for the members of Second Chance and their families. It certainly was a yummy treat!

