

March is Brain Injury Awareness Month!

Opportunity Project invites you to participate in our annual awareness and fundraising campaign. Funds raised go towards brain injury programs and services including vocational support, mental health and wellness services, occupational therapy, speech-language pathology and social work for individuals with brain injuries.



Did you know?

- Over 5 million Americans are living with a permanent brain injury-related disability.
- A brain injury can have lasting effects on a person's physical, emotional, or behavioral state, including impaired memory, coordination, vision, hearing and emotional functioning.
- A brain injury can be caused by trauma, illness, or occur at birth. There are two main types of brain injury: traumatic and non-traumatic:
 - Traumatic brain injury is caused by an external force including motor vehicle accidents, falls and recreational/sports activities, e.g., concussion.
 - Non-traumatic brain injury is caused by internal factors, e.g., stroke or tumor.
- **Restaurant Week in collaboration with Explore Millburn-Short Hills - March 17-23: Sponsor OP members for vocational opportunities** – This initiative kicks-off with an informational session for local merchants in order to develop awareness about hiring individuals with brain injuries and identify potential employment opportunities for OP members. **Look for an OP donation box at the register at various Millburn establishments. And remember to dine at participating restaurants - a percentage of the proceeds will benefit OP**
- **OP's Got Talent Show - March 14 at 1-2pm:** Calling all contestants! Show off your stuff at our much-anticipated Talent Hour and vote for your favorites! Hosted by our very own - Eddie Plata, Executive Director of Opportunity Project. Join in-person or via Zoom for great entertainment and prizes!
- **Green Day at the OP Clubhouse - March 28 at 8:30-10am:** Join us for a community relationship-building event at the OP Clubhouse. Wear green in support of brain injury prevention! Grab a coffee. Enjoy light breakfast bites and good conversation. Meet Sargent Jiroux from the Millburn Community Policing & Safety Unit who will provide useful community safety tips.
- **Jersey Mike's Brain Injury Awareness Week - April 1-6:** Head over to Jersey Mikes in Florham Park, Union and Hoboken, NJ. Show your promotion card, donate \$3 and **get a FREE hero.**
- **Host a Blue Jean/Green Day or any Fundraiser of your choice:** Designate a day for your employees or group to get casual for the cause, or host any fundraiser you choose. All will be entered for a chance to win great raffle prizes! The OP Speakers Bureau can join to speak about brain injury prevention and share their experiences.

For questions, contact Julie at 973-921-1000 x 105 or email jlondon@opportunityproject.org