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**THE VOICE OF BRAIN INJURY –
Help, Hope and Healing
ISSUE #71, FALL 2018**

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HEADWAY

NEWSLETTER



GOING GREEN? If you would like to receive the *HEADWAY* Newsletter by email, please contact renee@bianh.org

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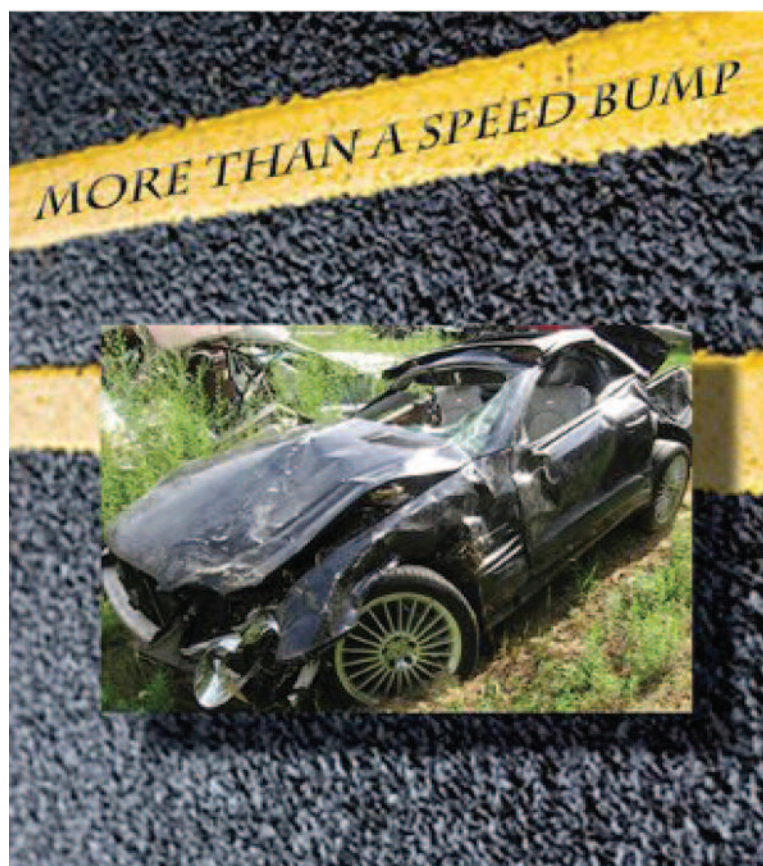
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Jim Scott: *More Than a Speed Bump*

By Sarah Gaffney

Jim Scott III grew up in Atkinson, New Hampshire, graduating from Timberlane Regional High School and continuing on to complete a degree in economics from the University of Tampa in 2006. After graduation, he had plans to take on Wall Street. Two months later, back home in New Hampshire, Jim left a party after spending the night drinking with friends and was in a devastating car accident on the way home. The day after the accident, Jim opened his eyes, but remained unresponsive. He spent six weeks in an unresponsive state, three months in inpatient rehabilitation, and two years in outpatient rehabilitation.

Twelve years down the road and lucky to be alive, Jim's life is remarkably different and he is the first to admit how fortunate he has been with his recovery and the support of his family. He has written a book, has regular public speaking engagements on brain injury education and prevention, and has a job he loves. As Jim puts it, "You really can't give up. Everything changes and you think you're going to feel this way forever, but you won't. I wouldn't call it better or worse; it's just different and that takes some time to get used to." He is also quick to point out that



**Life Before And After
Traumatic Brain Injury**

by Jim Scott

"sometimes it feels like you're giving up, but you are not the same person anymore and accepting that versus giving up are two totally different things."

Jim's book, *More than a Speed Bump*, which recounts his accident and recovery, was published in 2012 and his writing has also been featured in *Chicken Soup for the Soul: Recovering from Traumatic Brain Injuries*. Jim was never really much of a writer before his accident, but during his struggles with his recoveries from brain injury and addiction, he started writing. He never set out to write a book, but when he shared some of his journals with his family, they said he needed to share it with the world.

Jim was living at home when he wrote his book, and was struggling with depression and suicidal thoughts at the time. Though his executive functioning was impaired by the accident, Jim's ability to write remained intact, something for which he'll be forever grateful. Writing *More than a Speed Bump* was extremely therapeutic and helped him get through some of the worst days. "Writing is awesome," Jim says, "and not only is it free but it's the best therapeutic exercise."

Continued on page 3

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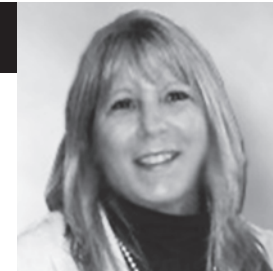
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PRESIDENT'S MESSAGE

AUTUMN SPLENDOR

by Freddi Gale, BIANH President



Now that summer is behind us, we wind down the summer activities. We celebrated another successful golf tournament held at The Oaks in Somersworth. It was a beautiful day with great golf, a scrumptious luncheon, and wonderful raffle prizes. The next event is the 12th Annual Coalition of Caring Caregiver's Conference, which is another NHBIA sponsored event that has grown in size over the years and is sure to attract a large audience with the keynote speaker retired Chief Justice John Broderick.

While many of us anticipate the colors of fall arriving, we also have to acknowledge that winter is coming. Shorter days and less daylight may affect everyone, but especially those who have experienced a traumatic brain injury can particularly be susceptible when we turn the clocks back. Generally, it takes a few days for us to adapt to the time change in a way that allows us to fall asleep at our typical time. A person who has a brain injury may already have a difficult sleep pattern, this time change can wreak havoc on their schedule. During the fall, only a minority of people actually get that promised hour of

sleep; and it seems that most people wake up earlier and have more trouble falling asleep, not to mention having trouble sleeping at night. Sleep disturbances are one of the most common symptoms following a brain injury. Not receiving good regular sleep can make an impact with all daily activities. Studies and surveys have shown that sleep disorders are three times more common in people with brain injury than that of the general population and that nearly 60% of people with a traumatic brain injury experience long term difficulty with sleep.

The reduced level of sunlight in fall and winter may also cause Seasonal Affective Disorder (SAD). The decrease in sunlight may disrupt the body's internal clock and lead to feelings of depression. A drop in Serotonin levels (a brain chemical) that affects moods may also play a role in SAD. Exercise plays a key role in mood and healthy brain function. Let's all try to keep fit and active all year long, we will all be better for it!

EXECUTIVE DIRECTOR'S MESSAGE

New Guidelines on Disorders of Consciousness and Long-Term Coma

Continued use of the term "permanent vegetative state" in both adults and children is no longer justified given current research.

by Steven D. Wade BIANH Executive Director



The American Academy of Neurology and the American Congress of Rehabilitation of Medicare just issued new practice recommendations for Disorders of Consciousness (DoC). This has always been an important issue for the Brain Injury Association since it impacts many survivors of brain injury.

An overview of the new guidelines can be found at: <https://www.aan.com/Guidelines/home/GetGuidelineContent/929>. The complete article is available in the September 2018 issue of the Archives of Physical Medicine and Rehabilitation. What exactly is "new" about these guidelines? There are several important changes from the previous version (which was done in 1997).

1. Amantadine is specifically suggested, which is uncommon for a guideline. It is recommendation #14. It should only be used when there are no other contraindications for the trial of this medication. The medication has been found to be helpful in improving awareness and the ability to respond.
2. It is recommended to do serial and standardized evaluations (recommendation 2a and 2b). This may seem obvious, but too often one evaluation is done and the results are seen as "the diagnosis." They also

suggest several possible tools to use for an evaluation. They also recommend using a standardized evaluation versus the "qualitative" bedside evaluation.

3. Discussion with families (recommendation #3). "Within the first 28 days clinicians must avoid statements that suggest these patients have a universally poor prognosis."

Continued use of the "permanent VS" [vegetative state] is not justified. Use of this term implies "irreversibility," which is not supported by the current research and which has implications for family counseling, decision making and the ethics of the field. The guideline panel suggests that the term "permanent VS" be replaced with the term "chronic VS" to indicate the stability of the condition (in keeping with other diseases that have a chronic phase).

The guidelines include 18 recommendations with many other differences between the old and these updated guidelines. The last three recommendations deal with children, and basically say there is no data specifically for children, but it is reasonable to use these guidelines for children.

Thank you to Greg Ayotte of the BIAA for informing us of these new guidelines.

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Continued from page 1- Jim Scott: More Than a Speed Bump

It's amazing how what's in your head can come out completely differently on the page."

Jim's writing gave him a tangible way to help others as well, which was enormously therapeutic in its own way: "I think the biggest thing with sharing my story and writing the book was that even when I didn't have my license and couldn't drive or go places, my story was always something I could provide and share with others. It is something that is uniquely mine and, in a weird way, it's an asset."

One of the biggest challenges that Jim encountered while writing the book was that he had no memory of the accident or his first six weeks post-injury. His mom had kept excellent notes during his time in the hospital, so he was able to read through those and ask her questions, but it was difficult to face the impact he'd had on his family during that very stressful time and he still carries some guilt and shame about the whole situation. Jim is hopeful, however, that people will find hope and inspiration in his story, and that of his family. They have been through "so many tragedies and set backs," Jim says, "but we've bounced back and are doing something good with the chance we have."

Jim has been actively involved with the Krempels Center in Portsmouth, New Hampshire, for years and credits them with helping save his life. He still participates as often as he can, and the creative writing groups there, as well as the professional writers who came to the center to lead workshops, changed his life. In addition to helping other survivors by sharing his story, several years ago Jim started doing a lot of public speaking through the Krempels Center, primarily to schools. About a year ago, he started doing ThinkFirst presentations in conjunction with Northeast Rehabilitation Hospital Network as well. ThinkFirst presentations are aimed specifically at preventing injury by using compelling true stories, just like Jim's, to explain how injury can change a person's life forever.

Jim now lives in Portsmouth and works for the family business, RAWZ© Natural Pet Food, which sells high quality nutritional food for dogs and cats. RAWZ© does so much more than that, though. Jim's parents, Jim and Janet, made taking care of their sons and helping them recover from their injuries their top priority (Jim's brother Andy suffered a spinal cord injury prior to Jim's own traumatic brain injury), and during that time they discovered the immense positive impact that



My mom and I at a Krempel Center summer cookout

pets can have on recovery. Jim and Andy both benefited from comfort and support from Boomer, the family's yellow lab, during their recoveries.

When they started RAWZ©, Jim and Janet were determined to give back and provide support for others. As a result, RAWZ© donates 100% of its profits through "The RAWZ© Fund." This funding goes to organizations that are dedicated to improving the lives of those living with disabilities, with a primary focus on organizations that provide service dogs and help individuals with spinal cord and traumatic brain injuries. Organizations that have received support from RAWZ© include the Krempels Center, Spaulding Rehabilitation Hospital, Northeast Passage, National Service Dogs, and NEADS World Class Service Dogs.

Jim has come a long way since that fateful day in 2006. He takes life day by day and does the best he can with the abilities he has on any given day, trying hard to not compare his life to what it was like before. "You can never compare yourself to another person," he also reminds us. "Every injury is unique and just because I'm doing something and you're not, doesn't mean you're not doing a good job. Sometimes the accomplishment is just getting out of bed and showing up." He also lives by a quote from David Krempels, founder of the Krempels Center: "You're not who you were. Be who you are!"



Three generations - Jim Jr, Jim Sr, and Jim III



Family with Katie (sister in-law) and Pat

CAMP ALLEN - 2018

For the fifth year in a row, the Brain Injury Association has held a summer camp for adults living with a brain injury. Just a few weeks ago in August, nineteen campers from New Hampshire and a few from Maine and Massachusetts enjoyed a summer camping experience at Camp Allen in Bedford, NH.

On Sunday afternoon, campers gathered for a deluxe cookout, followed by scavenger games, more food, and then topped the evening off with music, s'mores, and a campfire. From Monday through noon on Tuesday, the campers and staff participated in yoga, nature walks, some hands-on craft time and jewelry making,

and especially enjoyed cooling off in the swimming pool after hot, muggy days.

BIANH thanks the staff from Wildlife Encounters for exhibiting exotic animals such as a Brazilian boa constrictor, a vinegaroon, hedgehog, and skink. Special thanks to Chris Reagan for providing entertaining music and musical games such as Name That Tune and Jeopardy. BIANH especially thanks the staff of Camp Allen and BIANH board members and staff who took time from their busy schedule to oversee and work together to make this a memorable camping experience for all.



Save the Date!

**The 12th Annual Statewide
Caregiver's Conference
Keynote Retired Chief Justice John Broderick
"A Family's Journey Through the
Valley of Mental Illness"**



Wednesday, November 14, 2018

8:00 am to 4:00 pm

Courtyard Marriott, Concord, New Hampshire

For more information or to request a registration brochure contact:
Ellen Edgerly, Coalition of Caring, Phone 603-332-9891 or
e-mail Ellenedge@metrocast.net, or visit the Coalition of Caring's
website at www.coalitionofcaring.org. Facebook Like us:

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DISABILITY RIGHTS CENTER



Disability Rights Center - NH
Protection and Advocacy System for New Hampshire
Advocating for the legal rights of persons with disabilities

Election 2018: Get Out and Vote

The November 6, 2018 election is fast approaching and it is critical that voters with disabilities across New Hampshire make their voices heard in this important election. Voters will be choosing the Governor, US representative, state senator and state representatives, in addition to local and county officials. With only a few weeks until the election, it's important that you're prepared.

Voting Eligibility and Registration

To be eligible to vote in New Hampshire, you must be:

- a New Hampshire resident who will be 18 years of age or older on the day of the election,
- a United States citizen
- not currently imprisoned for conviction of a felony

If you are not currently registered to vote, you can register at your city or town clerk's office or at your polling place on Election Day.

Voting by Absentee Ballot

- You can vote by absentee ballot if:
- You will be absent from your city or town on Election Day,
- You have a physical disability that prohibits you from voting in person,
- You are a member of the armed services (or a spouse or dependent of a member) and will be absent on Election Day,
- You are living overseas, or
- You cannot vote in person because of observance of a religious commitment

You may request an absentee ballot from your town or city clerk.

You must return your absentee ballot to the city or town clerk by mail or in person. If you are mailing the ballot, it must be received by 5 pm on Election Day. If you are delivering the ballot you must do so by 5 p.m. on the day before the election. Town and City Clerks must be available between 3 and 5 p.m. on the day before the election.

If you are ill or hospitalized on the day of the election, you can vote by absentee ballot. There is no deadline for applying for an absentee ballot. The only deadline is that it must be received by 5:00 p.m. on Election Day. Your town or city clerk may deputize someone from his or her office, or take the ballot to you and then accept receipt of the completed ballot in person.

Accessibility

Your polling place should be accessible to you. All polling places should have:

- Accessible parking spaces
- An accessible route from the parking space to the accessible entrance
- At least one accessible Voting Booth

In addition, for all federal elections, every polling place in New Hampshire has an accessible voting system, called the one4all system, available to all voters. The one4all system uses a tablet, keyboard/keypad, headset, and printer to allow people of all abilities to cast their ballot securely, privately, and independently. Although it is electronic, the one4all system is NOT an online voting system. The one4all system simply allows you to select your choices on a tablet instead of on paper. After making your selections, you print out a completed paper ballot and give it to the clerk to submit.

If You Need Help Voting

You have the right to choose who helps you to vote. Anyone, except your employer or a union official can help you to vote. That person cannot try to influence your vote.


Learn More about the Candidates and Issues

When deciding how to vote, it's important to talk to people who you trust and look for non-partisan resources, resources are created by organizations that do not support any candidate or political party. DRC-NH conducted a non-partisan survey of candidates for Governor, Secretary of State and the US House of Representatives on issues that are important to voters with disabilities. Read their responses at: <https://sites.google.com/a/drcnh.org/2018-candidate-surveys/>.

Ask For Help

If you encounter any problems or have questions about the election process, DRC-NH is here to help. Call 603-228-0432 or email advocacy@drcnh.org.

"Vote as if your life depends on it. Because it does."
- Justin Dart



Rose Meadow

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Specialized Supported Residential Programs providing long-term care and quality of life for adults who are medically compromised due to acquired brain injury, spinal cord injury or neurological disorder

Rose Meadow has been serving residents since 1995 who:

- Require total care which may include ventilator management, trach care & tube feedings
- Require 24 hour supervision for personal safety & well-being
- Require nursing support, medical management & attendant care

Rose Meadow's services include:

- Family style living
- 24 hour supervision and nursing support
- Support with daily living activities & personal care
- Physical endurance program
- Daily leisure & recreational activities
- Community involvement & integration

Rose Meadow has full access to community resources for all licensed therapies. Our programs are community based & individualized to meet each resident's specific needs.

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**BRAIN INJURY
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*“Beauties” Bowling
for Brain Injury*

Hosted by
Brooke Mills,
Miss Merrimack 2018



Beauties Bowling for Brain Injury

Sunday, October 21, 2018 — 6:00-8:00PM

WHERE: Boutwells Bowling Center — 152 North State Street, Concord, NH

PRICE: \$30.00/person (includes shoe rental and two strings of bowling)

<https://bianh.salsalabs.org/bbbi/index.html>

or www.bianh.org

Register as a single, duo, trio, or team of four



Dartmouth-Hitchcock

Adults with Concussion/Traumatic Brain Injury (TBI) Needed for Study on Cognition at Dartmouth

The Neuropsychology Program at Dartmouth is seeking adults (18-55 years of age) who have had a concussion/mild TBI or a moderate TBI and who are still experiencing cognitive problems in their everyday life (e.g., memory, attention/concentration) for a study on cognitive functioning.

Who can participate?

- English as a first language
- Adequate hearing and vision
- No history of other neurological illness, major medical illness (e.g., cancer), developmental disorder (e.g., autism), or intellectually challenged
- No current mood disorder (e.g., clinical depression)
- No history of a schizophrenia spectrum or bipolar disorder
- No history of ADHD

Details:

- Eligible participants will complete psychiatric interview as well as paper-and-pencil and computerized tests and questionnaires about symptoms and cognitive abilities such as memory and concentration. None of the tests are harmful or painful and they will be done free of charge.
- The duration of participation is one visit lasting approximately 3 1/2 hours at Dartmouth-Hitchcock Medical Center in Lebanon, NH.

Participants will receive compensation.

Contact:

Courtney Lawn, B.A. at Courtney.L.Lawn@hitchcock.org for more information.

Study on Cognition in Mild and Moderate Traumatic Brain Injury at Dartmouth

The Neuropsychology Program at Dartmouth is seeking adults 18 to 55 years of age who have had a concussion/mild traumatic brain injury (TBI) or a moderate TBI and who are currently experiencing cognitive problems (e.g., memory, attention/concentration) for a study on cognitive functioning. Eligible participants will complete a psychiatric interview, as well as paper and pencil and computerized tests and questionnaires about symptoms and cognitive abilities such as memory and concentration. None of the tests are harmful or painful and they will be done free of charge. There are no direct medical benefits for participating in the study. The duration of participation is a single visit lasting approximately 3 to 4 hours at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Study participants will receive compensation.

For more information, please contact Courtney Lawn, B.A. at Courtney.L.Lawn@hitchcock.org. This study has been reviewed by the Dartmouth Committee for the Protection of Human Subjects.

LOOKING BACK AT SUMMER!

The days are becoming shorter, the leaves are turning and falling, the coolness is in the air as we descend into fall.

Looking back at the summer of 2018, once again the NCIL residents and staff alike had a very busy summer packed with fun filled activities and places of travel.

The gardens that were planted in early spring provided a bounty of vegetables that were enjoyed by all. Staff and residents tended the gardens, weeding, and watering when not busy with other activities.

Many trips were made to Oxford Plains Raceway, Sea Dogs baseball games, outdoor concerts, cookouts, and Fun Spot at Weirs Beach.

The highlight every year is the annual NCIL camping trip to Camp Huckins on Ossipee Lake. The activities included archery, biking, fishing, swimming, kayaking, ropes course, arts & crafts,

and of course the bonfire in the evening with banana boats enjoyed by all.

The Barrington residents have participated at The Krempels Center with the many groups that are available. Jessie is really enjoying the “She Shed” group of women and has made new friends. She had the opportunity to boat and fish on Great Bay, according to all reports she was a “natural” and landed some nice catches. Richard continues volunteering at the Salvation Army and participating at the library with his Mahjong group of community players.

For the 11th year, NCIL has supported and participated with the “Jen’s Friends Climb for Cancer” held at Cranmore Mountain. Kudos to Patrick and Brandi for making the trek to the top of the mountain. Other individuals helped to volunteer at the base of the mountain and were there to cheer on the successful climbers.

Happy Fall!





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SPOTLIGHT ON KREMPELS

Talk and Tours: A new way for providers to learn about Krempels Center

By Sarah Lovell, MSW, CBIS, Membership Services Coordinator Photo Credit: Perry Smith

Sometimes the greatest treasures are those not yet well known, much like a favorite coffee house hidden and appreciated only by those willing to try it. It's the same with Krempels Center - part of the Community Campus in Portsmouth, NH, since 2000, yet relatively unknown to locals. Visit the campus on any given Monday, Wednesday, or a Friday morning, and you'll find members relaxing with a cup of coffee in the lobby, playing friendly (yet competitive) card games in the café, and making use of the computers in the library before the daily schedule is underway. While the atmosphere may be relaxed, there is a greater mission at work.

Before you even walk past the towering fireplace, it is a safe bet that a Krempels Center member will greet you, and make sure you know where you are going. Even though members are tight-knit and are a family at-large, they are also no strangers to new faces. With over 25 new members and 100 new interns from surrounding universities each year, as well as countless visitors and Enrichment guests from the community each month, our members enjoy sharing the Krempels Center community with anyone who is interested in learning more about the the program and what it is like to live with a brain injury.

Krempels Center has been extending an open invitation to anyone who would like to learn more about the Center by attending a "Fireside Chat." With a warm cup of coffee in hand, attendees hear about the passion and commitment of our staff, board, and members, and learn about the evolution and growth of Krempels Center over the last two decades. In addition to hearing a member share their personal story and connection to Krempels Center, visitors are able to observe and participate in the Community Meeting, which acts as an introduction into each day's activities and to each other. Community Meeting is how all program days start at Krempels Center: with energy, laughter, and a plan to make it a great day. It provides a snapshot of all of the various programming choices the members have at Krempels Center.

Fireside Chats have proven to be a wonderful way to share Krempels Center with the outside community. We know that we are only serving a small percentage of individuals living with brain injuries in New Hampshire, Maine, and Massachusetts that could be benefiting from attending Krempels Center. In an effort to continue to spread the word about Krempels Center, we are now offering "Talk and Tours" in addition to Fireside Chats.

Talk and Tours have all of the same components of Fireside Chats, but can be scheduled at the convenience of the groups or individuals who are interested in attending (instead of standing dates for Fireside Chats). Talk and Tours are geared towards professionals who may be working with individuals living with brain injuries who may benefit from a referral to Krempels Center. Members Services Coordinator, Sarah Lovell, provides information about eligibility, referrals, the membership process and answers any questions

you may have about Krempels Center. While visiting Krempels Center is the best way to get a true feel for our community, we understand not all agencies and organizations will be able to carve out time to visit, so our staff can also schedule in-service trainings.

Treasure is meant to be discovered and shared. Through Talk and Tours and Fireside Chats, new visitors will be able to learn about Krempels Center and, therefore, reach more individuals living with brain injury who could benefit from the programming.

If you would like to learn more about Krempels Center, schedule a Talk and Tour, or are interested in becoming a member, please contact Sarah Lovell, slovell@krempelscenter.org or 603-570-2026 x 20



SAVE THE DATE - VERTICAL CHALLENGE

VERTICAL CHALLENGE

FOR

BRAIN INJURY AWARENESS

Supporting our Veterans living with Traumatic Brain Injury

SATURDAY, MARCH 9, 2019

Bretton Woods Ski Resort - Bretton Woods, NH

Hosted by:



BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE



If you would like to be a sponsor or support the Vertical Challenge, please contact Lori Sandefur --

lori@bianh.org or (603) 568-8817

ATKINSON-SALEM SUPPORT GROUP KAYAKING ADVENTURE

On this past July 10th, the Community Crossroads Brain Injury of New Hampshire Support Group switched things up a bit. The regular once-a-month support group meeting was replaced by an evening spent kayaking. Arrangements were made, and thanks to the generosity of a group member with a lakefront home on Sunset Pond, group members donned their swimsuits and smiles for some time together paddling the lake.

While some may see a brain injury as an ending, in many cases, it marks a new beginning, new friends, and exciting new adventures. This group shows that with a bit of determination, anything is possible! — *David Grant*



MEET THE ARTIST: NITNOI PHANTHAVONG - THE ART OF HEALING

Interview by Rosalie Johnson

As she breezes into the coffee shop for her interview, you would never realize the challenges that Nitnoi Phanthavong has faced and conquered one by one. You would also never guess that she spent six grueling hours the day before taking the NCLEX exam (National Council Licensure Examination to determine if the candidate is prepared to practice as a Registered Nurse).

Nitnoi, her older sister, and her brother are first generation Americans. Her mother moved here from Laos. Her traumatic brain injury was due to a motor vehicle accident in her home town of Portsmouth, NH on February 4, 2004. That morning while driving to high school, she hit black ice and according to the police report, her car rolled three times hitting a tree and then a snow bank. Nitnoi was able to flag down a passing truck before collapsing into a pool of her blood. She remembers still being able to hear what was happening around her at the time. Once transported to Portsmouth Hospital, she was diagnosed with a left orbital fracture causing the loss of vision to that eye. She also had multiple skull fractures, extreme blood loss, and needed 60 staples to her skull.

When she awoke in the hospital, her room was filled with cards and balloons from her friends and classmates. Her first memory was telling her mother that she was sorry and the second thing she remembers is, "I told everyone I had to go back to work." This was a very difficult month for her mother due to the severity of Nitnoi's condition plus her own language and cultural differences. Nitnoi was briefly transferred to Northeast Rehabilitation Hospital, then home for outpatient therapy. She was treated for the loss of vision to her left eye, facial paralysis, and her difficulty smiling. Cognitively her memory was not as sharp, but more so were issues with her short term memory. She also had and still has problems with numbers. "I'm still good with math but it takes longer. I need more time," she shared.

As her condition improved, Nitnoi returned to her education, beginning with a tutor at home. Slowly she was able to return to high school starting with art classes. Because she maintained her strong determination and love of challenges, she was able to graduate with her senior class!



After high school graduation, Nitnoi and her mother moved to Tennessee. But she missed Portsmouth and felt there were more resources for her in Portsmouth; so after a few months, she moved back. At only 18 years old, she wanted to be on her own, post TBI. "Maybe I was in denial and it could be a depressing time. Some friends stuck around - and those were true friends. Others no... I felt let down."

Nitnoi's inner strength remained, "I hated routine; I liked to stay on my toes. I wanted a career," she stated. She

studied to become a Licensed Nurse Assistant. "I wanted something more meaningful - to be able to give back." She started working in an assisted living facility for about three years, moving on to Exeter Hospital. She liked working in Progressive Care because the "patient ratio was smaller and more personal allowing for more communication - the whole health prospective."

In her own words she is a "forever student!" While working as an LNA, she was also attending school one class at a time. Originally she applied for the radiation program while working in the medical/oncology unit but transferred to the nursing program.

As she kept on moving forward, she would try exercising but found it difficult due to body temperature regulation issues caused by her facial and sinus fractures. She does enjoy hiking and Hot Yoga. Yes! Hot Yoga! "At first I was miserable but it got better and I still enjoy it."

"Now is a whole new chapter!" declares Nitnoi.

"I am leaving Exeter Hospital to work at Elliot Hospital in Manchester in August. Staying in Exeter would be an easier transition but I need to challenge myself with a new hospital and a new staff. I need to focus on that."

"It took me three more years to finish the nursing program. It took me the six full hours to take the NCLEX yesterday. I answered 265 questions, the multiple choice questions were the most difficult. I had to be mindful of the time. I wore earbuds to lessen stimulation from the other computer

stations but I picked up on all the noises anyway." (The NCLEX will serve between 75 and 265 questions. The number of questions is determined in real time by the NCLEX exam software.)

"My results are ready but I am too nervous to look them up!"

Note: as of July 17, 2018, Nitnoi passed her examination and is officially an RN. Congratulations!

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



A Note of Thanks

When I sustained my traumatic brain injury back in 2010, I had no idea what awaited me. In the forty-nine years that I lived before my injury, I had never knowingly met a brain injury survivor.

Sure, there have been countless challenges along the way. My post-TBI life has been defined by many challenges, especially early on. Finding the right word became a veritable game of hide-and-seek with words. Vertigo stole my ability to walk straight, tinnitus robbed me of any real peace, and many people simply faded out of my life.

I've long since learned that these experiences make me a pretty average "brain injury guy." But what I never saw coming were the connections that I would make to a larger family – to those who have a passion to serve all affected by brain injury.

There were members of the professional community who understood the challenges that we face as survivors. The support from fellow survivors was a literal life-saver as those within the local support group community rallied together, each of us determined not to be beaten by something seemingly insurmountable. I don't kid myself for one moment – without my support group, I would not be here today.

As I moved forward through almost eight years as a survivor, my understanding of brain injury grew, as did my realization that brain injury is more common than most people will ever know.

In September of this year, just a few days ago at the time of this writing, brain injury again hit close to home. My mom sustained an acquired brain injury in the form of a cerebral hemorrhage. Never before had I felt the hand of fate to be so unjust. Brain injury affects a lot of people, but my own mom? Like my own injury, some things you just can't see coming.

Mom was rushed by ambulance to Portsmouth Regional Hospital to the Neurotrauma Unit on the fourth floor. It was there that I, and my wife Sarah, met even more souls who have dedicated their lives in support of those with brain injury.

Like many others new to the Neurotrauma Unit, we walked around with glazed eyes, and looked, well... a bit lost. Our past eight years as a survivor couple gave us an advantage as the terminology was mostly familiar. But it was overwhelming none the less.

During our first day on the Unit, Sarah recognized a familiar face – a former Brain Injury Support Group Facilitator from our Salem group. She was like a ray of sunshine on the darkest day imaginable. Though not part of mom's direct care team, she assured us that she would keep a watchful eye on mom. Never have I experienced such a feeling of overwhelming relief and gratitude.

She was one of the first people we befriended after my accident. Her presence on the Neurotrauma Unit was nothing short of a miracle.

Having a brain injury is the toughest thing I have ever walked through. Seeing my mom enter the brain injury community is heartbreaking. But she has unknowingly become part of a community that includes many with a deep dedication and passion to serve us.

I want to offer a note of thanks to all who have helped me and Sarah over the years, for not only have you helped us, but time is now showing that you have helped my mom as well.

Though my mom's fate is uncertain, it is hard not to be grateful for the people we have met along the way – those who make lives of all affected by brain injury just a bit easier.

PEMBROKE BIKE RODEO

On Saturday, August 22, members of the Pembroke Police Department showed their inner child while helping youth of Pembroke learn bike safety. Kids were taught proper turning and signaling skills in a fun and safe environment. They even got to compete against officers at the end in a slow race. Bike and helmet safety checks were conducted, and thanks to the Brain Injury Association of New Hampshire helmets were on hand for kids who had damaged helmets or did not have them at all.



GREAT BAY CORVETTE CLUB CAR SHOW

We want to give a big THANK YOU to our entire Club and especially to David Grimshaw and his crew. There was an incredible amount of effort at our recent show on Saturday, September 22. Secondly, a huge thank you to all of the show cars & drivers that entered the event – 175 cars were represented, which has been our best show yet!

Even better news is the amount that we will be able to donate to the two selected charities: Brain Injury Association of New Hampshire and Cross Roads House.

Our final number after all corporate donations, show car donations, raffles, etc., and after all expenses were paid will be \$14,000!!

The amount of support we get from our Corvette Community and from our local car enthusiasts is amazing and makes all of our members proud to know you. We thank you once again for all the people and cars that came and supported us!

-- Steven Prefontaine, GBCC



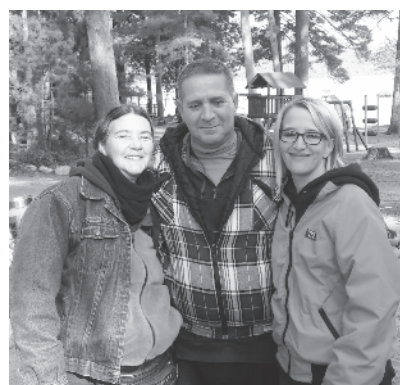

NEWFOUND LAKE CAREGIVER RESPITE CAMP

Due to the generosity of Helen Robinson and her family, family caregivers of parents, spouses, and children enjoyed a three-day respite in cabins located at Camp Wulamat on beautiful Newfound Lake in Bristol, New Hampshire surrounded by woods, water and mountains. The caregiver respite camp was held during the late summer week of September 7th through September 12, 2018.

Caregivers enjoyed swimming and paddleboarding in the pristine lake, for others it was an opportunity to catch up on reading, writing, and/or spending quality time with family. Caregivers enjoyed this pause of time in their full caregiving lives to reenergize and relax.

After all if caregivers don't find the time to take care of themselves, how will they be able to provide the ongoing care of another?

Ellen Edgerly, Community Organizer
Brain Injury Association of New Hampshire



ThinkFirst

National Injury Prevention Foundation

What is ThinkFirst?

ThinkFirst www.thinkfirst.org is a national injury prevention program. Trained staff from Northeast Rehabilitation Hospital, as well as brain and spinal cord injury survivors (VIP's), go out into the schools to speak with students about spinal cord and brain injury prevention. We emphasize helmet and seatbelt safety, fall prevention, and concussion. The foundation's motto is "use your brain to protect your body."

The ThinkFirst Youth/Teen program targets school-aged children (grades 4-8), high school students, and college students/young adults with age appropriate activities to increase decision making, confident self-image, and conflict resolution. The major educational portion is presented in either large assembly or classroom formats. It consists of up to four segments:

1. Introduction
 - "Think About your Choices" (DVD) – 10-minute video featuring 10 VIP Speakers/Survivors
 - Helps students understand the seriousness of TBI and SCI
2. Power Point Presentation (15 minutes)– NRH speaker presents and discusses anatomy of the brain and spinal cord, physical results of injury, and strategies to prevent injury. Topics include violence prevention, gun safety, conflict resolution, sports, bicycle and water safety, vehicle and pedestrian safety, poisoning, allergic emergency, and suffocation prevention.
3. VIP Speaker - explains choices leading to injury, how his/her life has been affected by injury, and how it might have been prevented. (This is the key component of the program, as it shows the students that these injuries can and do happen to people just like them while engaging in typical age appropriate activities, but that safe choices can prevent most injuries from occurring.)

Presentations vary from 45-60 minutes and can take place in a classroom or assemble style. We are happy to adapt based on the needs of the school.

If you are interested in having a ThinkFirst presentation at your school, please contact Zoe McLean zmclean@northeastrehab.com or Lori Sandefur lori@bianh.org

35TH BIANH ANNUAL GOLF TOURNAMENT

The scenic Oaks Golf Course in Somersworth, New Hampshire, was home to the 35th BIANH Annual Golf Tournament. Northeast Rehabilitation Hospital Network was title sponsor for this event, and Robin Hill Farm was host sponsor. After a night of heavy storms and a few washed out areas on the course, golfers had a few extra minutes to practice their swings while repairs were made on the course. The shot-gun start was held off until 9:00 AM and then sunny, warm skies helped to increase the enthusiasm for a day of golfing.

Sponsorships and monies received from this event have been specifically designated to assist and provide support for brain injured veterans and their families; helping vets to access brain injury services in the civilian system of care, and to expand upon the services provided by the Veterans Administration. In addition, specific sponsorship was given to ThinkFirst, a school-based injury prevention program.

This year the winners in the 4-person scramble were: 1st Place: Greg Woodsum, Colin Murdough, Mitch Wilkens, and Mike Ford of Robin

Hill Farm. The 2nd Place winnings went to: Tim Kinnicut, Jim Tolner, Ben Mancuso, and Mark Harvie on the Harvard Pilgrim Team.

In some of the other contests, winners were: Men's Closest to the Pin - Kris Eimicke; Women's Closest to the Pin - Linda Walters; Men's Long Drive - Colin Murdough; Ladies Long Drive - Allison Wilkins, and winning the Putting Contest: Kitty Hicks.

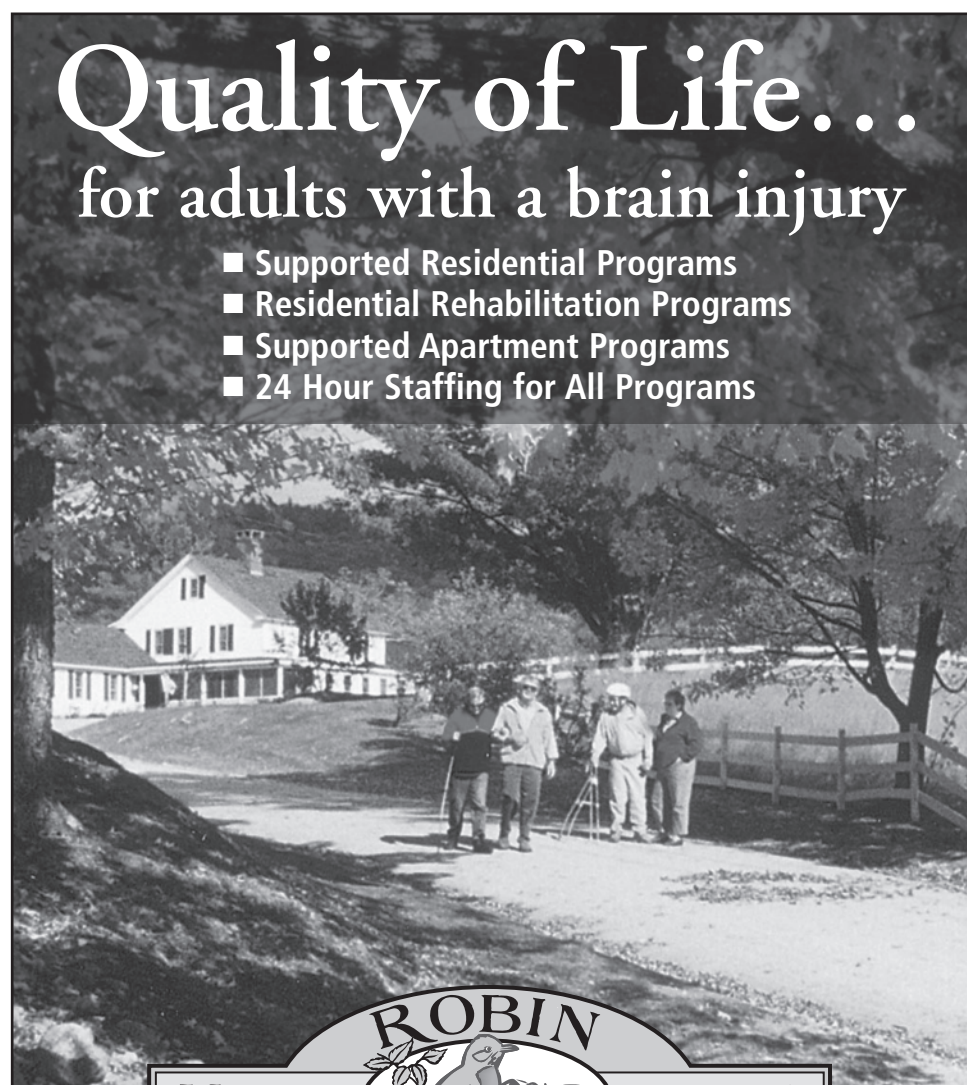
After the tournament, golfers, sponsors, and volunteers gathered in the main lodge for a delicious pasta meal and a special presentation. Special guest Jon "Chief" Worrall of Warriors @ 45 North spoke about the veteran's respite camp in Pittsburg, New Hampshire. This piece of land was initially purchased as personal property, but later developed into a respite camp for veterans who have served and need some quiet time to get away and heal. Jon briefly described the facilities and the picturesque grounds offering fishing, hunting, kayaking, boating, shooting, hiking, snowmobiling and more. Over the years, as many as 250 veterans have joined others at the camp for their much needed time of emotional recovery.

Zoe McLean of Northeast Rehabilitation Hospital Network gave a brief presentation of ThinkFirst, a National Injury Prevention Foundation. Staff from Northeast Rehab visit area schools and educate students about helmet and seatbelt safety, concussion, fall prevention, as well as making wise, safe choices in life. Special guest Jim Scott then spoke as a brain injured survivor and how a choices at a high school party and a car accident led to a life-changing experience for him.

Special thanks to our Sponsors: Northeast Rehabilitation Hospital Network, Harvard Pilgrim, Hub International, Enterprise Bank, PrideStar EMS, Crown Uniform, Advanced Medical, Bar Harbor Bank, WB Mason, North Country Independent Living, Havenwood Heritage Heights, NeuroRestorative, Delta Dental, Holy Rosary Credit Union, Joanne Devine, and Jim & Carolyn Collins.

We also extend our thanks to the Great Bay Corvette Club for their special appearance at the tournament and having two of their beautiful corvettes parked on the greens at The Oaks. Many golfers were wishing that one of these cars was a Hole-in-One prize. Finally we wish to say thank you to The Oaks staff, our Golf Committee, numerous prize raffle donors, and many volunteers for making the day so successful!

Please join us for our next tournament to be held in August 2019.

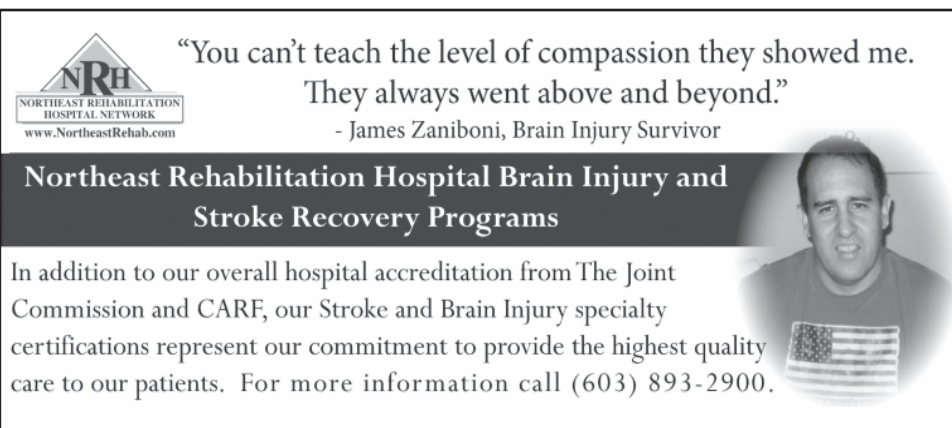



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 "You can't teach the level of compassion they showed me. They always went above and beyond."
- James Zaniboni, Brain Injury Survivor

Northeast Rehabilitation Hospital Brain Injury and Stroke Recovery Programs

In addition to our overall hospital accreditation from The Joint Commission and CARE, our Stroke and Brain Injury specialty certifications represent our commitment to provide the highest quality care to our patients. For more information call (603) 893-2900.



What is the *Brain Injury Community Support Program? (BICSP)*



Assistive
Technology

Are you a survivor finding
yourself in financial need?

This program may provide assistance
for you.

Medical/
Dental Work



The *Brain Injury Community Support Program* is financial assistance for eligible brain injury, stroke, MS or Huntington’s disease survivors/family members. BICSP was set up to help individuals with financial support on a short-term basis.

Pending approval by the Brain Injury Community Support Program Committee, applicants are eligible to receive funding for requests up to \$2,000.

Applications can be found on our website (www.bianh.org) or by calling the main office. If you need assistance completing the application, please call BIANH. Completed applications received by 2:00 PM on the last Wednesday of each month will be reviewed the following Wednesday.

Services that funds could be used for include (but are not limited to) *Assistive Technology, Dental Work, Financial (fuel/rent); Home Modifications, Therapies*



Therapies

Other

Financial
Assistance



Respite

For further questions or to request
an application, please contact
(603) 225-8400

Home
Modifications



EQUIPMENT DONATIONS AND CLASSIFIEDS

Revised: August 2018

Granite State Independent Living: 1-800-826-3700

- Loaner Closets and Donations
- Low Cost Equipment and Rentals
- Loans, Equipment Reuse Programs and Free Classifieds
- Equipment Pickup

LOANER CLOSETS AND DONATIONS

Community Caregivers of Greater Derry

Address: 1B Commons Drive #10, Londonderry, NH 03053

Phone: (603) 432-0877

Website: www.comcaregivers.org and Email: Donna@comcaregivers.org

Loaner's Closet for Durable Medical Equipment

Maplewood Nursing Home – Cheshire County Shepherd Program

Address: 201 River Road, Westmoreland NH 03467

Phone: (603) 399-7368

Website: www.cheshirecounty.us/maplewood

Shepard's Program: www.co.cheshire.nh.us/sheriff/shepard.htm

Email for Sally Jenna: sjenna@co.cheshire.nh.us

Donated Equipment: The Shepherd Program helps county residents who are in need of durable medical equipment. Established by the Cheshire County Sheriff's Office in the late 1990's under the name S.H.E.P.A.R.D. the program recycles donations of used medical equipment. It is now run through Maplewood Nursing Home Rehab Department as the "Shepherd Program".

Muscular Dystrophy Association – NH Chapter

Address: 1 Sundial Avenue, # 208N, Manchester, NH 03103

Phone: (603) 471-2722

Website: www.mdausa.org and Email: manchestera@mdausa.org

Loaner Closet: MDA's national equipment program helps provide good-condition, gently used wheelchairs and other medical equipment, such as shower chairs, hospital beds, walkers, canes, communication devices and similar items, when available and as feasible.

Salem Senior Services

Address: 1 Sally Sweet Way, Salem, NH 03079

Phone: (603) 890-2190

Website: www.townofsalemnh.org/senior-services-division and

Email: seniorcenter@ci.salem.nh.us

Daily Living Aid Donation Programs, Glasses Donation Programs, Walking Aid Donation Programs, Wheelchair Donation Programs

Service area: Rockingham County

St. Joseph Hospital Rehabilitation Services - Joseph's Closet

Address: 75 Northeastern Boulevard, Nashua NH 03062

Phone: (603) 579-5634

Website: www.stjosephhospital.com

Closet Website: www.stjosephhospital.com/community-health/josephs-closet

Joseph's Closet maintains an inventory of durable medical equipment (DME) which is provided free of charge to individuals in need. To make a donation or find out more about available equipment please call. Individuals may access Joseph's Closet by appointment only.

Multiple Drop-Off Sites in: Hudson, Merrimack, Milford and Nashua

Tamworth Community Nurse Association

Address: 84R Main Street, PO Box 352, Tamworth NH 03886

Phone: (603) 323-8511

Website: www.tamworthnurses.org and Email: tamworthnurses@yahoo.com

Medical Equipment Loan Program: Examples of medical equipment are: wheelchairs, walkers, shower chairs, and more. Accepts donations of medical equipment.

LOW COST EQUIPMENT AND RENTALS

Refurbished Equipment Marketplace

Address: 57 Regional Drive, Suite #7, Concord NH 03301

Phone: (603) 226-2900 or Toll Free: (800) 932-5837

Website: www.rem.crotchedmountain.org

A non-profit organization, the REM is home to NH's largest inventory of previously owned assistive technology equipment such as manual and power wheelchairs, scooters, bath equipment, patient lifts, pediatric equipment, walking aids, hospital beds and so much more. Each piece of equipment is thoroughly reconditioned and sanitized by factory trained technicians and then made available to purchase at a huge discount.

LOANS, EQUIPMENT REUSE PROGRAMS AND FREE CLASSIFIEDS

Institute on Disability/UCED at UNH

Address: 10 West Edge Drive, Suite 101, Durham, NH 03824

Phone: (603) 862-4320 or Toll Free: (855) 374-9969 (in NH only)

Website: www.iod.unh.edu/assistive-technology and

Email: assistive.technology@unh.edu

Demonstrations & Loans: Currently ten partner organizations offer demonstrations and loans of assistive technology equipment and software. Community Partners offer equipment in these device categories: Vision; Hearing; Speech Communication; Learning, Cognitive, Developmental; Mobility, Seating & Positioning; Daily Living; Environmental Adaptations; Transportation and Vehicle Modification; Computers and Computer-related; Recreation, Sports, and Leisure and Other

Equipment Reuse: Assistive technology can be expensive and often, even after years of use, there is still a lot of life left in the used equipment. We strive to facilitate the reutilization of gently used devices and parts. Assistive Technology supports four services to help you obtain equipment at a much reduced price and to assist you in placing your used devices in the hands of someone who can use it. **getATstuff:** is a collaboratively produced and administered online marketplace for used AT equipment. Browse through listings from all over New England, covering the full spectrum of assistive technology. Items on the Assistive Technology Exchange are listed for free or for a fee. From Adaptive Tricycle to ZoomText, look for it on getATstuff!

EQUIPMENT PICKUP

Joni and Friends – Wheels for the World – New England Office

Physical Address: 136 Harvey Road, Suite A-101 Londonderry, NH 03053

Phone: (603) 218-3650

Website: www.joniandfriends.org/wheels-for-the-world and

Email: newengland@joniandfriends.org

Local contact

Lori Safford: Phone: (603) 275-0924 and Email: lorisafford@comcast.net

Wheels for the World: Donated Wheelchairs, crutches, canes and walkers: Volunteers, known as "Chair corps" collect used but restorable, manual wheelchairs, metal crutches, metal canes and walkers across the United States. Distribution: Each wheelchair recipient receives a custom-fit wheelchair and training in wheelchair use and upkeep. Team members also present each recipient with a Bible and the Gospel message.

TICKET TO WORK AND WORK INCENTIVES IMPROVEMENT ACT

by John Richards, Chairman, Employment Council, BIANH



On December 17, 1999, President Bill Clinton signed the Ticket to Work and Work Incentives Improvement Act of 1999 (Public Law 106-170). The legislation, known as TWWIA, increased the options for individuals with disabilities who wished to return to work by establishing the Ticket to Work and Self-Sufficiency Program. TWWIA has four purposes:

To provide health care and employment preparation and placement services to individuals with disabilities that will enable those individuals to reduce their dependency on cash benefit programs,

To encourage states to adopt the option of allowing individuals with disabilities to purchase Medicaid coverage that is necessary to enable such individuals to maintain employment,

To provide individuals with disabilities the option of maintaining Medicare coverage while working, and

To establish a return to work ticket program that will allow individuals with disabilities to seek the services necessary to obtain and retain employment and reduce their dependency on cash benefit programs.

The Ticket to Work program expands access to vocational rehabilitation (VR), employment, and other support services that are necessary for regaining, obtaining, or maintaining employment for beneficiaries of Social Security Administration (SSA) disability programs, the Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI), by increasing access to health care coverage and establishing other initiatives in support of TWWIA employment objectives.

To be eligible for the program people must be ages 18 through 64 and receive SSDI benefits and/or SSI payments. The Ticket to Work program provides these beneficiaries choices for receiving employment and other support services they need to reach their work goal. Participants in this program may assign their Ticket to an Employment Network (EN) or receive services from the public VR state agency. Regardless of which provider they choose, beneficiaries will receive career counseling, job placement, and ongoing employment support services. Other services, such as transportation and workplace accommodation assistance, may be available depending on the offerings of individual providers and the needs of beneficiaries. An EN works with each beneficiary to identify employment goals and write an Individual Work Plan (IWP) that both the beneficiary and EN agree upon.

In 2008, the Ticket to Work program's structure was dramatically revised to pay ENs more money when beneficiaries make progress in

their employment plans but before they reach the level of earnings that would terminate their benefits.

On July 22, 2014, President Barrack Obama signed into law the Workforce Innovations and Opportunities Act of 2014 (WIOA). This law amended the Rehabilitation Act of 1973 to require state VR agencies to coordinate their activities with related agencies and ENs to better serve common customers, including individuals receiving assistance under the Ticket to Work program. The law also requires the state plan to describe how the responsibilities for service delivery will be divided between the EN and the state VR agency.

RESOURCES TO REVIEW

Return to Work

Please visit our website:

<http://www.bianh.org/rtw.html>

Employment After Brain Injury

http://www.biausa.org/literature_43314/

[employment_after_brain_injury](http://www.biausa.org/literature_43314/employment_after_brain_injury)

Employment After Traumatic Brain Injury

<https://bianys.org/wp-content/uploads/2015/05/>

[Employment-after-TBI.pdf](https://bianys.org/wp-content/uploads/2015/05/Employment-after-TBI.pdf)

For additional information:

Contact : John Richards – john@bianh.org

BIANH

603-225-8400 • 1-800-773-8400

SUPPORT GROUPS IN NEW HAMPSHIRE

(Times and places may change without notice – please call in advance)
Revised October 1, 2018

APHASIA:

Manchester: 4th Tuesday of every month, 4:30pm – 5:30pm, (no meetings held in June, July, or December) Catholic Medical Center – Rehabilitation Medicine Unit, Level F, 100 McGregor Street, Manchester, NH.
Contact: Jean Manning or Larissa St. Amand Phone: (603) 663-6694

Nashua: 2nd Tuesday of every month, 4:00pm – 5:00 pm, (no meetings held in July, August or December). St. Joseph Hospital Outpatient Rehab Clinic, 75 Northeastern Blvd, Nashua, NH.
Contact: Laura Fonden Phone: (603) 882-3000 (x67530)
Contact: Lesley Hill Phone: (603) 595-3076

BRAIN INJURY:

Atkinson: Greater Salem/Derry Brain Injury Support Group for Survivors, Families and Caregivers, 1st Tuesday of the month, 6:30pm-8:00pm, Community Crossroads, 8 Commerce Drive, Atkinson, NH
Contact: BIANH Phone: (603) 225-8400

Concord: 3rd Tuesday of the month, 6:30pm-8:00pm, Granite State Independent Living, 21 Chenell Drive, Concord, NH
Contact: BIANH Phone: (603) 225-8400

Conway: 1st Wednesday of the month, 5:00pm-6:30pm, Northern Human Services, Center Conway, NH
Contact: BIANH Phone: (603) 225-8400

Keene: Monadnock Pacers 4th Tuesday of the month, 6:00pm-7:30pm – Southwest Community Services, Railroad Senior Housing Building, 63 Community Way, Keene, NH
Contact: BIANH Phone: (603) 225-8400

Lakes Region: 1st Thursday of the month, 6:00pm-7:30pm, Lakes Region Community Services, 719 Main Street, Laconia, NH
Contact: BIANH Phone: (603) 225-8400

Manchester: Greater Manchester Brain Injury and Stroke Support Group; 2nd Tuesday of the month, 6:00pm-7:30pm, Catholic Medical Center, Rehab Medicine Unit F200, 100 McGregor Street, Manchester, NH
Contact: BIANH Phone: (603) 225-8400

Nashua: 1st Wednesday of the month, 6:00pm, St. Joseph Hospital (4th floor), Nashua, NH
Contact: BIANH Phone: (603) 225-8400

Peterborough: 1st Tuesday of the month, 6:00pm-8:00pm, Monadnock Community Hospital, 452 Old Street Road, Peterborough, NH
Contact: BIANH Phone: (603) 225-8400

Plymouth: 2nd Wednesday of the month, 6:00pm-7:30pm, The Whole Village, 258 Highland Street, Plymouth, NH
Contact: BIANH Phone: (603) 225-8400

Salem: 1st Wednesday of the month, 5:00pm-6:00pm, Northeast Rehab Hospital, Administrative Conf. Room, Salem, NH
Contact: BIANH Phone: (603) 225-8400

Seacoast: 1st Tuesday of the month, 7:00pm-8:30pm, North Hampton United Church of Christ, North Hampton, NH
Contact: BIANH Phone: (603) 225-8400

Upper Valley: 2nd Wednesday of the month, 6:00-7:30pm, Dartmouth Hitchcock Medical Center, Fuller Board Room, Lebanon, NH
Contact: BIANH Phone: (603) 225-8400

CONCUSSION:

Concord: 3rd Wednesday of the month, 6:00-7:30 pm., Concord Hospital, 250 Pleasant Street, Concord, NH
Contact: BIANH Phone: (603) 225-8400

MILD BRAIN INJURY SUPPORT GROUP:

Salem: 2nd Wednesday of the month, 5:00pm-6:00pm, Northeast Rehab Hospital, Reception will direct you to the room, Salem, NH
Contact: BIANH Phone: (603) 225-8400

STROKE AND BRAIN INJURY:

DOVER: 3rd Thursday of the month, 2:00pm-3:00pm, Wentworth-Douglass Hospital, Federal Savings Room – Garrison Wing; Dover, NH
Contact: Lindsey Flynn Phone: (603) 740-2271

Kennebunk ME: 1st Tuesday of the month, 3:00pm, Upstairs small conference room, RiverRidge Neurorehabilitation Center, 3 Brazier Lane, Kennebunk, ME
Contact: Steve Fox Phone: (207) 985-3030 ext: 326

Nashua: 1st Wednesday of the month, 6:00-7:30pm, 4th Floor, St. Joseph Hospital, 172 Kinsley Street, Nashua, NH
Contact: Patti Motyka Phone: (603) 882-3000 ext: 67501

Portsmouth: 2nd Monday of the month, 5:00pm-6:00pm, Northeast Rehab Hospital in Portsmouth, 1st floor Dining Area, Portsmouth, NH
Contact: Liz Barbin Phone: (603) 501-5572

BRAIN TUMOR:

Derry: 2nd Monday of the month, 5:30pm-7:00pm, Derry Public Library, Paul Collette Conf Room A, Derry, NH
Contact: Urszula Mansur Phone: (603) 818-9376

STROKE:

Concord: Community Stroke Support Group, 3rd Tuesday of the month, 4pm, HealthSouth, 254 Pleasant Street, Concord, NH
Contact: Susan Tanner (603) 226-9812 Phone: (603) 226-8843

Lebanon: 1st Friday of every even-numbered month, 10:00am-11:30am, Dartmouth-Hitchcock Stroke Support Group 1 Medical Center Drive, Lebanon, NH
Contact: Shawna Malynowski Phone: (603) 653-1117
Contact: Sarah Murphy Phone: (603) 650-5104

Salem: 1st Wednesday of the month, Northeast Rehab Hospital, Family Conf. Room, 70 Butler Street, Salem, NH
Contact: Jessica Anderson Phone: (603) 893-2900 x3218

2018 MEMBERS AND DONORS

Thank you to all our members and donors!
 (This list reflects donations received from January 1, 2018 to December 2018)

DONORS AND MEMBERS

Anonymous Donors
 BAE Systems
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Patricia Downey

IN MEMORY OF REBECCA WILSON

Melissa Hermran

IN HONOR OF RONALD BARCOMB

Eveleen Barcomb

IN HONOR OF LARRY HANLON

Corey Hilderbrand

IN HONOR OF CAROL BOVEE

Carol Richards

IN HONOR OF PETERBOROUGH
 SUPPORT GROUP

Elaine Sokoloff

IN HONOR OF JOHN RICHARDS

Dave & Susan Richards

IN HONOR OF TIMOTHY STANLEY

Cross Insurance

IN HONOR OF STEVE WILBUR & FAMILY

Carl Lampart

IN HONOR OF "THOSE LOST IN THE WOODS"

Jeffrey Therrien



ANNUAL FUND

SUSTAINING MEMBERS support the Annual fund with a recurring gift throughout the year.

Gift Amount: \$1000 \$250 \$100 \$50 \$35 Other \$ _____

Gift Frequency: Monthly Quarterly Annual One-time gift

MY GIFT IS A TRIBUTE —

IN MEMORY OF _____ IN HONOR OF _____

Credit Card — Visa Mastercard Discover Amer Exp.

Card No. _____ Expiration Date: _____

Name/Signature _____ CVV2 _____
(Security code # on back)

Direct Debit — Please attach a voided check and authorize with signature

Signature _____

Bill Me — We will invoice you based on your gift frequency designated above.

NAME _____

ADDRESS, CITY, ZIP: _____

EMAIL ADDRESS: _____ **PHONE:** _____

YOUR DONATION IS FULLY TAX DEDUCTIBLE. OUR TAX ID IS 02-0397683

52 PLEASANT STREET ● CONCORD NH 03301 ● 603-225-8400 ● 800-773-8400 ● WWW.BIANH.ORG