

**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

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**THE VOICE OF BRAIN INJURY –
Help, Hope and Healing
ISSUE #70, SUMMER 2018**

THE BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

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Brain Injury & Domestic Violence: a Significant Public Health Issue

By Sarah Gaffney

As members of the brain injury community, it is important to be aware of the intersection of brain injury and domestic violence. Traumatic brain injury (TBI) as a result of domestic violence is often under-reported and under-recognized, and screening, identification, prevention, treatment, and supports are extremely important for this population. These vulnerable individuals, however, often receive neither diagnosis nor proper interventions. The lack of identification and subsequent support frequently leaves these survivors with significant health and social challenges and puts them at elevated risk for repeat injury.



Each year, women and men in the United States are the victims of approximately 4.8 million and 2.9 million IPV-related physical and sexual assaults respectively, and these numbers are likely to be underestimated. According to the Centers for Disease Control (CDC), in the United States it is estimated that at least 156,000 TBI-related deaths, hospitalizations, and emergency department visits are related to assaults. In addition, blows to the head or strangulation may occur in 50 to 90 percent of IPV physical assaults against women, putting them at risk for both traumatic and anoxic brain injuries. Across the lifetime, studies have estimated that 33 percent of women and 25 percent of men are victims of IPV at some point in their lives.²

Domestic violence is itself a pervasive issue in the United States and anyone can be affected. "Broadly defined, domestic violence is the use of physical or other psychological harm in a domestic setting against a romantic partner, child, parent, relative, or other cohabitant. Domestic violence may include a combination of physical, sexual, emotional, and verbal abuse. In many cases, this pattern of domestic violence emerges as a systematic attempt to control another person's actions and life. Domestic violence affects individuals regardless of age, gender, sex, race, ethnicity, sexual orientation, religion, or socioeconomic status...One of the most common types of domestic violence is intimate partner violence (IPV), which occurs when the domestic violence is perpetrated by an individual against their romantic partner."¹

The challenges facing survivors of both domestic violence and brain injury are multitudinous and the risk for repeat injury is extremely high. Survivors of IPV frequently suffer brain injuries as a result of being struck (or having their head struck against something), shaken, strangled, etc. Because IPV is typically a pattern of behavior as opposed to a single event, victims are often subject to multiple assaults over a period of time.

Individuals with disabilities are particularly vulnerable to violence and abuse. Studies regarding victimization of individuals with disabilities have shown that, "persons with disabilities are 4 to 10 times more likely to become a victim of violence, abuse, or neglect than persons without

¹ Brown, et al (2018).

² Brown, et al (2018).

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PRESIDENT'S MESSAGE

SUMMER EVENTS

by Freddi Gale, BIANH President

As spring goes into summer, the BIANH has been busier than ever! With the month of May came warmer weather and the 35th Annual Brain Injury and Stroke Conference was once again held at the Grappone Center in Concord, New Hampshire, offering many varying topics for survivors, professionals, and caregivers. It is truly inspiring to meet and greet several familiar faces while guiding new attendees along the way. One of my favorite highlights at the conference is the Ellen Hayes awards. The Ellen Hayes Award is presented annually by the Brain Injury Association of New Hampshire as the top award given in recognition of outstanding volunteer work on behalf of people with brain injury in New Hampshire and their families. I felt honored to present these awards to two very deserving individuals: Laura Flashman, Ph.D., of Dartmouth-Hitchcock and Harry Reed of the Krempels Center in Portsmouth, New Hampshire.

June proved to again be a welcome choice for the Walk by the Sea and Picnic! What a wonderful day of sunshine and ocean breezes to accompany so many walkers while coming together, seeing old friends, and welcoming fresh faces. Thanks to all who donated, walked, and supported the Brain Injury Association of New Hampshire.

August will find us once again at The Oaks Golf Course in Somersworth, NH for the 35th Annual Golf Tournament. If you haven't been a part of this enjoyable event, please find the information in this newsletter or contact the BIANH. The proceeds from this tournament will 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.

Summer tips to remember:

- Wear a helmet
- Use a life jacket
- Always buckle up
- Watch children always in or near water
- Celebrate safely and if you drink, do so responsibly
- Check out your child's playground
- Play safely
- Know the signs and symptoms of concussion
- Do not text and drive
- Stay hydrated

Have a great safe summer!



EXECUTIVE DIRECTOR'S MESSAGE

New Hampshire Health WISDOM

by Steven D. Wade BIANH Executive Director

Ready Access to Brain Injury Statistics for New Hampshire

NH Health WISDOM is an interactive website aggregating public health data and producing customized reports, maps, and time trend analysis. Developed by the New Hampshire Division of Public Health Services (DPHS), this site aggregates many different sourced datasets containing hundreds of health related indicators.

Users may access data using interactive dashboards. The dashboard contains information that is customized to explore data for different health conditions, geography, demographic, and time periods. For the past year, JoAnne Miles Holmes and her team have

been building a brain injury dashboard within the WISDOM site.

Now it will be very easy to get up-to-date data about the incidence of brain injury in New Hampshire by accessing the WISDOM website. The brain injury data is based on:

1. Emergency Department discharges
2. In-Patient discharges
3. Death due to Traumatic Brain Injury

The Brain Injury Association of New Hampshire is grateful for all the good work done by JoAnne Miles Holmes and her team at the DHHS Injury Prevention Program.



Submission & Editorial Policy: HEADWAY is published by the Brain Injury Association of New Hampshire. The Editor invites and encourages contributions in the form of articles, special reports and artwork. BIA of NH reserves the right to edit or refuse articles submitted for consideration. The Association does not endorse, support, or recommend any specific method, facility, treatment or program mentioned in this newsletter. Please submit items to: Editor, Brain Injury Association of NH, 52 Pleasant Street, Concord, NH 03301. For advertising rates please call 603-225-8400.

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disabilities (Petersilia, 2001). One recent study found that men and women with activity limitations were more likely to experience physical, emotional, and financial abuse, and that women with activity limitations were more likely to experience sexual abuse (Cohen, et al., 2006). Another study found that women with disabilities were 40% more likely to experience intimate partner violence than women without disabilities (Brownridge, 2006)."³

Reduced cognitive capacity and situational insight can make it more likely for a survivor of both TBI and IPV to remain in a violent relationship, especially when many victims of IPV do not report their assaults or seek help. A survivor may also not realize that they have a TBI and, if they do, communication barriers may exist that prevent them from reporting that they have been assaulted. In addition, if a survivor is dependent upon their abuser (physically, financially, emotionally, etc), leaving the relationship becomes that much more difficult. Substance abuse, mental and physical health crises, and lack of social support can further compound these challenges. Add to these struggles worries about housing, fears regarding losing custody of children if they admit to having a TBI, and the potential for a perpetrator to portray the victim as someone whose cognitive capacity and communications should not be taken seriously because of their TBI, and the odds are stacked staggeringly against survivors of both TBI and IPV.⁴

The intersection of TBI and domestic violence is further complicated by the fact that TBI is both a result and a cause of domestic violence. Behavioral challenges associated with TBI can include aggression and impulsivity, which can lead to violent outbursts and assaults. According to a 2003 study, "Associations between TBI and neuropsychiatric disorders have been recognized for many years. Aggressive behavior is one of the most socially and vocationally disruptive consequences of these neuropsychiatric disorders. Aggression endangers the safety of patients, families, and caregivers. It may prevent patients from receiving the care that they need and disrupt their rehabilitation process. Estimates of the frequency of aggressive behaviors during the acute period after TBI have ranged from 11% to 96%.⁵



Increased education for those who may come into contact with populations at risk for TBI and domestic violence (medical staff, first responders, police, domestic violence and homeless shelter staff, social workers, correctional staff, etc) and the development of specific screening tools will be important for reducing the number of TBI and domestic violence survivors who do not receive treatment or support. Although not developed specifically for domestic violence survivors, one screening tool that can be utilized is the HELPS tool.

The HELPS screening tool is a short questionnaire that can be quickly administered by professionals who are not experts in brain injury. (In brief, H=Head/Hit; E=Emergency Room; L=Lose consciousness; P=Problems; S=significant Sicknesses.) While it is not a medical evaluation and cannot provide a diagnosis of brain injury, the tool can be used to help identify individuals who may have experienced a brain injury and thus identify those who may need medical follow up.

Greater awareness and screening is necessary for survivors of TBI and domestic violence to receive the care, treatment, and support needed. Due to the myriad of challenges faced by these survivors, they are a particularly vulnerable

population with increased risk for their brain injuries to be missed and thus not receive treatment, as well as at increased risk for repeat injuries, often with devastating consequences.

The NH Coalition Against Domestic & Sexual Violence has a 24-hour domestic violence hotline: (866) 644-3574 and you can learn more about their services at www.nhcadsv.org/

The National Domestic Violence Hotline also has 24-hour hotline coverage: (800) 799-SAFE (7233) and a 24-hour live chat service: <http://www.thehotline.org/>

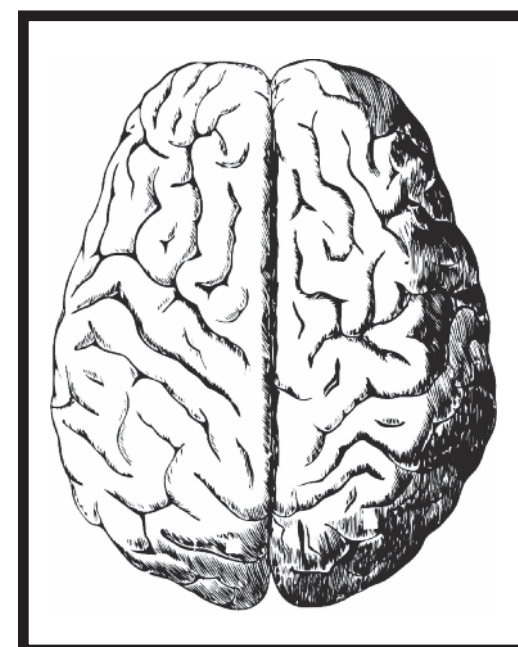
To download the HELPS screening tool: <http://www.nashia.org/pdf/hotopics/pa-helps-screening-tool.pdf>

Citations:

Brown, Jerrod, et al. "Traumatic Brain Injury (TBI) and Domestic Violence: a Beginner's Guide for Professionals." *Journal of Forensic Sciences & Criminal Investigation*, vol. 8, no. 2, 2018, doi:10.19080/jfsci.2018.08.555735.

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³ Jean Langlois (2008).

⁴ Brown, et al (2018).

⁵ Tateno, et al (2003).

35TH ANNUAL BRAIN INJURY & STROKE CONFERENCE

On Wednesday, May 16th the Brain Injury Association of New Hampshire held its *35th Annual Brain Injury and Stroke Conference* at the Courtyard Marriott and Grappone Conference Center in Concord.

This year's Keynote was given by Carole Starr. Carole shared her inspiring story about her injury, her struggle to cope with the many symptoms of brain injury and how she adapted to a life foreverchanged. Although Carole was unable to return to full-time work or to music she was able to reinvent herself as a brain injury keynote speaker, leader of Brain Injury Voices, and the author of *To Root and To Rise: Accepting Brain Injury*.

The rest of the day was filled with equally exceptional presentations including Guidance for School-Based Concussion Management; Emerging Roles for Immune System in TBI; A Taste of Motivational Interviewing Guiding Conversation; Current Paradigm for Acute Ischemic Stroke Therapy; Cognitive Retraining; Post Rehab Skill Building; Rehabilitation of Individuals Who Have Sustained Anoxic Brain Injury in the Midst of the Opiate Epidemic, and many other brain injury and stroke related topics.

During the luncheon, as is customary, the winners of the Ellen Hayes award were announced and presented. This award is the highest honor the Brain Injury Association of NH bestows upon an individual or organization for their outstanding efforts in support of individuals with brain injuries. This year there were two recipients, Laura Flashman, for her outstanding volunteer work as a brain injury professional. and Harry Reed for his outstanding volunteer work with brain injury survivors.

A special thank you to all of our presenters – Susan Barnard, MS, APRN, CCRN; Jillian Belmont, DNP, FNP-BC, SCRNP; Mary Ann Williams-Butler, MA, CCC-SLP, CBIS; Gina England, MA, CCC-SLP; Lisa Garside, Francesca Gilli, PhD, MS; Jonathan Lichtenstein, PsyD, MBA; Archie McGowan, MD, MBA; Zoe McLean, MS, OTR/L, CSRS, CBIS; Jennifer Parent-Nichols, MSPT, DPT, PCS, CBIS; Amy Ramage, PhD, CCC-SLP; Stacey Schott, MD; Caroline Sizer, MD; James Stahl, MD, CM, MPH; Barbara Stahura, CJF; Carole Starr, MS; Lisa Stockwell, MED; Deb Sullivan; and John Wilcox, OTD, OTR/L, CAPS.

We would also like to thank all of our sponsors & exhibitors. Your support enables us to continue providing one of the largest and most comprehensive brain injury and & stroke conferences in New England.

Lead Sponsor:

Abramson, Brown & Dugan

Supporting Sponsor:

NH Bureau of Developmental Services

Break Sponsors:

NeuroRestorative

New Hampshire Healthy Families

Exhibitors:

CareOne at Lowell

Catholic Medical Center

Crotched Mountain ATECH Services

Drive Ability at Exeter Hospital

Goodwill NeuroRehab Services

Governor's Commission on Disability

HealthSouth Rehabilitation Hospital

Mobility Works

NH Vocational Rehabilitation

Next Step Healthcare – Braintree Manor

North Country Independent Living

Northeast Rehabilitation Hospital

Robin Hill Farm

Rose Meadow Group

St. Joseph Hospital Rehab Center

Well Sense Health Plan



32ND ANNUAL WALK BY THE SEA!

It was a beautiful day for a walk! The sun was out and the temperature was right around 60 degrees. We had a great turnout with 450 participants (including 36 teams) turning out to walk and show their support.

As usual, participants gathered under the pavilion for conversation, team photos, coffee, and donuts. Freddi Gale, President of BIANH, was there to welcome all who attended and announce the official start of the walk. David Grimshaw, from Great Bay Corvette Club, joined us for the first time and helped start off the walk by driving his 1989 Corvette.

This was our second year holding this event in June and it's no coincidence that it was also our second year in a row without cold rainy weather. Participants walked, rolled and strolled along the sea enjoying the sunshine. Thanks to the generosity of the Munson family and North Country Independent Living, refreshments were provided at two locations along the route. Upon their return to the pavilion everyone was treated to a picnic lunch of subs, chips, and Robin Hill Farm's wonderful cookies - along with music provided by DJ - Rob Frye.

Once again teams competed for prizes and bragging rights in the categories of most original name, greatest number of walkers, and most pledge dollars turned in by the day of the walk. This year the most original team name went to *Ryan's Rockin Rollers*. For the second year in a row North County Independent Living's *NCIL Indy's* had the greatest number of walkers, with a total of 46 participants. And this year we had a new team raising the most money - *Lucky 13 Chuck's Team*.

A special thank you goes to all of our team captains, team members, and volunteers who work so hard each year to help us raise awareness, pledge dollars, and coordinate the event.

The Brain Injury Association of New Hampshire would like to thank all of the individuals, organizations, and businesses that contributed to this year's Walk. We could not have done it without you!

A special thank you goes out to our Sponsors:

~NH Healthy Families~
 ~Alternative Care at Home ~
 ~Well Sense Health Plan ~ HealthSouth~

We would also like to thank Robin Hill Farm, Seacoast Coca Cola, North Country Independent Living, the Munson Family, Rob Frye, Dunkin Donuts, McDonald's, Subway, 1st Impressions Imprinted Sportswear, the State of New Hampshire Division of Parks & Recreation, and Hamton Beach State Park employees.

And the Winners are....

Top Teams

Lucky 13 Chuck's Team - Cindy Chesnulevich -- **\$2658.05**

NCIL Indy's - Freddi Gale -- **\$2168.04**

Team Moving Ahead - Terri Cadorette - **\$2160.00**

Team 891 - Barbara King - **\$1280.00**

Brenda's Besties - Lisa Collins - **\$985.00**

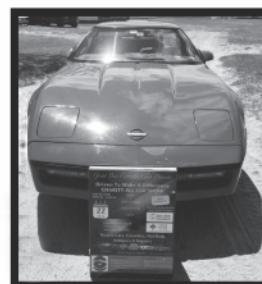
Individuals

Bob Holmes - **\$2325.00**

Gary Torrey - **\$875.00**

Diane Walsh - **\$170.00**

Lonna Stanley - **\$100.00**



CLUBHOUSE SURVEY RESULTS

Over the years, BIANH has been pondering a “cousin” to the Krempels Center. This would be a place where survivors can meet, socialize, and take part in work or activities 2 to 5 days a week. Seeing a need, a group of parents from the Keene area began to strongly advocate to move this from a “nice idea” to reality.

The Clubhouse Team (CHT) has been meeting for several months to plan and strategize ways to make this a reality. CHT has many strong partners in this effort, including Lisa Couture of the Krempels Center; Matthew Ertas, former director of the Bureau of Developmental Services, and Robin Schell of Jackson, Jackson and Weaver.

The Clubhouse Team has engaged in several activities, including researching and visiting other clubhouses in New Hampshire and Massachusetts. A survey was sent out to over 3000 individuals on the BIANH mailing list. With over 200 replies, over 80% of the respondents stated they would be “somewhat likely” or “very likely” to attend a clubhouse, if one existed somewhere near them.

The “clubhouse” movement started at Fountain House in New York City in the mental health field in 1948. There are presently over 300 Clubhouses in over 30 countries, 18 of which specifically support individuals living with a brain injury. The International Brain Injury Clubhouse Alliance (IBICA) establishes and publishes standards for its member organizations. CHT continues to discuss the pros and cons of following the IBICA standards. An organization does not need to follow the standards to be a clubhouse, Krempels Center is an example of a program that does not follow the IBICA standards.

To move forward, the following topics need to be resolved:

- Location: Where should it be located within driving distance to the most individuals? Survey results noted that most of the individuals who were interested in this type of program live along the central NH Route 93 corridor of Concord, Manchester, and Nashua.
- Staffing: What is the need? What should be the specialty of the staff?
- Partners: What other organizations in New Hampshire would be interested in being involved in this project and if so, how?
- Funding: Start-up costs and more importantly how this program will be sustainable?

More work needs to be done by the CHT. Answers to these questions are not easy and will take time.

If you have any thoughts, ideas, input, comments or wish to be involved, please email John Richards at john@bianh.org.

The Clubhouse Team hopes to see you all on opening day!

For more information on the IBICA standards, go to www.braininjuryclubhouses.net.

Summer Camp

for adults living with brain injury

August 26, 27, & 28, 2018

Camp Allen - Bedford, NH

Total Cost -- \$ 300*

A deposit of \$ 50 is due by July 16, 2018

Please make your check payable to the Brain Injury Association of New Hampshire and mail:
to
BIANH

52 Pleasant Street
Concord, NH 03301

Once your deposit has been received, a letter will be sent to you giving you instructions for further registration.

* A limited number of scholarships for NH residents (only) are available upon request.

Please contact BIANH for a scholarship application (603-225-8400)

DISABILITY RIGHTS CENTER



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

State Limits Employment Support for People with Disabilities

NH Vocational Rehabilitation Services (“Voc Rehab” or “VR”) assists people with disabilities to achieve their employment goals. For decades, the Voc Rehab has served all eligible individuals with disabilities, but on May 7, 2018, Vocational Rehabilitation Services instituted an Order of Selection. An Order of Selection means that the Voc Rehab does not have enough resources to serve every eligible client and had to prioritize the clients with the most needs first. When it enters an Order of Selection, Voc Rehab is required by law to continue serving any VR client who already had an Individual Plan for Employment (IPE) and students who were already receiving transition services. After serving those clients, Voc Rehab Services must then continuously analyze its resources to determine if it can serve additional people. At this point, the VR has determined that it cannot serve any new individuals, so all clients without an IPE plus all new eligible applicants will be assigned to Delayed Status, which is essentially a wait list.

If you are a person with a disability and need help finding employment or keeping a current job due to your disability, you should contact Voc Rehab to apply for services. Please do not be discouraged if they tell you about the Order of Selection or the wait list for services. The sooner that you apply and are placed into Delayed Status, the sooner you will receive services. After you apply for services, the staff will schedule you for an evaluation if they either need more information to determine if you are eligible or need more information to decide into which Priority Category you should be placed.

Once Voc Rehab finds you eligible for services, it must place you into one of three Priority Categories: Individuals with a Most Significant Disability, a Significant Disability, or Less Significant Disability. They decide by looking at your functional limitations and the amount of services you need to pursue employment, not strictly on your disability or diagnosis. The functional limitations are mobility, communication, self-care, learning/self-direction, interpersonal skills, work tolerance, and work skills. If you have serious limitations in three or more of those functional limitations and need at least three VR services to meet their employment goal, then you are placed into Priority Category 1, individuals with a Most Significant Disability. The people in Priority Category 1 will be the first to receive services when Voc Rehab determines it has enough resources to do so. People placed in the two other categories cannot be served until everyone in Category 1 is served. At this point, the VR is hoping to be able to start serving clients in in Priority Category 1 on October 1.

Voc Rehab Services should give you written notice both about whether you are eligible for services and about your Priority Category status. You can appeal for a hearing with the NH Department of Education. For example, if the VR places you into Priority Category 2 but you feel you meet the requirements for Priority Category 1, you can appeal that decision.

If you are put into Delayed Status, the Voc Rehab staff will contact you to begin receiving services as soon as there are enough resources available to start serving you, based on your Priority Category and when you were placed into Delayed Status. Be sure to update the VR if your telephone number or address changes while you are waiting. Voc Rehab may send you a letter to confirm your continued interest in services at certain times while you are waiting for services. While you are waiting, you should at least receive information and referral services. This means that if they know of another agency or organization that can help you, they should tell you about that resource.

Voc Rehab will continue to provide pre-employment transition services to students with disabilities transitioning from high school during the Order of Selection. If you or your child is a student with a disability between the ages of 14 to 21 who needs services to transition from high school, you should have the school refer you directly to Voc Rehab for transition services. Due to new federal rules that require the VR to spend 15% of its federal grant on transition services for students, it is possible (but not guaranteed) to get transition services from Voc Rehab without being placed into the Order of Selection if the school refers you directly.

Voc Rehab cannot cut services to clients who are already receiving services under an IPE in order to try to save money. They are required, even under an Order of Selection, to offer the full range of services. If the services in your IPE are cut or they refuse to put service into your IPE, these decisions can be appealed.

If you have problems accessing services, feel your rights are being violated, or want to appeal a decision made by Voc Rehab, you should contact the Client Assistance Program (CAP). The CAP, which is operated by the NH Governor’s Commission on Disability, can be reached by calling 1-800-852-3405 (NH) or 603-271-2773, or by emailing Lorrie.Ripley@gcd.nh.gov.

If you are unable to get assistance from the Client Assistance Program or need some legal advice about Voc Rehab Services, call the Disability Rights Center-NH at 603-228-0432 or email advocacy@drnh.org.

SPECIALTY CASE MANAGEMENT SERVICES OF NH



Did you know that Brain Injury Association of
New Hampshire offers
Specialty Case Management Services?

We offer these services under the following programs

- Private Pay Case Management
- Choices for Independence (CFI) Community Care Waiver
- Acquired Brain Disorder (ABD) Community Care Waiver
- Developmental Disabilities (DD) Community Care Waiver

Brain Injury Association of New Hampshire specializes in supporting individuals living with a brain injury, stroke, tumor, and/or other neurological disorder.

If you would like more information on how you can receive or transfer to the Brain Injury Association, please call Erin Hall at 603-225-8400 or email at erin@bianh.org.

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



New Hampshire Brain Injury Support Groups – A Lifeline to Recovery

Support groups have been a mainstay of my recovery since early 2011. There is something almost indescribable that happens when brain injury survivors are in each other's company. We are like a wonderful extended family. Rather than shared DNA to bind us, our strength comes from our shared life experiences.

When I am in the company of other survivors, my defenses go down. If I stumble when I speak, no one cares. If I lose my train of thought mid-stream, and cannot get back to where I was, no one cares. On the other hand, if I share some of the hardships that come with being a brain injury survivor, EVERYONE CARES!

Early on after my accident, I reached out to the BIANH to see if there was a brain injury support group near our home. I knew from other life experiences that a support group would help me on my journey. Unfortunately, at the time of my first call, there was no viable option for me. A support group met in Keene – a 160 mile round trip. Another group met in Concord, a much shorter 70 mile round trip, but still not practical. In early 2011, I was literally fighting for my life. A day that found me able to tell you the day of the week was a good day. Long distance travel was simply impossible for my wife Sarah and me.

Happily, all that has changed. When the BIANH started a support group at Northeast Rehab in Salem, I jumped at the chance to attend. I was at the first meeting back in 2011. I have also attended most every meeting since. In fact, I now co-facilitate that group – something I never saw coming. The fact that Northeast Rehab is only a half-mile from our home is just the icing on the cake.

But it doesn't stop there. A few miles from our home, at Community Crossroads in Atkinson, a second local support group meets monthly. My wife Sarah and I get there as often as we can. As of today, there are over a dozen support groups meeting monthly in New Hampshire. What happens within a support group never leaves the room. It is a sacred space, a safe place to share and have life experiences validated. But I will share that numerous members of my local group have shared that our local support group has been a life-saver and not in a figurative sense. Not all brain injury survivors make it – support groups do indeed save lives.

Over the years, we have had members come and go. A few of us, part of the group since the beginning, still attend regularly, ready to help the new survivor who walks through the door. We now have

group traditions like our annual summer cookout, and our yearly group anniversary meeting, complete with food.

One of the most telling testaments to the healing power of support groups, however, involves a tissue box.

When our local group first started, many of us were new to lives as brain injury survivors. As a group, we were mourning the loss of the lives we once had. Ambiguous loss is very real within the brain injury community. Mindful that we gathered monthly in a safe space, there was no shortage of tears, a box of tissues ever-present as it worked its way up and down the table at our early meetings. We cried rivers of tears.

Somewhere along the way, however, the tissue box stopped attending our meeting. Over the months and years that followed, tears were replaced with laughter, sadness with determination, and hopelessness was replaced by the feeling that together, we could do what none of us could do alone.

Every month, when "Support Group Wednesday" rolls around, I feel an excitement and a happiness in knowing that the day will end in the company of friends, some of the most amazing people I have ever met. These are people who would not be part of my own life had it not been for my injury.

Seen in this light, it is hard not to be grateful for all that has happened over the last seven-and-a-half years.

*In the end, it's not the years in your life that count.
It's the life in your years.*

Abraham Lincoln



"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.



NCIL SPRING HAPPENINGS!

April was a busy month with incredible NCIL staff and residents accepting the challenge to increase their efforts from last year to raise money for the BIANH Walk by the Sea. For the second year The Shannon Door Pub in Jackson, New Hampshire, hosted a community “Dine to Donate” pizza fundraiser to benefit the BIANH. Months prior to the pizza night, staff and residents meandered through the wonderful supportive Mount Washington Valley area to collect raffle prizes and donations resulting with a highly successful array of great items that patrons vied for and won. The NCIL Barrington Residence for the second year had some fun time baking goodies for a bake sale hosted by the Irving Station Gas Station of Farmington, NH.

On May 9th NCIL residents and staff took part in the Annual Valley Pride Clean Up day in North Conway. This has been a long-standing tradition that NCIL Residential Coordinator, Sandy Stowell, began in 2006! This event has transformed into a wonderful community clean-up day with many NCIL teams taking on differing routes picking up trash and then participating with a celebrated community barbeque afterward at the Hampton Inn.

NCIL residents and other participants of the Conway Area Support Group finished up the project “Unmasking Brain Injury” which was exhibited at the Annual Brain Injury Conference on Wednesday, May 16. This was a powerful exercise for the survivors and those who participated with this project.

The Walk by the Sea on Sunday, June 3rd proved to be a beautiful sunny day with ocean breezes, comradery, and a wonderful picnic which followed. NCIL was proud to accept the award of “The Most Walkers” and came in second place with the fundraising efforts collecting \$2168.04!

While we must mention Special Olympics, NCIL had participants winning many ribbons in the summer games held at the University of New Hampshire.

As of this writing, the NCIL gardens are planted and we are moving into summer, the residents and staff alike are sure to remain active with such a wonderful state to live and participate with so many community recreational opportunities!




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- Residential Treatment and Rehabilitation
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1-888-400-6245 (NCIL) ■ ncil@ncilnh.com ■ northcountryindependentliving.com

35th ANNUAL

GOLF TOURNAMENT

SAVE THE DATE
WEDNESDAY, AUGUST 15, 2018

**Title Sponsor: Northeast Rehabilitation
Hospital Network**

Host Sponsor: Robin Hill Farm

THE OAKS GOLF COURSE
100 HIDEAWAY PLACE, ROUTE 108
SOMERSWORTH, NH



The tournament provides 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.

Cost—\$135/player or \$540/team

Tournament Sponsorship available
Raffle/Prize Donations gladly accepted

REGISTER ONLINE—www.bianh.org
<https://bianh.salsalabs.org/35golf>

MEET THE ARTIST - UPDATE FROM THE ROAD

By Rosalie Johnson

Some of you may remember my motorhome travel adventures from reading my previous article in the summer 2016 issue of *Headway*. Well, the adventures continue!

Hello from Cedar Key, Florida!

Cedar Key is a remote farming key or island near the mouth of the Suwannee River, about an hour's drive from anywhere. Clams and oysters are farmed in two-acre plots on the Gulf of Mexico floor that are rented by farmers from the State of Florida.

Many of the winter residents choose to stay on Cedar Key for its beauty, seclusion, funky-quaintness and music, music, music everywhere; not to mention the great fishing, birding, kayaking, and delicious fresh clams!

During my travels I get to meet so many interesting individuals, but the people in Cedar Key are some of the nicest I have ever met. Those dearest to me are the individuals living with a brain injury. Let me introduce you to two!

Meet Kathy Pyle

Wife of Ken Pyle, mother of two adult sons, and is an RN and an aesthetician by occupation.

Kathy and Ken began camping around 1971 with their young family. They progressed from using tents to towable campers to a motorhome and became "Snow Birds" in 2012.

When both sons were in school full time, Kathy also returned to school part time. She earned her nursing degree in 1988. While working as a nurse, she felt a stronger pull to help others in a different direction, so back to school for her!

Having lived with a chronic skin condition for most of her life, Kathy felt that, as a licensed aesthetician, she could relate and help others dealing with similar skin conditions. This career combined science and aesthetics to legally use professional skin care products. Owning her own business also allowed her more flexibility and time to spend with her family.

After years of stress, Kathy lost her mother in October 2009. Three months later she began to have very strange symptoms herself. On one sunny Valentine's Day weekend in 2010, she felt very unbalanced while walking on a snowy golf course. Two days later she couldn't walk in a straight line. The following day her PCP sent her for an MRI of her brain.

"That was it." Kathy relates. A biopsy confirmed a *pylocystic astrocytoma*. Surgery followed on March 23, 2010, at Bassett Hospital in Cooperstown, NY. With her family at her side, she spent three nights in special care. "I had the best care there."

While in recovery, she did physical therapy to improve her balance. Kathy would insist on wearing lipstick while walking in the hall! Occupational therapy helped her with her visual tracking and reading. While trying to relearn to read, her daughter-in-law would read "I SPY" books with her. Her very strong faith also added much comfort during this time. As she improved, she was able to slowly return to her business, and enjoy camping again.



But Kathy shared, "Everything changed. Sometimes I lose a word. I can no longer ride a two-wheel bike due to balance issues, so I now I get around on a recumbent bike. Never take anything for granted. I am recovered!"

Meet Timothy "Tim" De Mayo

Tim was known as hard to deal with, emotional, volatile, doesn't work hard enough; that was the cloud that Tim grew up under.

Tim was only a child, and was about 5 years old when he had his accident. A friend tugged the Radio Flyer wagon he was standing in causing Tim to fall out backwards and land on his head. His mother stayed with him at Buffalo Children's Hospital where he was sent for burr holes to release the pressure in his brain. He remained in a coma for about six weeks. His father would drive himself and Tim's two older sisters 75 miles to visit.

Tim's parents are Italian immigrants with a very strong faith. His mother would cook for the homeless at St. Joseph's Table to pay for medical care for Tim. She would also make him egg drinks to help him grow. He hated those concoctions and would fight his mother not to have to drink them. One day his mother dumped the whole batch over his head in frustration!

"Family and my mother kept me going," Tim added.

His school years were tough. His mother had him try music lessons but it was very difficult for him to concentrate. His doctors would tell his mother that he just wasn't trying hard enough and denied that his issues were due to brain trauma. Numbers were never an issue until he faced algebra and trigonometry in high school. He was unable to graduate with his class and had to go to summer school for algebra.

Tim beat the draft by joining the Army. He started as a radio operator but was not challenged, so he applied and was accepted to Officer Candidate School and was "good enough to get by."

Always having a problem with focusing, Tim would try to challenge himself and kept himself regimented. With good insight and inner strength he was always trying to improve. When he would become discouraged, he learned to stop and find another path to take. Taking cursory notes and rewriting them helped to improve his memory. After the Army he tried college but "I couldn't do it. I couldn't make that turn."

He was finally able to find his niche while working with his father. In two years he completed his journeyman electrician apprenticeship, and in four more years he received his Master's License! After 30 years he was able to retire, but Tim still likes to stay active in his trade by helping others with their electrical work.

Tim took care of his aging mother for eight years. "It was payback. I firmly believe my mother kept me going. There were no options. It was my job. She lived to be 102 years old!"

These days you will find Tim and his wife of six years, Pat, their dog "Jack" and adopted cat, "Franz Schubert" traveling in their fifth-wheel camper as full-timers.

"My wife Patricia - she has shown me the error of my ways and how I respond to things. Anxiety is a significant presence in my life but she has been patient and caring. She annoys the crap out of me but...then... everything annoys me. She has made a big difference in my survival."

SPOTLIGHT ON KREMPELS

Meet Deb Marion: *Sharing a Mom's Perspective*

By Ruth Maron - Contributing Writer



Deborah (Deb) Marion walks into Krempeles Center on a Friday morning with a big smile and two huge homemade trifle cakes. “They are for a going-away party for an intern who is leaving to start the next chapter in her career,” she said. “I try each and every day to thank those around us who touch our lives with kindness.”

Deb is the mother and caregiver for Ryan, a Krempeles Center member and a traumatic brain injury (TBI) survivor. She drives almost an hour each way to bring Ryan to Krempeles Center three days a week. “We feel so grateful to be part of this community that is filled with smiles, laughter and a whole lot of hard work,” she said.

Deb’s story as a brain injury survivor family began on August 10, 2013. “It was a beautiful summer day that took about 20 motorcycles and passengers on a scenic ride through the White Mountains,” she recalls. “Ryan was about to turn 25 later that month. Everything was going well for him—he had his own home, a new wife and a good job. He also worked as a volunteer firefighter in our local community.”

That perfect summer day was shattered when Ryan and his wife were in a motorcycle accident on mile 299 out of 300 when a car cut them off—just one mile from home. “Ryan’s friends and fellow firefighters were the first on the scene and made the call for Med Flight to take him to Mass General Hospital. They saved his life,” she said.

After emergency surgery, Ryan was eventually released to Spaulding Rehabilitation Hospital in Boston. There was progress and there were also setbacks along the way. He was on the road to recovery when he started experiencing debilitating problems—migraines, speech difficulties, double vision and a loss of balance. “As these problems worsened, Ryan isolated himself. He sat home alone; depressed and withdrawn.”

A social worker at their local hospital convinced Ryan to give Krempeles Center a try. “After a few false starts and last minute jitters, we actually made it here. Now I don’t have to convince Ryan to come—he is happy here. He walks in with a smile; he enjoys the friendships he has made and the many activities that are both therapeutic and fun.”

Deb also finds friendship, comfort and enjoyment at Krempeles Center. “It’s my therapy,” she said. “I spend the day here as Ryan’s caregiver, but I feel as though some days I’m the one being taken care of. There is wonderful camaraderie among the staff members, interns and caregivers. Everyone has a story—you just have to take the time to listen.”





BRAIN MATTERS

Sponsored by
Bureau of Developmental Services & the Brain Injury Association of NH

Brain Matters 2018 Training

SEPTEMBER 11 – Brain Injury 101 – Erin Hall, MA, CBIS-T

This training will provide an overview and information on brain injury, including definitions, the rate of incidence and the cognitive, physical, and emotional consequences of brain injury. The effects of brain injury on families will also be discussed as well as strategies, tips, and available resources.

WHERE: Brain Injury Association of NH Office - Concord — Time: 9am – 1pm - Limited to 15 - FREE

OCTOBER 9 – Behavioral – Gina England, MA, CCC-SLP

Cognitive management vs. traditional behavior management techniques. The sequelae of traumatic brain injury often include emerging behaviors that challenge the survivor's quest for renewed independence. Behaviors such as impulsivity, aggression, depression and social inappropriateness become barriers to emotional, social and vocational recovery. Too often the survivor is defined by these behaviors which are attributed as a natural response to the "injury". In truth, many of the persistent challenging behaviors of TBI can be directly related to a specific cognitive deficit. Traditional behavior management techniques address the associated behavior, but not necessarily what is "driving" the behavior. Today's presentation will focus on those cognitive deficits that are most likely to "drive" these behaviors and will offer participants suggestions and strategies on how to neutralize the behavioral responses to these deficits in executive cognitive skills. Illustrative case histories will be incorporated to demonstrate how the right strategy can effectively assist the survivor to moderate their own behavior through improved cognitive functions.

WHERE: Marriot Courtyard & Grappone Conference Center - Concord—Time: 9am – 1pm - Cost \$25/person

NOVEMBER 6 – Brain Injury 101 – Scott Dow, CBIS-T

This training will provide an overview and information on brain injury, including definitions, the rate of incidence and the cognitive, physical, and emotional consequences of brain injury. The effects of brain injury on families will also be discussed as well as strategies, tips, and available resources.

WHERE: Brain Injury Association of NH Office - Concord — Time: 9am – 1pm - Limited to 15 - FREE

To register for any of these trainings, please go to our website at www.bianh.org
Click on **EVENTS** and then **Brain Matters**.

For more information—visit our website www.bianh.org.
For questions and to register, please contact Lori Sandefur 603) 568-8817 or lori@bianh.org

ThinkFirst
National Injury Prevention Foundation

**Schedule a ThinkFirst Presentation
for Your School Today!**

Show your students how easily one decision can lead to life-altering consequences, such as paralysis or brain impairment.

The ThinkFirst program addresses the ways to prevent injury while participating in age-specific activities. It will also give students the opportunity to speak with a brain or spinal cord survivor and get their perspective about how their life has changed.

The goal is to help students understand the impact of brain and spinal cord injuries and how they can be prevented. An emphasis is placed on helmet and seatbelt safety, fall prevention, and concussion. Presentations generally last between 1-1½ hours.

BIKE RODEOS

WAKEFIELD BIKE RODEO

On Wednesday, May 30th Officer David Landry of the Wakefield Police Department had the privilege of taking pictures with some of the participants of Wakefield's Park and Rec Program. Director Wayne Robinson and his Assistant Alyssa Hall were instrumental in assisting us with making sure children in our community were able to receive the helmets. We are very grateful for the Brain Injury Association of New Hampshire's generous donation to our town. We have a lot of children in the area that ride bikes to school, to the town beach and on back roads. We are happy that the children were excited to receive their helmets and are safe when they ride.



SANBORNTON POLICE DEPARTMENT

The event was spearheaded by the Sanbornton Recreation Department. The Sanbornton Prouty Team (Hope in Motion) provided instruction on safe travel, hand signals, and other topics using the "road course." They also had their volunteers doing safety checks and repairs on bikes, and at least one was discovered to have bad brakes. The Recreation Department also provided hot dogs and water.

The police department had a table set up to distribute helmets. Helmets were provided by BIANH and our Relief Association. The sponsorship flier was displayed on the table with the helmets.



HELMETS WERE DONATED BY:



And
Sanbornton Police Relief Association



BIKE RODEO - BEDFORD POLICE DEPARTMENT

On Sunday, May 27, 2018, the Bedford Police Department held its 7th annual bike rodeo that included bicycle safety obstacle courses for kids, helmet giveaways courtesy of NH Brain Injury Association, motorcycle, and mountain bike demonstrations. The Bike Barn was also on site to conduct safety inspections on children's bicycles. It was a great way for the residents to get to know Bedford Police officers and learn about bicycle safety and the rules of the road. Attendees also enjoyed free pizza while they watch Bedford Police officers perform bicycle and motorcycle demonstrations. Immediately following the rodeo, children rode their bikes in the Town of Bedford Memorial Day Parade, which began at 1 p.m. at Bedford High School. The parade continued down County Road and ended at the McKelvie School on Liberty Hill Road. – *submitted by Lieutenant Michael R. Bernard*



CONCORD BIKE RODEO

Led by the Concord Police Department, a community invests in young cyclists' safety. *By Stacey Brown*

Do you remember your first bike? Where you rode it and who you rode with? On Saturday June 9, at least 100 kids got their first bike and rode with the CPD Bike Unit officers at the 2nd Annual Concord Police Department Bike Rodeo at the Steeplegate Mall. Police Officers led groups of kids through stations, teaching them skills such as riding in a straight line, scanning over their shoulder while biking and avoiding hazards and staying balanced while going slow. It wasn't just the PD investing in kids' safety. Children received free helmets with their bikes thanks to the Brain Injury Association of NH. Helmet safety checks were done by the Central New Hampshire Bicycling Coalition and the Bike-Walk Alliance of NH. Over 100 bikes were given away courtesy of Restoration Foursquare Church and S&W Sports with Pastor Kevin Twombly doing bike tune-ups onsite.

After completing the rodeo, kids received their own scorecard and certificate signed by Officer Christy Spaulding, special Concord PD badge, S&W Sports water bottle, Clif bar and the Wellness Coalition passport for Concord hiking trails.

The fun didn't end there! Lieutenant John Thomas blasted dance music from the top of his cruiser while he grilled hotdogs and flipped free burgers for everyone. BMX stunt professionals wowed the crowd as they twisted their bodies and bikes over and around wooden ramps.

Everyone stayed hydrated thanks to water donations from NH Distributors and local dentists, Dr. Orzechowski & Dr. Arndt. Warm fuzzies and hugs were abundant with beloved police mascot, McGruff the Crime Dog. Volunteers in orange "Hike it, Bike it, Like it!" Merrimack River Greenway Trail shirts worked side by side with Concord Police Officers to guide families through the stations, check helmets, hand out donated swag, serve food and clean up.

While your first cycling memory may not involve a party with police officers, together we can create lasting memories of a city supporting safety, fitness and fun for future generations.



MILFORD & LYNDEBOROUGH BIKE RODEOS

On June 2, 2018 from 0900-1200 hours, the Milford and Lyndeborough Police Departments hosted a bike rodeo for children of all surrounding communities. The Bike Rodeo was held at the Milford Police Station and was also sponsored by the Milford Recreational Department and the JA Tarbell Library in Lyndeborough. We were very fortunate to have bicycle safety helmets provided by the Brain Injury Association of New Hampshire and Children's Hospital at Dartmouth (CHaD) through a safety grant provided by both organizations. Bicycle safety checks were also completed by Captain Shawn Pelletier of the Milford Police Department, who is a Police Mountain Bike Instructor and Trainer, at the beginning of the course as participants were registering for the event.

Part of the initial assessment that children went through was how to properly fit and adjust a bicycle helmet in order to protect them from any falls. The participants then completed a series of riding stations to work on hand signals, breaking, steering, balance, obstacle avoidance, and checking their surroundings. The course stations were manned by members of the Milford Police Department Bike Unit and members of the Lyndeborough Police Department.



Each participant received a certificate of completion after safety demonstrating the course. The Milford and Lyndeborough Police Departments would like to thank the Brain Injury Association of New Hampshire and CHaD for providing the helmets and in assisting to make this event a huge success for the children involved.



Written by: Chief Rainsford G. Deware, III
Lyndeborough Police Department

Great Bay Corvette Club Presents The 5th Annual Driven To Make A Difference CHARITY ALL CAR SHOW

RAIN OR SHINE!
9:00 A.M. - 3:00 P.M.

September
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Raffles
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ASSOCIATION
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LOCATION: SIG SAUER
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Muscle Cars, Corvettes, Hot Rods Antiques & Imports



Dash Plaques & Trophies (This is not a points judged show.)



Car Registration:
Registration fee per car: \$25.00
Pre-registration for the car show
encouraged. Visit our website for
more information...

Contact Info:
Phone: 603-396-4129
Email:
info@greatbaycorvetteclub.com

www.greatbaycorvetteclub.org

ALL proceeds from this event goes to the two charities listed above.



“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



Rest and Relax! — Two Day Respite for Caregivers of Individuals with Brain Injury

To Family Caregivers — The Brain Injury Association of New Hampshire has 4 lakefront, rustic cabins available for a relaxing 2-day respite and get-away for you.

Location — Camp Wulamat on Newfound Lake, Bristol, New Hampshire.

Dates — Friday—Sunday, September 7—9, 2018 or Monday—Wednesday, September 10—12, 2018 (any 2-day stay)

Check In— 12:00 Noon—Check out—3:00

Accommodations — Sleeps 3—8 individuals; amenities include kitchenware, refrigerator, range, woodstove, bathroom, and public shower house.

Cost — *If selected, a \$75 refundable reservation guarantee is requested.* The cabins are available—without cost—courtesy of BIANH and the generous support of Mrs. Helen Robinson, one of the founding family members of BIANH.

If you are a **family caregiver** and are interested in a quiet, restful get-away, please contact — Ellen Edgerly (603) 332-9891 ellenedge@metrocast.net



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"

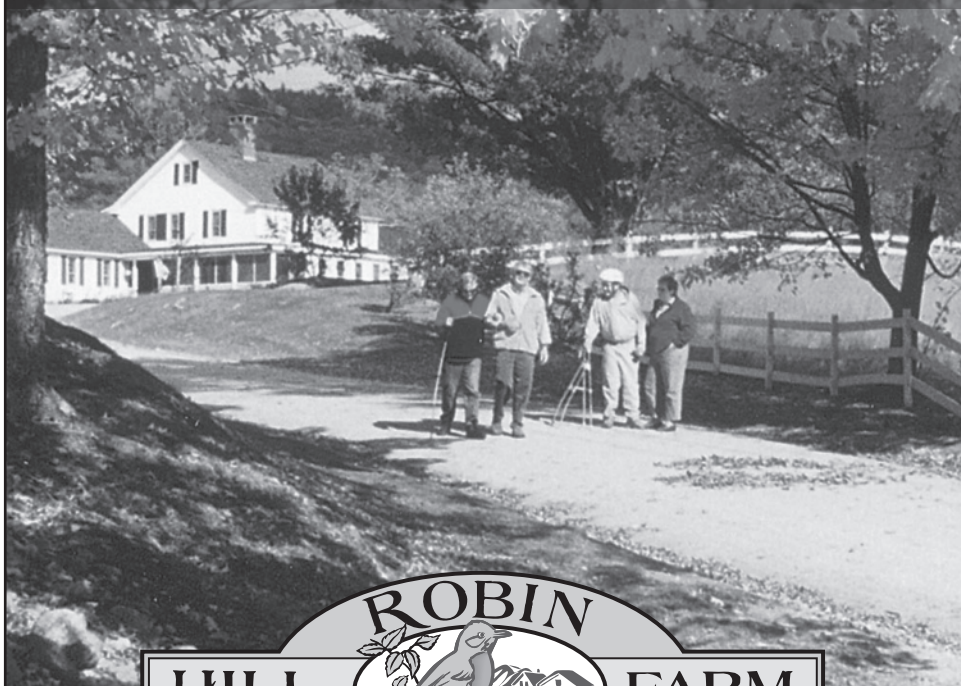


Wednesday, November 14, 2018
8:00 am to 4:00 pm
Courtyard Marriott, Concord, NH

For more information or to request a registration brochure contact: Ellen Egerly, 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: <https://www.facebook.com/CoalitionofCaring/> Twitter <https://twitter.com/coalitioncaring>

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Require total care which may include ventilator management, trach care & tube feedings

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Require nursing support, medical management & attendant care

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RESOURCES IN GETTING BACK TO WORK

by John Richards, Chairman, Employment Council, BIANH



Most individuals living with a brain injury have a span of time after their injury before they can get back to work. It may be a short span or a lengthy one. It can be a truly difficult and challenging time, or it can be a time of growth and exploration for whatever possibilities may exist.

Disability is a subject you may read about in the newspaper, but not think of it as something that might actually happen to you. Studies show that just over 1 in 4 of today's 20 year-olds will become disabled in some way before reaching age 67.

If disability happens, there is one important question: how to pay the bills as you are recovering? Hopefully there is disability insurance to assist through the financial difficulties; but if not, there is access to Social Security.

There are two different types of Social Security that you will hear mentioned: Supplemental Security Income (SSI) or **Social Security Disability Insurance (SSDI)**.

Supplemental Security Income (SSI) is a Federal income supplement program funded by general tax revenues (not Social Security taxes) that:

- Is designed to help aged, blind, and disabled people, who have little or no income; and
- Provides cash to meet basic needs for food, clothing, and shelter.

Any person struggling with disabilities after a brain injury is eligible for SSI.

Conversely, **Social Security Disability Insurance (SSDI)** is more restricted. The Social Security disability insurance program pays benefits to you and certain family members if you worked long enough and paid Social Security taxes. (Your adult child also may qualify for benefits on your earnings record if he or she has a disability that started before age 22.)

In both situations, the Social Security Administration will review and must agree that you have a disability. You may apply online or in person for Social Security. Go to <https://www.ssa.gov/> for complete information.

Back to Work After Injury: There are many resources in New Hampshire, both online and in person. First of all, talk to your rehabilitation counselors and staff. The social workers, case managers and neuro-resource facilitators can be tremendously helpful in directing and guiding you or your family member. You may wish to meet with your local office of the New Hampshire Vocational

Rehabilitation whose mission is to assist eligible New Hampshire citizens with disabilities to secure suitable employment and financial and personal independence by providing rehabilitation services.

Other Options: The Ticket to Work (Ticket) program, which is a free and voluntary program that can help Social Security beneficiaries go to work, get a good job that may lead to a career, and become financially independent all while they keep their Medicare or Medicaid. Individuals who receive Social Security benefits because of a disability and are age 18 through 64 probably already qualify for the program.

For more details - <https://www.ssa.gov/work/>

PASS Plans — Working While Disabled - A Guide To Plans For Achieving Self-Support from the Social Security Administration. This page provides an overview of what PASS plans are and how they may be helpful when returning to work.

For more details - <https://www.ssa.gov/disabilityresearch/wi/pass.htm>

MEAD – Medicaid for Employed Adults with Disabilities (MEAD) - This program provides Medicaid coverage to adults with disabilities who are working and who would not otherwise be financially eligible for Medicaid. MEAD was designed to allow individuals with disabilities to increase their working income and have higher resource limits. For more details – go to <http://www.dhhs.nh.gov/ombp/medicaid/mead.htm>

All of these resources can be located on our website at <http://www.bianh.org/rtw.html>.

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

Employment After Traumatic Brain Injury

<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 June 22, 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, 6:00pm-7:30pm, Northern Human Services, Center Conway, NH
Contact: BIANH Phone: (603) 225-8400

Dover: 3rd Tuesday of the month, 6:00pm–7:30 pm, Wentworth Homecare and Hospice, 9 Andrews Road, Somersworth, NH
Contact: Lara Coughlin Phone: (603) 692-0200

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

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: 2nd 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 x68034

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

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

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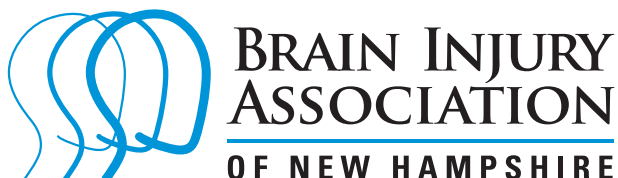
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