



**BRAIN INJURY  
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**THE VOICE OF BRAIN INJURY –  
Help, Hope and Healing  
ISSUE #75, FALL 2019**

**THE BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE**  
52 Pleasant Street  
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# HEADWAY

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## KEVIN KEATING: A VETERAN'S STORY

Kevin Keating was born in Lakewood, Ohio, in April of 1960. He spent his formative years in Ohio, then moved to Wilton, Connecticut his sophomore year of high school. He graduated from Wilton High School in 1978, and after working for a couple of years, Kevin joined the Navy in 1980. He attended boot camp at Great Lakes Recruit Training Command in Illinois and went on to become an electronics technician. After a brief stint in nuclear power school, Kevin discontinued that training communications school at Fort Gordon in Augusta, Georgia.



With satellite communications training under his belt, Kevin spent a year at the Naval Communication Station at Diego Garcia, a remote atoll in the Indian Ocean. He then joined Oceanographic Unit 4 aboard a United States Naval Ship (USNS). USNSs are typically owned by the Navy but operated by the Military Sealift Command and crewed primarily by civilians. His ship surveyed the waters of Indonesia, updating and correcting charts from when the Dutch surveyed the area in the 1800s. He spent

time in Jakarta, the Philippines, Japan, and Singapore, and Kevin has fond memories of celebrating his 24th birthday in Bali.

After two years on the Oceanographic Unit 4 ship, Kevin reenlisted and spent three years on shore duty in Japan, which was his first choice of placements. He left the Navy at the end of his active duty commitment in September of 1988 as an E5 petty officer second class. He spent a few weeks in San Diego, California visiting with friends, and then not long after leaving the Navy, Kevin found himself in New London, New Hampshire, where his father had retired on 12 acres of land off Little Lake Sunapee.

Kevin saw an ad for a computer network technician position at Dartmouth College. He didn't have any experience with computers, but he figured his electronics technician history might be valuable. He applied and was offered a job on the spot, joining a group of mostly ex-military (and mostly former Navy electronics technicians) in Dartmouth's computer lab. A little less

*Continued on page 3*



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## PRESIDENT'S MESSAGE

### SURVIVOR'S FINDING COMMON GROUND

From Robin O. Kenney, Ed.D., BIANH President



There's an old expression in the brain injury field: *When you've seen one TBI, you've seen one TBI.* Which is to say, no two brains are alike, and no two brain injuries follow the same course or result in the same outcome.

Some things are predictable, however. TBI is a journey that proceeds from acute emergency care through various stages of rehabilitation and ultimately, arrival at the "new normal" for each individual. During initial hospitalization, attending physicians sometimes try to offer frightened families their opinions as to what the timeline for their loved one's recovery might look like.

In reality, they have no way of knowing.

As the TBI survivor progresses through rehab, the realization begins to sink in that life for the entire family has altered dramatically and may never be quite the same again. Many questions accompany the changes in the survivor's physical ability, cognition, personality and behavior – regardless of whether the changes are minimal, moderate or profound. Who am I now? What am I capable of

doing? I know I can be difficult; will my family and friends stick with me through this journey? Do they understand how much I have changed? Do I understand it myself?

Although no two injuries or experiences are alike, there are some common themes, perhaps the most distressing of which is social isolation. I am proud to be associated with the BIANH and its efforts to bring survivors together to listen to each other and support one other in safe and structured environments. In our support groups, they can learn from the experiences and strategies of others and gain strength and confidence in the process. At the very least, they have a place to make some new friends who truly understand what they are going through.

BIANH support groups take place all over the state and meet on a regular schedule. Some focus solely on TBI, others on stroke, aphasia, or brain tumors. Take a look at the complete listing of meeting locations and times at the back of this issue. If you haven't joined a group yet, consider giving it a try.

## EXECUTIVE DIRECTOR'S MESSAGE

### Roads to Recovery: Overdose and Brain Injury

by Steven D. Wade, BIANH Executive Director



On behalf of the entire brain injury community, thank you to BIANH board member Schuyler Scribner for his vision and efforts in raising public awareness about the silent epidemic of anoxic/hypoxic brain injury within the opioid overdose crisis. Schuyler initiated and guided work on the New Hampshire PBS documentary *Roads to Recovery: Overdose and Brain Injury*. It premiered on PBS on Thursday, September 5th at 8:00PM. It is the latest in a series of programs on substance misuse and recovery in New Hampshire. This installment of the series investigates how brain injury can result from an overdose and how it complicates addiction treatment.

To view *Roads to Recovery*.....<https://video.nhpbs.org/video/overdose-and-brain-injury-rbcycv/>

The Brain Injury Association of New Hampshire

and Dartmouth Hitchcock provided funding/underwriting for *Roads to Recovery: Overdose and Brain Injury*.

Two other recent BIANH initiatives on this issue:

(1) For a year now, BIANH has led the *NH Interagency Task Force on Substance Use Disorder and Brain Injury*. This is a collaborative statewide effort to help address this issue. The Task Force is co-chaired by Robin Schell and BIANH board member, Phil Girard.

(2) On June 19th, I had the opportunity to testify before the U.S. Congress on this issue; participating on a panel that briefed the *Congressional Brain Injury Caucus*.

**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.

Continued from page 1- Kevin Keating: A Veteran's Story



than a year later, in August of 1989, Kevin left to pursue an education at the University of New Hampshire (UNH) in Durham.

In 1994, Kevin graduated from UNH with a bachelor's of science degree in biochemistry, and he immediately transitioned into doing graduate-level work at UNH under Dr. Robert Zsigray with a focus on microbiology. Dr. Zsigray's organism of interest was *yersinia pestis* (the bacterium that causes the disease plague, including the infamous bubonic plague), and Kevin assisted with his research.

On August 17, 1996, Kevin was in a devastating single-car accident that left him with a severe brain injury, and he was hospitalized for nearly nine months. When he returned to UNH during the summer of 1997 to continue his previous research, he learned that he had been disenrolled from the graduate school because he had been absent the previous year. Kevin was invited to reapply to the graduate school, but was frustrated because he had not been required to apply previously. Upset, he ended his studies and left UNH.

Everything was different than before his accident. "I realized night and day difference," Kevin explained, "and I couldn't go back to the day before the accident and have the potential that existed that day." This realization made Kevin angry and upset, and more impulsive. "I did what I

wanted and didn't care or take responsibility," he admits now.

Kevin has come a long way since then. With anger management and mental health support, as well as working with a counselor, he has acquired tools and skills for managing his anger, emotions, and life after brain injury. Receiving case management services from BIANH has helped immensely as well.

These days, Kevin lives in a group home in Freedom, New Hampshire. He is planning to get married to his fiancée Danielle this fall, and they hope to move to southern New Hampshire in the coming months. In his spare time, Kevin likes to watch movies, listen to music, and read.



## Brain Injury Awareness Campaign - Manchester, NH

Join Amy Zellmer for an evening of inspiration and be a part of her awareness campaign.

Amy is launching a two-year, international awareness campaign through the use of photography to visually show that while brain injury may be an invisible injury – *the survivors are not!* She is raising awareness of this invisible injury that affects over 3.5 million American's each year in an effort to help people find resources sooner.

During this event you will hear Amy's story and have the opportunity to add your photo & story to Amy's awareness campaign. In addition to having your photo professionally taken by Amy, you are invited to participate in a research survey Amy is doing in partnership with CTE Hope to *identify trends in types, diagnosis, and resources of brain injury.*

**What:** Put YOUR face on brain injury  
by professional photographer Amy Zellmer

**When:** Thursday, October 10th, 2019 6-8pm

**Where:** Manchester Public Library, Auditorium  
405 Pine Street, Manchester, NH  
**FREE & open to everyone**

**Agenda:**

6:00-6:30 meet & greet

6:30-7:15 presentation

7:15-8:00 photographs & research survey



**Thank you to our hosts:**

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[www.bianh.org](http://www.bianh.org)

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**Save the Date!**

**The 13th Annual Statewide  
Caregiver's Conference  
Keynote Dr. Donna McCarten White  
"Caregiver Compassion Fatigue:  
Building Resilience As We Care For Others"**



**Wednesday, November 13, 2019**

**8:00 am to 4:30 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@bianh.org](mailto:Ellenedge@bianh.org) or visit the Coalition of Caring's website at  
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## BEAUTIES BOWLING FOR BRAIN INJURY

On Sunday, July 21, 2019, a dozen teams competed at the 6th Annual *Beauties Bowling for Brain Injury* at Boutwell's Bowling Center in Concord, New Hampshire. This year's event was a huge success raising \$1,300 for the Brain Injury Association of New Hampshire. *Beauties Bowling for Brain Injury* was founded in 2014 by pageant winners Brooke and Stephanie Mills of Concord, New Hampshire.

Brooke and her mother, Stephanie, became volunteers with BIANH after Brooke suffered a devastating concussion during her high school gym class at the age of 14. Brooke suffered Post Concussion Syndrome for years following the impact. Brooke felt the cognitive, social, and emotional effects throughout her high school career and wanted to use her experience to make a difference. In addition to the bowling fundraiser, Brooke founded [LessenTheImpact.org](http://LessenTheImpact.org) and National Concussion Awareness Day to promote awareness, diagnosis, and treatment options as well as support for those suffering the effects of mild traumatic brain injury.

This year over thirty participants shared prizes donated by Binnie Media, FunSpot, and Crossroads Chiropractic worth more than \$500. These prizes ranged from generous gift certificates to Fratello's Restaurant, Chuckster's Adventure Park, FunSpot, and Faro Italian Grill, to BIANH swag, jewelry, outdoor games, and other miscellaneous gifts. The prize for the highest scoring individual bowler was awarded to Dr. David Medina of Barrington. Raffle door prizes and awards were also given to the highest and lowest scoring teams and to the lowest scoring bowler. Bowling prowess was not necessary to have fun at this family-friendly event and bumper bowling was made available to ensure all participants had a positive experience.

Plans are being made for the 7th annual event which will be co-chaired by Brooke and Stephanie Mills along with Heather Bridge of Nashua. Don't wait! Organize your team now and register at [BIANH.org](http://BIANH.org) for the 2020 *Beauties Bowling for Brain Injury* to be held on Sunday, September 20, 2020, at Boutwell's Bowling Center in Concord. Suggested donation is \$30 per person which includes rental shoes and two strings of bowling.





## 36TH BIANH ANNUAL GOLF TOURNAMENT

Our 36th BIANH Annual Golf Tournament was held on Wednesday, August 21, 2019, at the scenic, highly acclaimed Stonebridge Country Club and Golf Course in Goffstown, New Hampshire. Northeast Rehabilitation Hospital Network has been Title Sponsor for our golf tournament for three years. Robin Hill Farm and BIANH have partnered together on this tournament for more than 30 years!

Unfortunately the weather did not cooperate for the best conditions of this year's tournament. However, even with threatening clouds, minor rumbles of thunder, and occasional periods of heavy downpour, the 96 golf participants persevered throughout the damp morning and finished strong.

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.

### **2019 Winners are:**

1st Place – *Knapton Team*: DJ Knapton, James Bailey, Kyle Knapton and Matt Niven

2nd Place – *Robin Hill Farm*: Greg Woodsum, Colin Murdough, Matt Mackey, and Mitch Wilkins

3rd Place – *Gals Team*: Karin Mahoney, Brenna Benson, Patty Haskin, and Beth Adams

“Most Honest Team” - *Boat'n Buddies*: Max Ryder, Ryan Cribbie, Kathy Caredeo, and Erin Hall

Women's Closest to the Pin – Patty Haskins

Men's Closest to the Pin – James Bailey

Women's Long Drive – Juliana Emerson

Men's Long Drive – Colin Murdough

Putting Contest – Eric Felch


After the tournament, golfers, sponsors, and volunteers gathered for a lunch buffet and special presentation. John Prochillo, CEO of Northeast Rehab Hospital spoke on how the tournament helps to support those working with veterans living with brain injury. Golf participant, Jon “Chief” Worrall of Warriors @ 45 North spoke about the veteran's camp in Pittsburg, New Hampshire, which has developed into a place of respite for veterans. Jon briefly described the facilities and the picturesque grounds offering fishing, hunting, kayaking, boating, shooting, hiking, snowmobiling and more.

**Special thanks to our Sponsors:** Northeast Rehabilitation Hospital Network, Crown Healthcare Apparel Service, Elliot Level II Trauma, Encompass Health Rehab of Concord, Enterprise Bank, Harvard Pilgrim, Havenwood Heritage Heights, HUB

International, North Country Independent Living, Northeast Delta Dental, PrideStar EMS, Robin Hill Farm, and Jim Collins.

Finally we wish to say thank you to Stonebridge Golf Course 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 2020.



“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**

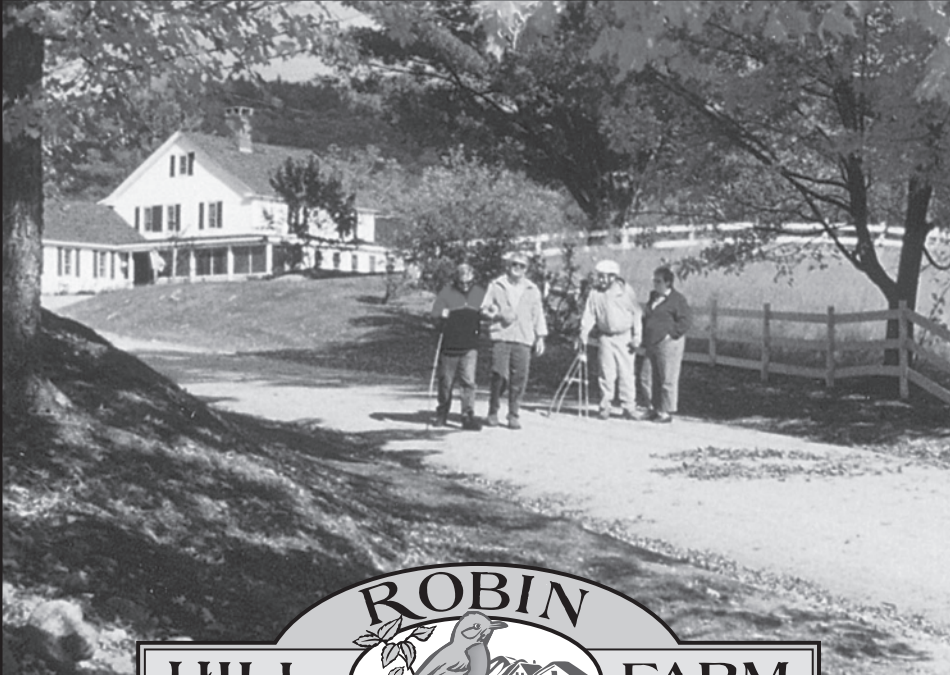
In addition to our overall hospital accreditation from The Joint Commission and CARE, our Stroke and Brain Injury specialty certifications represent our commitment to provide the highest quality care to our patients. For more information call (603) 893-2900.




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# 36TH ANNUAL BIANH GOLF TOURNAMENT!

Great time at new venue, Stonebridge CC in Goffstown, NH





# INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



## Brain Injury – A Sense of Community

Last month I had the opportunity to speak at a support group meeting in western New Hampshire. When the invitation came, my wife Sarah and I cleared our calendar to drive over to Peterborough. At 120 miles round-trip, it's a very pretty, but a rather long ride. It was so well worth it.

Five or six years ago, I spoke at the same support group meeting at the same hospital and in the same room. Looking around the meeting last month, there were several familiar faces, including two other board members for the Brain Injury Association of New Hampshire. Years ago, it felt like I was in a room full of strangers. Happily, last month it felt more like a family gathering.

There is something almost magical that happens when brain injury survivors get together. We “get” each other in a very real sense. We understand our shared challenges and our similar quirks. Equally as important, we accept each other – unconditionally and with love.

Early on after my own brain injury, it was hard to think that anything positive would come out of such a catastrophic life event. Like my bones, my very life was fractured, splintered apart in ways I never thought possible. Friends and family simply walked away – not understanding that a brain injury was capable of changing my personality to the core. Work suffered, and the stress at home was off the charts.

The very thought of a silver lining was unimaginable.

But with the passage of time, new perspectives are gained. Later this fall, I will be celebrating my ninth anniversary as a brain injury survivor. And why not celebrate? The harsh reality is that not everyone survives a traumatic brain injury. According to the CDC, over 50,000 people a year die in the US alone from the direct result of a brain injury.

Guess what – I'm not one of them! How can I not be grateful that I'm still here?

Today I am living a life that I never thought possible. I am reasonably comfortable most of the time. After suffering for many years, my PTSD is in remission, and I am again sleeping

through the night. Last year, I was able to resume work again as a web developer on a full-time basis. The list goes on.

I'll never be accused of candy-coating my life today. There are still very tough days, days where just making it through the day is a victory. In the past, I had tough weeks, tough months, and tough years. I'll take an occasional tough day. I try to measure my success by how far I've come and let the future take care of itself.

### INDEPENDENT CASE MANAGEMENT / SERVICE COORDINATION

The Brain Injury Association of New Hampshire offers this **Conflict Free** service for all disability populations:

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

We are a consumer and family directed non-profit organization, founded by New Hampshire families who came together to strengthen individual and system-wide advocacy.

For additional information about Independent Case Management, contact Erin Hall at 603-225-8400 or email at [erin@bianh.org](mailto:erin@bianh.org)



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# SPOTLIGHT ON KREMPELS

## Great Minds: Summer Writers Workshop Returns to Krempels Center

by Ann Kathryn Kelly

Over eight weeks each winter and summer, Krempels Center—the nonprofit community organization in Portsmouth that provides quality programs and services to people living with brain injury in the Seacoast region and beyond—offers an Enrichment Series with volunteer-led workshops. These workshops complement the Center’s year-round programming. The benefit of the Enrichment Series is two-fold: Krempels Center members can choose from a variety of workshops outside the scope of regular programming; and volunteers in the Seacoast can donate their time and skills to the Center.

Ann Kathryn Kelly volunteers as the Summer Writers Workshop leader. “I love coming back to Krempels Center and seeing familiar faces year after year,” Ann noted. “I have ‘regulars’ who keep returning for my workshops each Friday so that tells me they’re getting something out of it.”

Ann explained, “Writing, by its nature, is introspective, so you can hear a pin drop for the majority of the time our workshop is held. Sometimes I joke with Krempels Center members who sign up that I can’t compete when all these other cool workshops are announced in the Community Meeting each Friday—things like recording old time radio shows with sound effects, fly fishing, or building fairy gardens with cute little clay pots and moss and twigs. I mean, who wouldn’t want to do any of those? Even I want to sign up! But, I’m grateful for my regulars. I’m always impressed and moved by the depth they express on the page, and I’m honored that I can spend my Friday mornings with them writing in our quiet corner of the library and sharing our stories with each other at the end of each session.”

Ann’s latest workshop series was structured around quotes that served as writing prompts. “My goal is always to encourage participants to think about their lives before their brain injury and compare it to life after brain injury; to write about the changes they see—physical—but more importantly, their emotional outlook and what they’ve learned about themselves.”

One of the quotes stated: *Today’s accomplishments were yesterday’s impossibilities.* Ann asked participants to write short essays on whether they felt the quote was true for them, or not, and why. She said the range of essays that resulted were thoughtful, specific, and inspiring.

“Their essays help them process and articulate their feelings, but it’s also a powerful way for readers or listeners to understand brain injury better. Writing shares knowledge and builds empathy.”

Last summer Ann’s writing workshop was structured around the theme, “A Body’s Voice.” The weekly group wrote about how we’re all a sum of many parts: physical, mental, and emotional all intertwined. One week, they wrote essays on what their hands said about them; the next week about their eyes; the following week on their smiles. At the end of the summer session, Krempels Center members had a collection of essays that shared who they were by their features and as a whole person.

“Their essays were beautiful and layered,” Ann said. “Many of them have poetic voices.”

One Krempels Center member wrote: *My hands are strong. They lift and tear. My hands are gentle. They touch and caress. They feel things in a way my brain cannot.*

“His essay,” Ann explained, “was about his life before brain injury as someone who worked with his hands and the story of his life that was written in his callouses – how his hands led a life of service. He wrote that his hands after brain injury, still telling people who he is more easily than his thoughts or his mouth can communicate.”

Another participant wrote: *My eyes are always the first responders. I can feel them shine when they encounter something wonderful and pool up and rain when burdened by sorrow. I am more prone to tearing up since my brain injury, but for this I am grateful.*

Ann feels a connection to Krempels Center. “I was diagnosed with a bleeding brain tumor ten years ago, and had open-head surgery for nearly twelve hours in Boston. I discovered Krempels Center not as a member, but actually in an article in the newspaper. The Portsmouth Herald ran a piece that highlighted several Krempels Center members. When I read it, I had to visit and find out how to get involved. It’s important to me that I give back, because I’m aware every day of the miracle I received. The stories I hear at the Krempels Center and the people I meet all prove the Center’s motto: “There is life after brain injury.”

Want to learn more about sharing your passion as a volunteer at Krempels Center? Contact Molly Weidman, Community Relations and Events Coordinator: [mweidman@krempelscenter.org](mailto:mweidman@krempelscenter.org); 603-570-2026, ext. 28.



Jim Scott and Ann Kelly writing at Krempels Center, June 2019

 Krempels Center  
New Life After Brain Injury



Winter Writers Workshop, Krempels Center, February 2017



**BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE** **VERTICAL CHALLENGE WINTER EVENT 2020**

**SAVE THE DATE!** **Saturday, January 25, 2020**  
**FAMILY FUN EVENT!**

Bretton Woods Ski Resort - Bretton Woods, NH

Supporting our Veterans living with Traumatic Brain Injury

If you would like to be a sponsor or support the Vertical Challenge, please contact Lori Sandefur -- lori@bianh.org or (603) 568-8817

Please join us for a fun winter event at the beautiful Bretton Woods Ski Resort and the pristine Mt. Washington Hotel. We encourage family members of all ages to participate ski, snowboard, or snowshoe!

Please consider being a sponsorship of this event.

**Event Sponsor \$2000**

- Logo on shirt
- 2 free registrations
- ¼ page ad in program booklet
- 5-minute lunch presentation
- Business card ad in post-event *Headway*
- Promotional signage
- Logo & link from BIANH website
- Facebook exposure

**Lunch Sponsor \$1500**

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- 1 free registration
- Table Tent with logo on each lunch table
- Recognition in program booklet
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- Logo & link from BIANH website
- Facebook exposure

**Shirt Sponsor \$1000**

- Logo on Shirt
- Recognition in program booklet
- Recognition in post-event *Headway*
- Logo & link from BIANH website
- Facebook exposure

**Drink Sponsor \$500**

- Logo on Shirt
- Recognition in program booklet
- Recognition in post-event *Headway*
- Logo on website
- Facebook exposure

**Letter Sponsor \$250/ea** (If you would like to sponsor multiples of the same letter or different letters you will receive a 10% discount)

- Logo on Shirt
- Logo on anagram signage
- Recognition in program booklet
- Recognition in post-event *Headway*



## MEET THE ARTIST: HEALING WITH THE ARTS

by Rosalie Johnson

An online search for information about art therapy after a brain injury or stroke will lead to dozens of websites. Many of these sites will explain the benefits of sculpting, weaving, painting, writing, music, dance; the list is as endless as the number of websites.

Art unites body, mind, and spirit. Combined with traditional healing, it can be very powerful. In the late 1800's, Florence Nightingale noted the effects of art on recovery stating, "Variety of form and brilliancy of color in the object presented to the patients are an actual means of recovery."

To see the benefits of art as a healing tool, it just takes a one day visit to Krempels Center in Portsmouth, NH. Krempels Center is open for three program days a week and is "Dedicated to improving the lives of people living with brain injury."<sup>1</sup> The members attending travel from all over New Hampshire, Maine, and Massachusetts.

One program scheduled on Wednesday afternoons is "Creative Expressions - Art As a Form of Healing." Walking into the room, you will see four tables scattered about. Some tables contain projects already started, while other tables are topped with groups of objects waiting to be created. There is also a fifth table covered with extra bits and pieces of interesting items to incorporate in the project. Members arrange themselves around the tables awaiting their instructions. Harry Reed, a caregiver to one of the members, has volunteered to lead the group. They will be working on a community project to enter their creations into the Fairy House Tour held each September in Portsmouth, NH. This enriching program's characteristics offer the chance for, "Meaningful self-expression/socialization with peers, and an opportunity to educate others about their experiences living with brain injury."<sup>2</sup> "As we have entered the Tour for a number of years now, I have to admit that there is a little competitive spirit also involved!" notes Harry.



Each table contains the pieces to create tiny structures, each on its own island. The islands will connect to form an imaginary fairy village. The members at each table work as a team designing what their little island will be, while working with bits of moss, stones, branches, and other tiny found objects. After they decide on a theme, they look for other items they can use from the supply table. With their tiny treasures in hand they work together deciding what can be used to build a pond or steps or the walls to a fairy house. The project works on their imagination, creativity, and dexterity. As they are building a structure, they are also building a bond of trust and friendship. You can hear their laughter from the hall outside of the room. Proof positive that art is a healing force!

Footnotes

1 & 2 Krempels Center, New Life After Brain Injury, Summer 2019



1 Krempels Center, New Life After Brain Injury, Summer 2019

2 Ibid





## NCIL HAPPENINGS - SUMMER INTO FALL

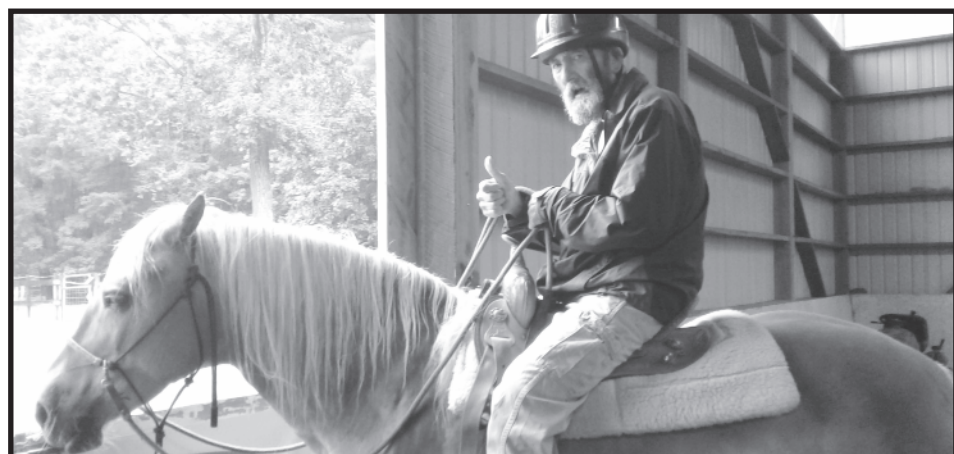
Every year it seems that summer ends all too quickly! We are heading into the cooler weather while NCIL residents are still keeping active in the community.

Some highlights of this past summer included picnics and barbeques, the Oxford Plains races, outdoor concerts, horseback riding, car shows, Mount Washington Observatory, Sea Dogs baseball games, fishing trips, and the MS Mt. Washington boat cruise.

Sharing stories and accomplishments of the residents that NCIL supports continues to be paramount in the services that are provided. This is a particular touching story of Allan, who has been a resident of NCIL for the past five years. Allan is a very quiet, humble, and a stubborn man, -- a man of very few words -- some of those words are not fit for print! Allan had more than one traumatic brain injury and had been unsuccessful in many prior placements, including a nursing home.

Lisa D., a dedicated NCIL staff/advocate for Allan, introduced him to horses within the past year. Lisa took Allan to visit Human Horse Balance (HHB) Healing Foundation at the Human Horse Balance Ranch in Center Conway, New Hampshire. They became familiar with the horses, walked the horse barn, observing, petting them, grooming, and offering treats to the gentle animals.

You might ask: What and who is HHB Healing Foundation? Paula Lambie has been engaged with horses since the age of 6. Paula has always felt a very deep connection with these animals throughout the years and developed a specialty of therapeutic healing with horses. She is a Master Certified Integrated Riding Instructor & Trainer, also a Reiki Master Practitioner. Paula's husband, Peter, has been a mentor and riding coach for youngsters over many years. Together their life path has formulated into the development of HHB Healing Foundation, providing horse coaching for the community to facilitate connection, healing, and empowerment to those in need. A recent article written by Karen Feld writes that "Horse Coaching may be the Answer" quoting her words, Human Horse Balance uses a technique that has proven helpful to many in conquering life's challenges. With the assistance of their rescue horses they are able to raise consciousness, teaching others more about themselves, to recognize each individual's unique courage, inner strengths, and increase ability for connection.





**ncil** NORTH COUNTRY INDEPENDENT LIVING

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# BIKE RODEOS

## CONCORD POLICE DEPARTMENT BIKE RODEO

On June 1st, the Concord Police Department did it again. The 3rd Annual CPD Bike Rodeo was a free family event. Officers taught approximately 100 kids about safe cycling skills and proper helmet fitting. Some of the skills kids learned included how to scan over their shoulder, pedal in a group, and stay balanced while going slow. Families also learned that Concord police officers aren't the only ones in town who care about kids being safe. The Brain Injury Association provided free helmets, the Capitol Area Wellness Coalition provided bicycle reflectors, and a bike technician from S&W Sports was on hand to inspect all bikes. The Greenway Girl reminded kids to stay active this summer, Sam's Club #6386 & Aldi sponsored lunch, members from the Central NH Bike Coalition and the Lake Sunapee Rail Trail shared their love of biking as volunteers. Liberty, the CPD comfort dog, cheered on kids and the human-powered, all-terrain, car-sized lobster challenged kids to think about bikes a little differently. Concord fourth-graders won't have to wait until the next Bike Rodeo; CPD will soon be teaching safe biking skills in the schools.



## NORTH HAMPTON POLICE DEPARTMENT BIKE RODEO

The North Hampton Police held their bike rodeo on Saturday, August 11. It was a huge success with approximately 30 kids participating. The Brain Injury Association of New Hampshire provided bike helmets and helmets were given away to kids that didn't have any. Thank you to BIANH and thank you to Gus' Bicycle Shop for providing assistance with helmets and making sure bikes were in good working order.



## LONDONDERRY POLICE DEPARTMENT BIKE RODEO

In late July 2019 the Londonderry Police Department held a Bike Rodeo and it was a success! The helmets provided by the Brain Injury Association of New Hampshire helped many children as some had improperly fitting helmets, while other children had no helmets; bikes were also given out to some of the children.





## UNDERSTANDING MEDICAID BUY-IN: A TOOL TO ADVANCE EMPLOYMENT FOR PEOPLE WITH DISABILITIES

Medicaid “buy-in” allows workers with disabilities access to Medicaid community-based services not available through other insurers. Nationally, workforce participation among people with disabilities is significantly lower than those without disabilities. Some individuals with disabilities who want to work face barriers achieving their employment and earnings potential because they need to choose between healthcare and work. Medicaid “buy-in” breaks down barriers to employment for people with disabilities.

**Key point: if you are on Medicaid and want to work, you may be able to keep your Medicaid benefits.**

### What is the Medicaid “buy-in” program?

The Medicaid “buy-in” program is the nickname used to collectively refer to the Medicaid eligibility groups that serve workers with disabilities who are earning income and against whom states may charge premiums as a condition of Medicaid eligibility. The vast majority of states cover at least one of the “buy-in” groups.

The amendments to federal law that authorized these particular Medicaid eligibility groups were enacted in the late 1990s and early 2000s. These Medicaid eligibility groups promote and support employment for people with disabilities, and states often have a specific program name for their Medicaid coverage of these eligibility groups. Here in NH, that is the MEAD program ( Medicaid for Employed Adults with Disabilities).

There are multiple ways in which Medicaid beneficiaries with disabilities who work can preserve their Medicaid, some of which are independent of a state’s coverage of the “buy-in” eligibility groups. However, generally speaking, there is a limit on how much earned income an individual may have for purposes of his or her Medicaid eligibility for non-Medicaid “buy-in” eligibility groups. The “buy-in” Medicaid eligibility groups typically have the most generous income and financial eligibility standards. This document will focus only on the Medicaid “buy-in.”

Medicaid beneficiaries who have disabilities and are interested in working and maintaining access to Medicaid

should contact their Medicaid office to learn about their state's Medicaid options for workers with disabilities. Here in NH, contact your local Medicaid office and ask about the MEAD program (Medicaid for Employed Adults with Disabilities).

You also might check NH Easy on line.

Medicaid beneficiaries enrolled in the “buy-in” eligibility groups may still benefit significantly from their Medicaid coverage in spite of coverage they might have under Medicare or private insurance. Medicaid beneficiaries frequently are provided coverage for services that may not be available from private insurance or Medicare, such as personal care attendant services and other community-based long-term care services. Workers with disabilities may enroll in Medicaid to supplement Medicare and/or private insurance.

New Hampshire has its own rules about income, assets, and premiums. See <https://www.dhhs.nh.gov/ombp/medicaid/disability/> . There is also general information on the CMS website: [medicaid.gov/medicaid/ltss/employment/index.html](https://www.medicare.gov/medicaid/ltss/employment/index.html)

Individuals who experience a change in their Medicaid eligibility status must report their changes to their state Medicaid office. The state Medicaid office must determine if the change impacts the individual’s Medicaid eligibility, and if it adversely impacts such eligibility, determine whether there are other Medicaid eligibility groups covered under the state’s Medicaid plan that the individual might qualify under. An individual who loses eligibility under a Medicaid “buy-in” eligibility group due to the loss of earned income might still be eligible under a separate eligibility group covered under the state’s plan.

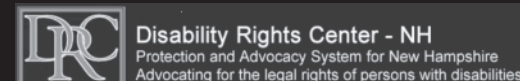
Good for employers: When workers with disabilities don’t need to suppress their income to ensure access to critical healthcare services, employers are able to attract and retain more workers. Employers can support employee skill development and promote high performers with less concern that a person’s health care needs will impact their ongoing employment. This benefits the business community. <sup>1</sup>

<sup>1</sup> This article was written with substantial input from the HHS Administration for Community Living (ACL) and DOL Office of Disability and Employment Policy (ODEP) with the support of the LEAD Center. The LEAD Center is a collaborative of disability, workforce, and economic empowerment organizations dedicated to improving employment and economic advancement outcomes for all people with disabilities. The LEAD Center was funded by the Office of Disability

For complete details: see <https://acl.gov/sites/default/files/programs/2019-07/MedicaidBuyInQA.pdf>



## DISABILITY RIGHTS CENTER



### Financial Planning After A Disability Diagnosis

*Byline: John Kitchen*

One of the many things to think about following a diagnosis is financial planning. What disability-related expenses will you face? Will you need to take unexpected time off from work? Will you need to make your home accessible or incur medically-related travel expenses? What won't be covered by health insurance? How will you cover these expenses?

It's never too soon to think about financial planning for you, your child, or your family. For individuals with disabilities, regular savings accounts, 529 college savings plans, a fundraiser, or a Go Fund Me or other crowd funding site can impact eligibility for needs-based public disability-related benefits.

Public benefits, like Medicaid, may have financial eligibility requirements. This means that raising money in the name of the individual with the disability could result in them losing their services. However, with some thoughtful

planning and the use of ABLE accounts and Special Needs Trusts, unintentional outcomes can be avoided.

What is an ABLE account? It's like a 529 college savings plan account (and can be used for education) but it also includes other disability related purchases. For more information about ABLE, check out [www.stablenh.com](http://www.stablenh.com), New Hampshire's ABLE account program.

What is a Special Needs Trust? It's a trust that is allowed for people with disabilities receiving Medicaid and other public benefits. It can be a savings account and can also make purchases. For more information, check out [www.elonh.org](http://www.elonh.org), a non-profit pooled trust program in New Hampshire.

So, before you open that savings account, organize a charity event, or launch a Go Fund Me page, make sure you have the proper financial planning tools in place.

## NH Brain and Spinal Cord Injury Advisory Council

C/o Brain Injury Association of New Hampshire • 52 Pleasant Street, Concord, NH 03301 • 603-225-8400

**NOTICE  
OF  
PUBLIC  
HEARING**

### Keene, NH - PUBLIC HEARING - ON UNMET NEEDS

**Date:** Tuesday, October 15, 2019

**Time:** 6:00 pm – 7:30 pm

**Location:** Southwest Community Services, 63 Community Way, Keene, New Hampshire

The Brain and Spinal Cord Injury Advisory Council is seeking input from stakeholders (survivors, family members, caregivers, services agencies) with respect to the unmet needs of individuals with brain and/or spinal cord injuries.

Based upon the information gathered and as part of the Council's statutory charge from the New Hampshire Legislature, the Council will subsequently submit a report to Governor Sununu and the Legislature that contains findings and recommendations on how NH can better meet the needs of individuals with brain and/or spinal cord injuries.

We look forward to meeting you and learning about your questions and concerns. Light refreshments will be provided.

*Public testimony on the unmet needs and services for individuals with brain injuries can be submitted until November 1, 2019, to Ellen Edgerly*

**Please RSVP to Ellen Edgerly at 603.332.9891 or e-mail address [Ellenedge@bianh.org](mailto:Ellenedge@bianh.org).**



# 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](http://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





## SEACOAST BRAIN INJURY SUPPORT NEWS

Tuesday, July 2, was the perfect evening for the Seacoast Brain Injury Support Group's annual cookout. The event was held at beautiful Great Island Commons in New Castle, NH. The cookout was attended by the group members, family, and friends. The cheeseburgers and hot dogs were perfectly cooked by Carol Davis who manned the grill for hours with her assistant and food runner, Marianne Bean. Lori & Steve Wiswell provided the organizational skills to keep the salads and side goodies at the ready.

The attendees were able to sample many delicious treats all while watching the



lobster fishermen working their traps. Many of the guests tried tide-pooling on the waterfront, finding shells and shards of sea glass. While sitting under the pavilion looking at the water, two lighthouses were in view. With bellies full, many of the guests took walks around the park and down the fishing pier to admire the surroundings and breathe in the fresh sea air. A perfect way to end a beautiful evening!



### Encompass Health

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-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**For More Information**

on Next Step Healthcare's Neurorehabilitation Program at Braintree Manor Healthcare, or to refer a patient, Please contact our dedicated **Admission Director**, **Denise Finnegan** at (781) 298-6009 or our **Clinical Liaison Nicole Spencer** at (508) 930-3780

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HEALTHCARE

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**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
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**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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# WHY ATTEND SUPPORT GROUP MEETINGS ?

## Brain Injury and Stroke Survivors

### 5 WAYS THAT SUPPORT GROUPS COULD HELP SURVIVORS AND FAMILY MEMBERS

Support groups help people feel less isolated.

Support groups provide practical knowledge, resources, and networking.

Support groups answer questions that doctors cannot.

Support groups provide comfort for all families and Caregivers.

Support groups help individuals living with a brain injury gain a sense of identify.

A brain injury support group is a gathering of people who have experienced a brain injury (either first-hand or second-hand, such as a family member), who come together for self-expression and encouragement. The group provides a forum for emotional expression within a nurturing environment.

***A brain injury support group is NOT formal professional therapy.***

Support groups enable people living with brain injury and their Caregivers to exchange ideas in a confidential atmosphere where both positive and negative views can be expressed without judgment.

***Remember -- you are not alone.***

Support groups provide hope, information, friendship, sharing, self advocacy, problem-solving skills, as well as opportunities for personal growth. There are multiple support groups throughout New Hampshire.

Brain injuries have a way of making survivors, family members, and friends feel isolated, lonely, and overwhelmed. Staying connected with your friends and family, creating a new community, or joining a support group can help prevent isolation and loneliness.

Support groups provide a safe space for individuals to gather where they can share their stories, have fun, and guide each other through difficult times. Many of our support groups host special events, bring in guest speakers, and are led by individuals with a vast knowledge of brain injury.

***Get connected today!***



**There is a saying in the brain injury community about brain injury that ... "you don't really get it, until YOU get it."  
- JR, survivor**

### Why Join a Brain Injury Support Group?

- **EMOTIONAL:** healing comes through interpersonal contact
- **SHARING OF SIMILAR EXPERIENCES:** helps members feel less isolated and more empowered to deal with daily challenges
- **ENCOURAGEMENT:** comes from learning about the achievements of others who have overcome similar difficulties
- **CONTRIBUTION:** helps support group members feel useful and gives meaning to their lives
- **EDUCATION:** results from the exchange of information and personal experiences
- **SOCIALIZATION:** establishes and maintains important connections with people and enhances confidence in social skills
- **SELF-EXPRESSION:** as emotions are experienced and released, creates a greater understanding of oneself and one's capabilities
- **CONFIDENCE BUILDING:** results as members self-direct the support group and work on the problems they have in common
- **SAFETY:** in the context of a confidential, supportive, non-judgmental environment, allows for honest self-expression and confidence building
- **SENSE OF GROWTH:** occurs as long-term members see new participants and reminisce about where they began and how far they have come in their journey



# SUPPORT GROUPS IN NEW HAMPSHIRE

(Times and places may change without notice – please call in advance)  
Revised September 10, 2019

## 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 3rd 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, Plymouth Regional Brain Injury, 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

## CAREGIVERS SUPPORT GROUP (CAREGIVERS ONLY):

**Portsmouth:** 3rd Wednesday of the month, 5:00-6:00 pm., Krempels Center Library, 100 Campus Drive, Portsmouth, NH.  
Contact: Susette Milnor, smilnor@krempelscenter.org  
Phone: (603) 570-2026, Ext. 24

**Manchester:** 2nd & 4th Thursday of the month, 7:00 pm, Primetime Wellness, 117 Manchester Street, Concord, NH  
Contact: Erin McGovern Phone: (603) 608-6044

## 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, 4:30pm, Encompass Health (formerly Healthsouth), 254 Pleasant Street, Concord, NH  
Contact: Shandra Plourde Phone: (603) 226-9812

**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



# 2019 MEMBERS AND DONORS

Thank you to all our members and donors!  
 (This list reflects donations received from January 1, 2019 to present)

DONORS AND MEMBERS

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IN MEMORY OF HELENE BOUCHER-BOURQUE  
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IN HONOR OF RONALD BARCOMB  
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**BRAIN INJURY  
 ASSOCIATION**  
 OF NEW HAMPSHIRE

## ANNUAL FUND

**Gift Amount:**     \$1000     \$250     \$100     \$50     \$35     Other \$ \_\_\_\_\_

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