



The Arms Forces Traumatic Brain Injury Awareness Month
31 Day Challenge for CHANGE for Veterans
March 2011

The Arms Forces nonprofit organization is dedicated to bringing awareness to the challenges that a traumatic brain injury brings to the lives of our wounded American Heroes. We want to be a force of **CHANGE** that creates a new understanding in America about traumatic brain injury. We go beyond the normal lessons of what a brain goes through in an injury to what a PERSON goes through during reintegration into life after traumatic brain injury, known as TBI. Our programs and services reflect this **CHANGE** in looking at a survivor and how we can best use our time and resources to bring about positive growth in their lives.

It's easy to get caught up in our daily lives and think this doesn't pertain to us. But, with over 1,500,000 million people a year having a brain injury, the lives affected are greater than those with breast cancer, MS, HIV/AIDS and spinal cord injuries **COMBINED!!** And, these numbers do not include the estimated 300,000 people injured in the military!!

So, what is our challenge and how can you be part of the **CHANGE** in partnership with The Arms Forces nonprofit organization?

March is Brain Injury Awareness Month. So our challenge to you is:

- 1.) Please learn something new about TBI every day. We will be posting information on The Arms Forces Facebook Page daily, so you will be able to become more informed in an easy manner.
<http://www.facebook.com/TheArmsForces> or you can visit our website and read the posts on our homepage. www.thearmsforces.org
- 2.) Help facilitate **CHANGE** by partnering with The Arms Forces by assisting us in continuing our efforts for invisibly wounded veterans by collecting your **CHANGE** daily and at the end of March **donating the money** to The Arms Forces. (contact information below) Create a jar and label it **The Arms Forces CHANGE for TBI** and put it out where you and everyone will see it. When someone asks you what it is all about, share

with them a bit about what you have learned about TBI. Share stories of the people you will learn about through our posts on Facebook and how their lives have been forever changed by their injuries.

3.) If collecting change every day is not your thing, then be a part of the **CHANGE** by making a donation to The Arms Forces through our website www.thearmsforces.org or by mailing a check. (contact information below)

Our veterans with traumatic brain injury many times are living lonely and unfulfilled lives. When the doctors are done, when the rehabilitation is finished, when the counseling isn't working anymore, they are trying to reintegrate into life with abilities that have been altered by the physical wounds of TBI. That is where The Arms Forces comes in and reaches out with open arms and assists them with navigating their life. Without passion and purpose, life can seem less meaningful.

My own journey after a severe TBI led me down a very broken road. But, I found a way to go from extreme adversity to JOYFUL RENEWAL. YOU can be a part of helping us create that joyful renewal for our veterans!!

Thank you for being a part of the force of **CHANGE** known as The Arms Forces! I appreciate each and every one of you!!

With open arms,
Pam Hays
Founder/President

Mailing Address:
The Arms Forces
PO Box 981
Maumee, OH 43537
419-491-1555
Email-hope@thearmsforces.org
www.thearmsforces.org
www.facebook.com/thearmsforces
www.sharecare.com/user/pam-hayes
www.twitter.com/thearmsforces
www.facebook.com/thearmsforces