



**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

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**THE VOICE OF BRAIN INJURY –
Help, Hope and Healing
ISSUE #73, SPRING 2019**

THE BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE
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Concord, NH 03301

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HEADWAY

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36th Annual Conference and Keynote Dr. Frank Sparadeo

By Sarah Kilch Gaffney

BIANH's 36th Annual Brain Injury & Stroke Conference will take place on Wednesday, May 15, 2019, at the Courtyard Marriott & Grappone Conference Center in Concord, NH. Dr. Frank R. Sparadeo will give the keynote titled "The Opioid Crisis and Issues Related to Acquired Brain Injury."

Dr. Sparadeo is a clinical psychologist and the Director of Clinical Research for Calmar Pain Relief. His current practice focuses on many conditions, including pre-surgical psychological assessments, chronic pain management, and neuropsychological assessment of traumatic brain injury. Dr. Sparadeo has been a consultant to several chronic pain management programs over the past 32 years and, most recently, he developed the first program in Rhode Island to focus on the dual challenges of chronic pain and addiction.

During Dr. Sparadeo's lengthy career, he was an Assistant Professor of Psychiatry and Human Behavior at Brown University for 17 years and on staff at Rhode Island Hospital (RIH) for 25 years, including 15 years as the Coordinator of the



**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

**Wednesday,
May 15, 2019**

Courtyard Marriott & Grappone
Conference Center
Concord, New Hampshire

ONLINE REGISTRATION PREFERRED
<https://bianh.salsalabs.org/36abisc>

36th Annual New Hampshire
**Brain Injury & Stroke
Conference**

The Opioid Crisis

Issues Related to Acquired Brain Injury

Francis R. Sparadeo, Ph.D. - Keynote Speaker

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Interdisciplinary Spine Program and five years as the Co-Director of the RIH Concussion Care Center in the Emergency Department. Over the years, he has trained numerous psychiatry residents and psychology fellows and he also helped establish Brown University's neuropsychology training program.

In his day-to-day practice, approximately 60% of Dr. Sparadeo's chronic pain patients are also brain injury survivors. As a result, he is acutely aware that the intersection of opioid addiction and brain injury presents a challenging and complex set of circumstances for both acute and long-term treatment.

The National Institute on Drug Abuse defines opioids as "a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others." In general, prescribed opioid pain relievers are safe when

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PRESIDENT'S MESSAGE

FAREWELL AS PRESIDENT, BUT NOT GOODBYE!

by Freddi Gale, BIANH President

Time races throughout our life. We can relate to many significant milestones, whether it is in our personal story or in our work life. As I write this last President's message, I have come to realize how quickly these past four years have flown.

The accomplishments of the BIANH over the past four years have been many. I am proud and honored to have so many talented people surrounding me who share the same mission and vision. To have Steve Wade as an Executive Director -- who works tirelessly at the helm -- is key to the successful team. The Association continues to grow in leaps and bounds in every direction.

Some of the accomplishments just within 4 years have included:

- Securing \$1million in grant funding to help schools provide academic accommodations for concussed athletes
- Over 40 local police departments signed on with BIANH to help distribute bicycle helmets to disadvantaged children
- Secured state licensing renewal for brain injury and CFI case management programs, continuing growth
- Hosting annual legislative training workshop for families, survivors, and professionals
- Partnered with the new NH Stroke Collaborative to reach out to families post hospitalization

- Strengthened and expanded the BIANH annual charity golf tournament
- Monthly Brain Matters Educational Workshops
- Secured support from NH DOT to set up online resource toolbox for parents of new teen drivers at-risk for TBI
- Strengthened BIANH staff operations, including new employee handbook

The most significant challenge that was met and faced four years ago was the challenge of Long Term Supports and Services being implemented into Medicaid Managed Care. There were so many defining reasons why this might not have been the best choice for the State of New Hampshire; much research was done with so many stakeholders involvement. BIANH presented from all sides of providers, wrote many outstanding papers, contacted all legislative sources, and with an abundant grass roots plan made the defining case for reasons for this not to be implemented. Thanks to everyone involved with this tremendous effort and success.

I am confident in leaving this Presidency with the more than capable Dr. Robin Kenney, with whom I have had the pleasure of knowing and working with in many capacities over the last 15 years. He has been a most valuable Vice President and I know that he will take the helm and continue the mission and vision of the Brain Injury Association of New Hampshire.



EXECUTIVE DIRECTOR'S MESSAGE

UPDATE ON BRAIN INJURY TRUST FUND WORK

by Steven D. Wade, BIANH Executive Director

Through the generous support of the New Hampshire Charitable Foundation, we are continuing to work with Devine Strategies on developing plans for a Brain Injury Trust Fund.

Teresa Rosenberger is leading this effort with the support of Ellen Edgerly and others.

What are Brain Injury Trust Funds?

Trust funds are accounts established by law and earmarked for specific purposes. Brain injury trust funds offer an additional way to serve individuals who have sustained a traumatic brain injury.

The earliest TBI trust fund legislation occurred in 1985 in Pennsylvania. Today, twenty-six states have trust funds.

While all the programs are not specifically called "trust funds," they do share these similarities:

- They are established by legislation and dedicated for activities benefiting individuals with brain injury.
- They are supported by revenues from a fee, fine, or surcharge.
- Revenue is placed in an interest-bearing, non-reverting account.

The sources of revenue are most often tied to traffic-related issues or offenses. There are some examples:

- Penalty assessments on infractions such as DUI, speeding, reckless driving, accidents causing bodily injury or death
- Assessments on violations of child safety restraint laws, helmet laws
- Surcharges on motorcycle or motor vehicle license tag fees
- Surcharges on vehicle registration fees, drivers license reinstatement fees
- Penalty assessments on criminal or civil infractions

The focus of our proposed trust funds in New Hampshire will be for pediatric brain injury – children and teens. This is the most unserved and underserved of all disability populations – even within the brain injury community, where we have focused mostly on adults.

One of the leading causes of brain injury in the pediatric population is motor vehicle crashes – which then provide a strong nexus to a penalty assessment.



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- 36th Annual Conference and Keynote Dr. Frank Sparadeo

taken for a short period of time, but because they produce euphoria in addition to pain relief, there is a significant risk of misuse. Even when taken as instructed by a doctor and with a prescription, regular use of opioids can lead to dependence, and misuse can lead to addiction, overdose, and death.¹

An opioid overdose usually leads to depression of the central nervous system, which is responsible for breathing. If the body forgets to breathe due to respiratory depression during an overdose, the brain is deprived of oxygen and damage can occur very rapidly. For those who overdose and survive, permanent brain damage is often a real and life-changing repercussion.²

The National Safety Council recently released information that, for the first time ever, Americans are more likely to die from an opioid overdose than from a motor vehicle accident³. In addition, according to the Brain Injury Association of America, "There is a strong correlation between substance misuse and brain injury. Approximately one quarter of those entering brain injury rehabilitation are there as a result of drugs or alcohol, while nearly 50 percent of people receiving treatment for substance misuse have a history of at least one brain injury."⁴

According to Dr. Sparadeo, the implications of addiction in brain injury survivors are significant and brain injury survivors often have chronic pain in various forms such as headaches, neck pain, and lower back pain. Dr. Sparadeo explained that, for doctors, the knee-jerk reaction to an individual experiencing pain is to prescribe opioid analgesics because they are an effective treatment that is easy to administer. In addition, treatment with opioids can worsen already existing cognitive challenges while brain injuries can make it more difficult for an individual to overcome addiction. Complicating matters even more is the fact that drug misuse and overdose can also result in a new or additional brain injury and reduced cognitive function.

Dr. Sparadeo also noted that the substance abuse rehabilitation model is a difficult one for brain



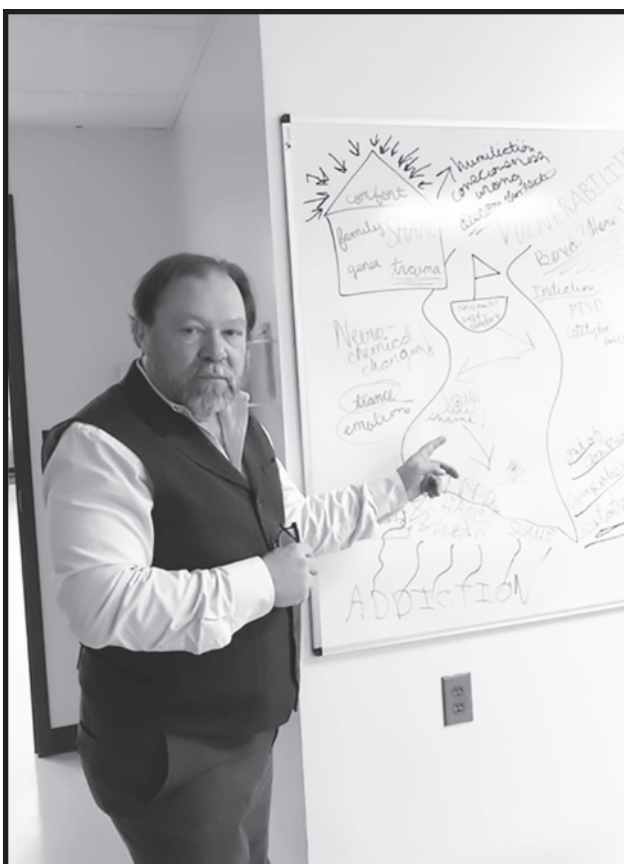
injury survivors to succeed in. "In a typical substance abuse facility," he said, "the staff don't know about cognitive impairments. Planning is very important in treatment success, but most brain injury survivors struggle with impulse control, executive functioning, planning, and reasoning." Similarly, the staff in a brain injury rehabilitation facility are prepared to support an

individual's brain injury recovery, but are often not sufficiently trained in substance misuse support.

In his keynote, Dr. Sparadeo will delve into the many facets of this challenging interface between opioid addiction and misuse and brain injury.

The 36th annual conference will also feature many other presenters and sessions including "The Effects of Prenatal Drug and Alcohol Exposure" presented by Lesley Raisor-Becker, PhD, CCC-SLP, Assistant Professor-Educator at the University of Cincinnati and "Extending the Window for Stroke Treatment" presented by Thabele (Bay) Leslie Mazwi, MD, Neuroendovascular & Neurocritical Care at Massachusetts General Hospital. Additional session topics will include chronic traumatic encephalopathy (CTE), maintaining positive outlooks post-injury, technological innovations, neuroinflammation after traumatic brain injury, strategies for aphasia, and many more.

To register for BIANH's 36th Annual Brain Injury & Stroke Conference, please visit www.bianh.org. For questions about the conference, please contact Lori Sandefur at (603) 568-8817 or by email at lori@bianh.org.



1 <https://www.drugabuse.gov/drugs-abuse/opioids>

2 <https://drugabuse.com/opiates-overdose-and-permanent-brain-damage/>

3 <https://injuryfacts.nsc.org/all-injuries/preventable-death-overview/odds-of-dying/>

4 <https://www.biausa.org/public-affairs/media/the-solution-to-opioids-is-treatment>



**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

*“Beauties” Bowling
for Brain Injury*

Hosted by
Brooke Mills,
Miss Winnepesaukee 2019



Save the Date!

Sunday, July 21, 2:00—4:00

Boutwell’s Bowling
152 North State Street
Concord, NH

\$30.00 suggested donation/player
Register: www.bianh.org



Beauties Bowling for Brain Injury is a fundraiser to assist the Brain Injury Association of NH (BIANH) with their Concussion Program.

Currently, BIANH’s Program covers over 18,000 NH High School Students. Besides education & training, the program covers the baseline testing and expert review of the results.

We look forward to seeing you on the lanes!!!



***Brain Injury Awareness Day
Capitol Hill
March 13, 2019***



National Brain Injury Awareness Day was held on March 13, 2019 on Capitol Hill in Washington, DC, it was a great opportunity for individuals from the New Hampshire brain injury community to meet with the New Hampshire congressional delegation staff to discuss issues related to Traumatic Brain Injury.

Eldon Munson, Jr., BIANH Board Member and Public Policy Chair, John Richards, BIANH Consultant, and Ellen Edgerly, BIANH Community Organizer asked the congressional delegation for their vote of support to increase the TBI Act Funding, appropriate \$19 million to the Federal TBI State Grant Program to increase the number of state grants (NH was not awarded a grant during the last grant application process) and appropriate \$6 million to the P & A Grant. Brooke Mills, a concussion survivor and her mother Stephanie Mills, asked the congressional delegation for their vote of support for the Concussion Awareness and Education Act of 2019, H.R. 280 and to appropriate \$5 million for the CDC to take to scale the National Concussion Surveillance System.

NORTH COUNTRY INDEPENDENT LIVING WINDS UP WINTER AT THE VERTICAL CHALLENGE!

Many staff and residents alike have felt that this past winter was especially long, snowy and cold. Some of the winter activities the residents took part in included working out at the gym, skiing, bingo, bowling, movies, museums, dining out, Fun Spot at Weirs Beach and indoor swimming. We are all hoping that by the time this Headway newsletter is in your hands we will be experiencing warmer spring weather and melting snow.

Saturday, March 9th was a bluebird day for the Brain Injury Association of NH Vertical Challenge winter event to benefit veterans. NCIL contributed as a major sponsor for this event with Chalmers Insurance also a contributing sponsor. Team NCIL INDY'S pulled together a great team of participants whom included Dave A., Gary P., Jonathan T., and Mike B. The weather could not have been more perfect! The NCIL team skied and boarded across and throughout the Bretton Woods trails seeking and collecting letters to solve the anagram. This year proved

a bit more difficult solving the puzzle but as we were all gathered at the Mount Washington Hotel for a wonderful pasta lunch our creative minds worked together to solve the anagram to read "The Silent Epidemic" Yes, brain injury is the silent epidemic that is becoming more prevalent to include the opioid epidemic and sports concussions.

Team NCIL was honored to be the top fundraiser for this event with each participant receiving Vertical Challenge blankets and a trail sign lettered "Vertical Challenge Expert Fundraiser."

Next up, Walk by the Sea and Picnic at Hampton Beach on Sunday, June 2, 2019. We look forward to a warm, pleasant day while meeting up with friends and walking for a great cause. See you there!





ncil NORTH COUNTRY INDEPENDENT LIVING

Providing an alternative to institutionalized and campus living for persons with an acquired brain injury and other neurological disorders.

- Supported Residential Care Program
- Community Residence Program
- Residential Treatment and Rehabilitation
- Home Based Rehabilitation
- Comprehensive Day Treatment Programs
- Employment Services
- Alternative Education/Autism

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DISABILITY RIGHTS CENTER



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

DRC-NH Begins Representative Payee Project

DRC-NH is pleased to announce its new Representative Payee Project. DRC-NH will now conduct periodic representative payee reviews and educational visits on behalf of the Social Security Administration.

Social Security's Representative Payment Program provides benefit payment management for beneficiaries who are incapable of managing their Social Security or Supplemental Security Income (SSI) payments.

Representative payees are authorized by Social Security to receive Social Security payments on behalf of the beneficiary and must use the money to pay for the beneficiary's current needs, which include:

- housing and utilities;
- food;
- medical and dental expenses;
- personal care items;
- clothing; and
- rehabilitation expenses (if the beneficiary is a person with a disability).

After those expenses are paid, the payee can use the rest of the money to pay any past-due bills of the beneficiary, support the beneficiary's dependents or provide entertainment for the beneficiary. If there is money left over, the payee should save it for the beneficiary.

The payee must keep accurate records of payments to the beneficiary and how they are spent and regularly report that information to Social Security. The payee also should share that information with the beneficiary. If the beneficiary lives in an institution,

such as a nursing home or a hospital, the payee should pay the cost of the beneficiary's care and provide money for the beneficiary's personal needs. (<https://www.ssa.gov/payee/bene.htm>)

In the Representative Payee program, DRC-NH staff will review both organizational and individual representative payees, selected either through direct assignment from Social Security or at DRC-NH's discretion. The Representative Payee project will ensure Social Security beneficiaries with Representative Payees are protected from financial exploitation and other abuses.

The program was created as part of the Strengthening Protections for Social Security Beneficiaries Act of 2018, which requires each state's Protection and Advocacy agency to review the funds allocated to each beneficiary, ensuring that they are being used appropriately and in the best interest of the beneficiary.

Representative payee reviews will consist of an interview with the representative payee and a review of the financial records for the requested beneficiary or beneficiaries served. Reviews will also include a home visit and interview of each beneficiary included in the review and an interview with legal guardians and other third parties, when applicable. Please visit, "Representative Payee Site Reviews Conducted By Protection and Advocacy System, (https://www.ssa.gov/payee/reviews_by_Protection_and_Advocacy.htm)" for more detailed information about the Project.

If you have concerns regarding a representative payee, please contact our office at (603) 228-0432 or (800) 834-1721

ThinkFirst

National Injury Prevention Foundation

Think First Program available to Middle and High Schools in Rockingham, Stafford, Merrimack and Hillsborough counties.

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

safety, fall prevention, and concussion. The foundation's motto is "use your brain to protect your body."

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

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

Reinforcement Activities (if needed)

- A writing assignment asking to explain the emotions and changes you would experience if you were injured
- Presentations vary from 45-60 minutes and can take place in a classroom or assembly style. We are happy to adapt based on the needs of the school.
- If allowed we would like to complete a pre- and post-test.

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

ROSE MEADOW FARM

Blue Ribbons and Fall Fun: In September, we were all busy tending to our gardens in preparation for presenting the harvest in the local agricultural fair along with crafts, paintings, artwork, and the like. We had perfect weather for the annual family cookout and were able to showcase our ribbons. The garden won largest sunflower best of show! We were entertained with some great music, food, games, and fellowship. October had us creating all things spooky: we carved pumpkins, cooked the seeds, and some of us even tried pumpkin facials. November arrived with some early snow and cold temperatures. We used our time keeping our minds busy with word games, word of the day, watching football games, outings to the movies and preparing for Thanksgiving. We had some great and enthusiastic chefs as we prepared breads, rolls, and cranberry sauce from scratch.

Holiday Fun: In December we were busy decking the halls, trimming the trees, creating hand crafted ornaments, working with evergreens, making homemade fudge, and having cookie swaps! Carolers will be coming to entertain us all. Each of our homes had wonderful holiday parties with food, fun, and presents. We are looking forward to a happy, healthy New Year!

Early Months of 2019: We have been busy here at all of our programs but we are definitely looking forward to SPRING!!! To celebrate our beloved Patriots win, we had our own Patriots Super Bowl parade with a police escort and all! One of our most popular events that we had in January was some winter art therapy by Art Made Easily located in Goffstown, NH. Residents, staff, and

family at each program painted a unique painting and had a ball! During school vacation week we enjoyed a movie that was being put on by the local library. We also had a winter carnival to celebrate the snow! We had fun with a fake snow ball fight, playing with snow, painting, and taking fun pictures with skis and goggles in front of a ski backdrop! We had a few residents that went out to get

their nails done for Valentine's Day to celebrate with family and delivering Valentine's. In March we had a great sunny day visiting the NH Audubon Society in Concord. Did you know that turtles love strawberries? They also learned that Cornell University has a live bird camera, called *feederwatch*. Check it out! We had fun celebrating our staff during staff appreciation day. We are so thankful for the hard work from all of our staff and for all the care that they give to our residents.



Rose Meadow

Rose Meadow Farm **Rose Meadow Garden**
Rose Meadow Acres

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

Rose Meadow has been serving residents since 1995 who:

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

Rose Meadow's services include:

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

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

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www.rosemeadowfarm.com

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



Brain Injury Reflections

At the time of this writing, I find myself far away from the comforts of New Hampshire. My wife's mom passed away unexpectedly last week. In Tampa for a week with all that comes along with the unexpected passing of a loved one, I find myself with something a bit unusual. I find myself with time to reflect, and to simply think about life.

No distractions, no commercial interruptions... just time to think.

And it was during my time of reflection just this morning that I realized that next year will mark ten years as a brain injury survivor. Ten years living a life I never envisioned. Just trying to wrap my mind around the fact that it's been close to a decade is overwhelming.

One of the keys to my very survival as a survivor has been learning to live in the moment. Every day, as I move through my day, I look at my feet and focus of whatever is right in front of me. One-step-at-a-time, over the course many years, I've covered a lot of ground.

In the time since my injury, I've remained happily married – something not every post-injury family accomplishes. Though it took me close to seven years, I was able to return to full-time work again as a web and content developer. More importantly, in the years since my brain injury, I've found a sense of purpose in my life by serving those within the brain injury family, a passion that I share with my wife Sarah.

Like so many others who are part of the brain injury community, I have fewer relationships than I did before my injury, but for those who I know and care about, those relationships are deeper, and more meaningful.

During the first couple of years after my accident, I was unable to form a vision about what a happy post-injury life would look like. Days were dark, suicide was never far from my mind. Life seemed like it would be hopeless. There was nothing to look forward to, and my suffering seemed endless. It was, without question, the toughest time in my life. But that was a long time ago – a different person ago.

I no longer remember much of what my life was like before my brain injury. As time passes, those tough memories have begun to evaporate. In one respect, it feels like it was just yesterday that I was soaring through the air down Main Street in Salem, after being t-boned by a teenage driver, but thankfully, more often than not, the events of that day continue to fade.

Recovery from a brain injury is a long process. Early on, I resented those people who said that time would be my friend. They were brain injury survivors who had amassed some time after their respective

injuries. Today I find myself now in that same category as my survivor years continue to stack up.

“Time is your friend,” I find myself now saying to newer survivors. Every time I share this, I find myself smiling as I recall the doubt that I had about the inherent truth of these words. The irony of this is not lost on me.

If you are new to all that encompasses life after brain injury, you already know what pearl of wisdom I would share with you. And if you find yourself doubting my words, I know how you feel – more than you may ever know.

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



52 Pleasant Street – Concord, NH – 03301
Phone: 603-225-8400 Helpline: 1-800-773-8400



BRAIN MATTERS

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

BRAIN MATTERS 2019

April 17 - Wednesday

Brain Injury 101

No Charge - Maximum of 10 attendees

8:30 – 12:30 - Brain Injury Association of NH Office

Jennifer Parent-Nichols, DPT, EdD, PCS

May 15 – Wednesday

36th Annual Brain Injury & Stroke Conference

Courtyard Marriott & Grappone Conference Center

June 5 – Wednesday

Homeopathic Treatment of Brain Injury - New Promise for Those with a Poor Prognosis ~ Sarah Kotzur, ND

In this 3-hour interactive workshop, participants will be introduced to homeopathy which is an effective natural medicine approach that signals the body to self-heal. We will review common over-the-counter homeopathic medicines called remedies proven to treat brain injury symptoms including headache, brain fog, difficult concentration, mood swings, and neurological problems. These high-dilution preparations are safe to use with all prescription medications, which makes this a powerful treatment option your patients and clients should know about!

Fee \$25 Time: 9:00 – 1:00pm Marriott Courtyard, Concord

July & August - No Trainings

September 25 - Wednesday

Brain Injury 101 ~ Jennifer Parent-Nichols, DPT, EdD, PCS

No Charge - Maximum of 10 attendees

8:30 – 12:30 - Brain Injury Association of NH Office

October 9 – Wednesday

Challenging Behaviors Through Cognitive Reconnections Training ~ Gina England, MA, CCC-SLP

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.

Fee \$25 Time: 9:00 – 1:00pm Marriott Courtyard, Concord

November 20 - Wednesday

Brain Injury 101 ~ Jennifer Parent-Nichols, DPT, EdD, PCS

No Charge - Maximum of 10 attendees

8:30 – 12:30 - Brain Injury Association of NH Office

For More Information and to Register go to www.bianh.org and click on Events

VERTICAL CHALLENGE WINTER EVENT – A HUGE SUCCESS!

On Saturday, March 9, fourteen teams consisting of 45 people, participated in the Vertical Challenge Winter Event at Bretton Woods Ski Resort in Bretton Woods, New Hampshire. The event was a great success with funds raised going towards supporting New Hampshire’s brain injured veterans.

Underneath a brilliant blue sky with snow covered Mt. Washington as the backdrop team members donned their skis and snowshoes to hit the slopes. Skiers were challenged to search for letters out on the trails and try to solve the anagram The Silent Epidemic. The winner was drawn from all who correctly solved it. Those who snowshoed had to search for cards to complete a poker hand, with the best hand winning.

At the end of the event team members were rewarded with a well-deserved luncheon buffet at the beautiful Mt. Washington Hotel in the Sun Dining Room. Erin Hall served as the Master of Ceremonies announcing the winners of the day. North Country Independent Living (NCIL) raised the most money. Team members Gregg and Karolina Wade, Isabelle Nowinowski and Scott Capista were the winners for solving the anagram. Jill and Kris Godsoe had the best poker hand, turning in a straight. And Frank Romeo bought the winning ticket and was the lucky recipient of a pair of Fischer Rebel skis donated by Fischer. Prizes were given to all winners that included double diamond trail signs, ski vouchers, and warm blankets. There were also plenty of raffle items given away to all participants.

Thank you to all who supported the 2019 Vertical Challenge Winter Event!

Sponsors & Donors

Luncheon Sponsor – North Country Independent Living
 Beverage Sponsor – Chalmers Insurance
 Fischer Sports & Jason Schreck
 Manchester Monarchs
 Settler’s Green

Ski/Snowshoe Teams

Always Accessible
 Bumble Bees
 Carolyn Jackson Team
 Veasey Team
 Wade Ski Team
 NCIL
 Leclerc/Romeo Team
 Jeff Woods Team
 Robin Hill Farm
 Schreck Team
 Sirois Team
 Burns/Pace/Sullivan Team
 Godsoe Team
 Wade Snowshoe Team

Committee Members & Volunteers

Freddi Gale
 Diane Schreck
 Jeff Lavoie
 Steven Wade
 Erin Hall
 Renee Fistere
 Barbara Howard
 Dan Gauthier
 Lori Sandefur



Anagram Winners—Gregg & Karolina Wade, Isabelle Nowinowski, & Scott Capista



Snowshoe Team, Kris & Jill Godsoe, won the best Poker Hand.



BIANH Board Member, Jeannine LeClerc presents raffle prize Fischer Skis to Frank Romeo.



NCIL Indys—Event Fundraiser Winners

MEET THE ARTIST: EMILY H. Y. HAYES

Interview by Rosalie Johnson

Huang Yan was the name of a child in a Chinese orphanage. At 2 1/2 she was adopted by her new family, moved to America and "Emily" was added to her name. In her new home, Emily had two older sisters who were like second mothers. When she was about 4 years of age, her first nephew was born; he was eventually followed by a second nephew. "My nephews were more like my brothers." Emily explained.

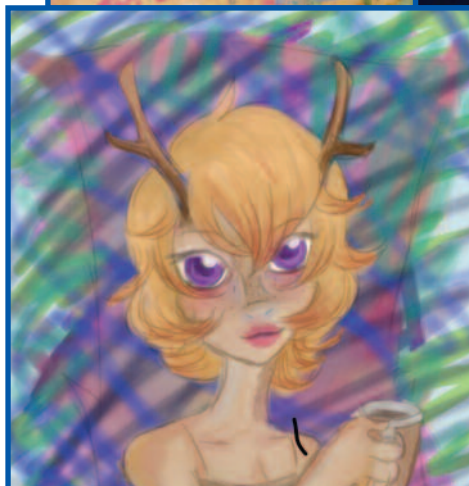
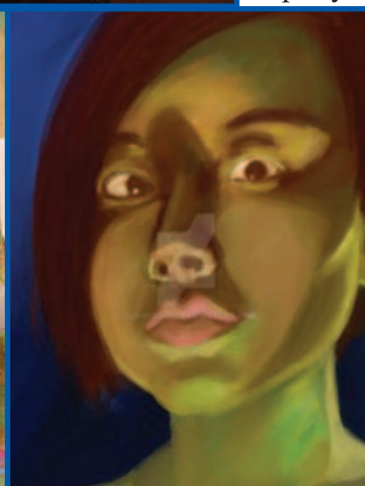
Anime and Manga programs, comics, and games were some of the earliest and most influential in developing Emily's passion in art and graphic design. Anime is an animation style originating in Japan. Manga is Japanese for whimsical images or comics; it is a mixture of Japanese and western styles of drawing. This art form would later become instrumental in her recovery from Anti-NMDAR Encephalitis.

Emily also had a passion for music while growing. She learned to play the piano and guitar but not as well as the clarinet. She played the clarinet in her high school marching band and she was also selected to play in the school's jazz band which was a smaller percussion ensemble. She sang in the high school choir, and auditioned for and was chosen to sing in the after-school select choir.

Growing up she loved art, but music was her passion. While attending Plymouth State University, Emily changed her major four or five times. Art Education had too much writing and she didn't like graphic design. During her senior year she settled into Studio Art as a major with a minor in Art History and she graduated from Plymouth University in May 2017.

The summer following graduation Emily worked two jobs while focusing on her art. She was able to display her work at Dover Art Walk in a studio located in the Washington Mills in Dover, New Hampshire. On December 15, 2017, Emily moved into an apartment, and her plan was to focus on her art and the art walks. During the two weeks in her new home she mostly slept and as she was told, "She acted weird." Her last day at work along with the last days of her memories was on December 28, 2017.

Emily was diagnosed with Anti-NMDAR Encephalitis which is an autoimmune disease where the immune system essentially attacks the brain. It is a disease that affects young women more often than men. Emily woke up in the middle of March. She had no memory from her month in a coma or of the two months she was in rehabilitation. Emily



adds, "I lost three months. For two months I was functional and didn't know it. I missed my 23rd birthday while in a coma."

"Speech therapy was the most difficult and took the most time during cognitive rehabilitation. I know that I am getting better as I am thinking more clearly. I no longer need supervision. To be seizure free for one year will be a milestone. I will be able to drive again and regain my independence. I am fortunate that I have a very good support system."

Emily attended The Krempels Center in Portsmouth, and the people there helped to re-introduced her to her love of music and art. As she explains, "The Music Matters group has really helped my musical creativity. I was able to play my clarinet in the Community Band last summer. I am even learning to play the ukulele, in fact I received one for Christmas!" The "She Shed" program at The Krempels Center helps Emily to work on personal struggles and achievement with other women.

In Art Expression, group programs work on different aspects of creativity. The "River of Life" project helps to demonstrate the ebbs and flows of life. "My "River of Self" piece demonstrates me starting and graduating from college. The dam in the flow represents my illness and me at a standstill before starting back in life. There are several paths I can choose to follow. I hope to build up my art to be able to become re-involved with the Art

Walk. I am working on more traditional pieces. I have a studio spot in the basement at home. I am also able to work on my art at Krempels Center. I still need a push in this time and space. It feels easy to be stuck, to fall into that depression; but I am getting out more to keep myself motivated." She explains.

Emily has recently been working on smaller art pieces with an online community devoted to drawing and art. She is able to interact with others who have similar interests which encourages her to draw more. She likes the positive responses from the community and finds their feedback very helpful.

Game designer, art teacher, or music & art therapist are three fields that Emily is looking to possibly pursue for her future. She strongly feels that, "Music and art are the biggest way to change the world one person at a time. Saving one person at a time is saving their world. Music and art don't get enough credit in recovery."

SAVE THE DATES



WALK
By The Sea
& PICNIC

Sunday, June 2, 2019
Hampton Beach State Park, Hampton, NH
Registration—11:00 Walk Begins—Noon
For more information, please call 603-225-8400



36th ANNUAL
GOLF TOURNAMENT

SAVE THE DATE
WEDNESDAY, AUGUST 21, 2019

Presenting Sponsor: Northeast Rehabilitation Hospital Network

Co-Host: Robin Hill Farm

NEW LOCATION!
Stonebridge Country Club
161 Gorham Pond Road
Goffstown, NH

Cost—\$135/player
\$540/team

Tournament Sponsorship available
Raffle/Prize Donations gladly accepted

For more information contact:
renee@bianh.org
or call 603-225-8400

LOVEYOURBRAIN YOGA



Yoga transforms: Join LoveYourBrain Yoga for the Traumatic Brain Injury community in New Hampshire

What: LoveYourBrain Yoga is free and open to individuals who have experienced traumatic brain injury (including concussions) and caregivers. This

6-week program offers gentle yoga, guided meditation, and facilitated group discussion to build community and foster resilience.

Who: Our program is for people with traumatic brain injury and their caregivers who are:

- Able to move without assistance (no wheelchair, cane, walker)
- Open to participating in group discussion (includes simply listening)
- Able to follow instructions and regulate intense emotions
- Able to commit to all 6 classes (the first class is mandatory)
- Younger than 71 years of age

When: Every January, April, July, and October

Where: Mighty Yoga 103 Hanover Street Lebanon, New Hampshire 03766

How to sign up: Classes are limited to 13 students so sign up on LoveYourBrain's website today!

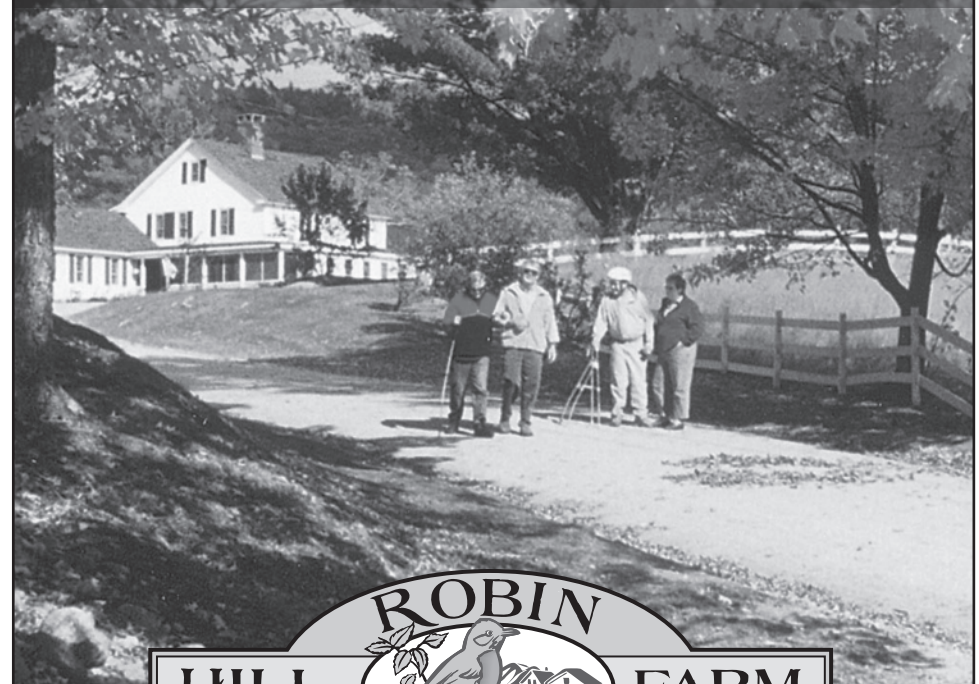
Impact: The BIANH supported a research study evaluating LoveYourBrain Yoga, which showed many positive benefits. "I loved the design of the program and how it combined balance, stretching, meditation, and peer support. It encouraged me to push my limits and be active in a safe and supportive environment. It was also so special to be able to participate in a class specifically for people with TBI, as it took away the fear and anxiety I've felt in other classes of hurting myself or of not being able to do all the poses. I also can't adequately express how healing it was to be able to connect with other people with TBI, and share advice or support or just a hug. Living in a society that at best misunderstands and at worst completely dismisses invisible disabilities, being able to participate in a free program like LYB was so wonderful and healing and beautiful." – LoveYourBrain Yoga participant

Contact us: yoga@loveyourbrain.com. To learn more about the LoveYourBrain Foundation.



Quality of Life... for adults with a brain injury

- Supported Residential Programs
- Residential Rehabilitation Programs
- Supported Apartment Programs
- 24 Hour Staffing for All Programs



www.robinhillfarm.com
 55 Donovan Road, P.O. Box 1067, Hillsborough, NH 03244
 Tel: 603-464-3841 Fax: 603-464-3851
 e-mail: info@robinhillfarm.com

PART-TIME TELEMARKETING POSITION

The Brain Injury Association of New Hampshire is looking to hire a brain injury family member, caregiver, survivor or direct support professional to provide P/T telemarketing outreach for the Association. Specifically, this job will entail reaching out to our brain injury community to promote participation in our annual events and activities. Hours are flexible but will require some evening calls.

If interested, please contact lori@bianh.org



"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.

SPOTLIGHT ON KREMPELS

On April 20th, Krempels Center's Executive Director, Lisa Couture, will be celebrating 10 years at the helm of the organization. The Krempels Center mission is to improve the lives of people living with brain injury. We spoke with Lisa about this milestone: how the organization has evolved during her tenure, and what the future holds for the Krempels Center.

What are the biggest changes you've seen at Krempels Center?

When I first started working at the Krempels Center in 2009, I immediately recognized the impact the program had, the sense of community, its purpose, and the well-being our members gained from participating in the program. Over the last decade we have significantly strengthened the therapeutic impact of our program. We've built our capacity in the number of members who attend our program, the number of family members we support, and the number of program staff. We have also strengthened the professionalism of our staff. In addition to two licensed occupational therapists, we have a licensed social worker, and a licensed-eligible social worker. This combination of professional fields helps best meet the day-to-day living and varying needs of our members. This great depth of expertise is vital to implementing and growing our program.

What were your visions for this position when you started in 2009?

I really wanted the organization to initiate its own research (in partnership with the University of New Hampshire) to show the efficacy of our intervention. This was a significant project: what are we truly looking to accomplish here, how do we measure it, and with what tool(s)? David Krempels was brilliant in partnering with UNH from day one, and that partnership has been essential to our success including the ability to conduct research. We had a great team of professors helping us navigate to answer these questions. We then went to work with our research partner, Barb Prudhomme White, Associate Professor for the UNH Occupational Therapy Department, to get the answers. I'm pleased that we not only published that research -- which shows our members' overall quality of life, social networks, and stress perception look more like someone not living with brain injury than their brain injured peers -- but we also published a follow up qualitative study that explores what aspects of the program helped to facilitate those outcomes. It is this work that I feel very proud of. I believe we are increasing an awareness of a program that works and we are creating a foundation of research that we can continue to build upon.

How has the membership changed?

We've become acutely aware that we are serving a broader spectrum of brain injury survivors compared to five years ago. Many years ago, we solely served the most seriously injured. Now we serve that population, in addition to those with more mild injuries and post-concussion syndrome. While this group shares a lived experience, it may be that both goals and participation look significantly different. Indeed, we are serving many more each year than we did when I first started. Ten years ago, we served approximately 80 individuals; now we typically serve an average of 110. However, the number of individuals we serve on a daily basis has changed very little. That is because there is a cohort of participants, typically with milder injuries, who participate less frequently, and/or for a shorter period of time. In 6 months to a year, some of that cohort have met their goals and transitioned into employment, volunteering, or even relocated to another community. Regardless, what has not changed over the last decade is the need for a program like ours. The relief all brain injury survivors feel when they have found us or the reality that living with an acquired brain injury is an incredibly hard life adjustment.

What is the best part of your day?

To paraphrase one of our members: any day at Krempels Center is "another great day at the Community Campus." I think my favorite part of a program day is the Café



during lunchtime. I enjoy hearing the warm buzz of conversation and seeing the vibrant, engaged community of members, family members, interns, staff, and the caregivers as they enjoy their day.

What is your favorite part about your job? What excites you most?

As a social worker, this could be called a fantasy job. This is a caring, understanding, and supportive community. People want to be here! They feel helped and they feel like they can give back as well as have a sense of purpose through helping others—their peers, first and foremost—but also our interns. Our members help the interns understand what it is like to live with brain injury, and in turn help those interns develop into professionals. What is so particularly cool about this relationship is that it has a hidden outcome: an additional sense of purpose for our members. There are many aspects of this program and organization that are fascinating. There is so much to explore and learn! There is so much more to learn both about brain injury, and the ways in which we can make survivors' lives even better.

What is the best piece of leadership advice you have received?

Sheryl Sandburg: "Ruthless prioritizing." This is always something I am striving toward. We are in a very creative and social environment here, which I love...but I also have to be thinking through bigger projects and strategic initiatives to move the organization forward, which demands focus and a thoughtful process; finding that balance is the aim.

What changes have you made that have had the biggest impact?

Nothing I do, I do alone...Krempels Center has a great team of staff, board members, donors, volunteers, and the community of brain injury survivors and their families. These groups are always evolving. It is essential that every person we engage with feels energized and supported to contribute in a meaningful way to short and long-term goals for themselves and for the Center. Recognizing the need to build our group of friends, and focusing on the mutual ways we can help each other is what has helped us to grow as an organization.

Where do you see Krempels Center in the future?

In a recent conversation with a staff member, we agreed on "more awesomeness" for Krempels Center's future. We all hope to serve our surrounding community even better—we know we are only scratching the surface of need. For instance, we serve about 25 new brain injury survivors each year, but the number of new survivors in need of our program in the greater Seacoast region is closer to 200 each year. We would like to continue partnering with BIANH and other organizations serving brain injury survivors to accomplish the feat of expanding our program's footprint beyond the greater Seacoast region. We have members traveling two hours each way from Keene to Portsmouth to attend our program. It is clear there are so many more individuals living with brain injury who could benefit from our services, but they have distance and transportation barriers. It all comes down to funding. Having adequate funding to replicate what we do in another region, and to strengthen our financial sustainability in the Seacoast area. We want to keep doing what we are doing, but we want to do it with more "awesomeness."

For more information about Krempels Center, visit our website at krempelscenter.org, call 603-570-2026, or email info@krempelscenter.org.

CLUBHOUSE SURVEY UPDATE

By John Richards, BIANH Staff

For several years BIANH has been considering the need for a “clubhouse” or a “Post-Acute Community-Based Center for Rehab and Recovery” that would serve New Hampshire residents living with a brain injury. The concept is for a place that would be similar to The Krempels Center of Portsmouth, New Hampshire – a place where survivors could meet, socialize, participate in workshops, or take part in work several days a week.

The answers to these questions are coming into shape with clarity, slowly, but deliberately. There are a number of issues to address and resolve prior to opening the door. There is a dedicated team—Clubhouse Team—that has been meeting monthly for a year and a half to try to discern the answers to some of these questions:

- Where should the clubhouse be located?
- What sort of staffing should it have?
- What does the schedule look like?
- What sort of volunteers and interns would be helpful and make sense?
- What sort of facility makes sense? Can it be near public transportation?
- Where will the funds come from?

Many positive steps have been taken, including a survey of the brain injury community, meetings with a variety of state and area agency officials, development of strategies for procuring funding, and a host of experts and consultants have been involved.

The Committee encourages you to share your thoughts, ideas, input, and comments as this project moves forward. Please email John Richards at john@bianh.org. or call BIANH (603) 225-8400.

Searching for Interested and Capable Volunteers

The Brain Injury Association of New Hampshire is searching for interested volunteers to be a representative on the State Rehabilitation Council.

The Department of Vocational Rehabilitation's (DVR) mission and vision are:

Mission: To assist eligible New Hampshire citizens with disabilities to secure suitable employment and financial and personal independence by providing rehabilitation services.

Vision: NH Vocational Rehabilitation seeks to become an organization committed to fulfilling the needs of customers by providing continuously improving quality services through an effort of teamwork and professionalism.

Are you interested in the Department of Vocational Rehabilitation support for individuals living with a brain injury and their quest to be able to return to work? Are you concerned that they have the training and expertise to provide excellent supports to brain injured survivors? Would you like to provide meaningful and valuable input as to what their priorities should be?

The DVR supports people with a wide variety of disabilities, and therefore, it is certainly a high priority of the BIANH representative to ensure that the Department develops sufficient expertise necessary for brain injury survivors.

For more information about the Department of Vocational Rehabilitation:
<https://www.education.nh.gov/career/vocational/advisory.htm>

For more information about becoming a representative for BIANH, please contact Steve Wade – (603) 225-8400 or steve@bianh.org.



Camp Allen

BRAIN INJURY SUMMER CAMP UPDATE

Over the past five years, BIANH and Camp Allen worked together to offer a positive summer camping experience for adult brain injury survivors. Unfortunately this year Camp Allen will not have this same availability; regrettably, we will not be offering summer camp this year.

However, BIANH does have access to community support funds which could be used to enhance a summer camping experience for those adult brain injury survivors who have attended in the past. A number of weeks are available throughout the summer.

If you would like more information to take advantage of this camping opportunity, please contact John Richards — richardsjw@comcast.net or call 603-225-8400.

PHINEAS GAGE: A BICENTENNIAL OPPORTUNITY



Perhaps the most famous brain injury survivor of all time is Phineas Gage. Never heard of him? His case has been chronicled in countless medical journals over the past century and a half. He's since become a pop-culture icon, having been featured in articles and books, documentaries, and a wide variety of namesake tributes including a ballad, a theatrical production, a punk rock band, and even a not-so-tasteful sandwich.

For those unfamiliar with his fascinating story, Wikipedia sums it up as follows: “Phineas Gage (1823-1860) was an American railroad construction foreman remembered for his improbable survival of an accident in which a large iron rod was driven completely through his head, destroying much of his brain's left frontal lobe, and for that injury's reported effects on his personality and behavior over the remaining 12 years of his life—effects sufficiently profound (for a time at least) that friends saw him as ‘no longer Gage.’” He was thirty-six years old when he died in or near San Francisco on May 21, 1860, and is buried there in the Lone Mountain Cemetery.

I was just a boy when I first learned about Phineas Gage while reading Ripley's Believe It or Not! Omnibus in a chapter called “The American Crowbar Case.” My own fascination with the subject has led me to correspond with the foremost subject matter expert, Malcolm B. Macmillan, author of *An Odd Kind of Fame: Stories of Phineas Gage*. Last January I visited Harvard Medical School to meet with his colleague, Matthew Lena, who gave me a tour of the Warren Anatomical Museum where I saw their Phineas Gage exhibit that includes his skull and the tamping rod. Just this month, I took a road trip with NHBIA past president John Richards, MSW, MBA, to visit the Gage memorial in Cavendish, Vermont (pictured above) where the accident took place on Wednesday, September 13, 1848.


July 9, 2023 will mark the bicentennial of Phineas Gage's birth. Why is this anniversary especially significant to the New Hampshire Brain Injury Association? Because his story began right here in New Hampshire: Phineas Gage was reputedly born in Lebanon. Not much is known about his life before the accident. We have less than five years to learn whatever else we can and plan for what will no doubt be a global commemoration. This presents a unique opportunity for the New Hampshire Brain Injury Association to take a leadership role in the bicentennial planning, working with allied organizations. Most importantly, I believe this upcoming event will serve to generate and leverage public awareness in support of current and future brain injury survivors. The time to start is now.

Written by Tracy W Messer, APR, Peterborough, NH



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 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>

SELECTING THE RIGHT APP WHEN YOU HAVE A BRAIN INJURY

This article originally appeared in Vol 12, Issue 4 of THE Challenge!, the quarterly news magazine of the Brain Injury Association of America. Copies of the original issue can be downloaded at www.biausa.org/challenge.

By Michelle Ranae Wild, M.A., Making Cognitive Connections



Have you ever thought, “There are so many apps – how do I choose?” With well over a million mobile applications in Apple’s App Store and Google’s Play Store, it’s no wonder. Let’s start with some interesting statistics and then explore some questions you might want to ask as you search for apps.

It’s amazing that 81% of mobile phones are smartphones! That means most of you probably have a smartphone of some type. Whether you have an Apple or an Android device, there are some key things you should consider before you choose an app:

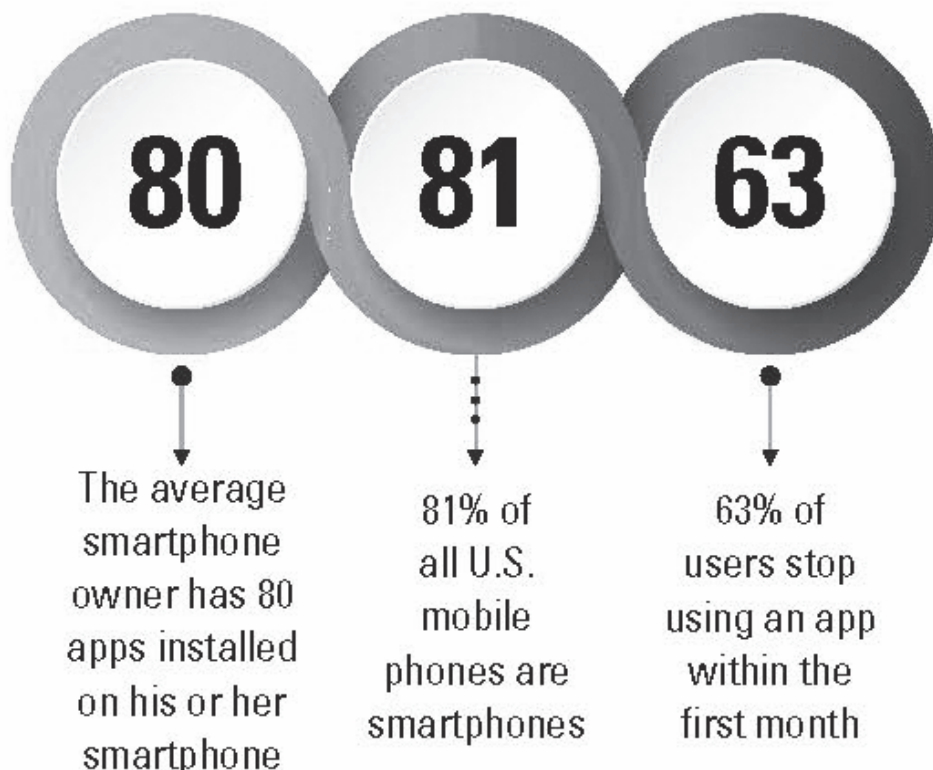
What do you want the app to do and why?

Living with a brain injury is a daily challenge. You may be struggling with self-regulation, memory, and/or executive functioning issues, such as planning, organizing, strategizing, and time management, all of which affect you in your everyday life – at home, school, and work. You will want to look for apps that specifically address some of these challenges, such as a calendar app that helps you see when you are double-booking yourself, an app that helps you manage your energy, or an app that helps you identify and track the strategies you use and rate how effective they are in various situations. It’s important to identify your struggles and to find apps that can help address these issues. Before you download an app, you can review app-related information provided in the app store, such as a list of features, user reviews, and some app screen captures. This information can be very useful in figuring out if certain apps will help with the challenges you’ve identified.

Where did you hear about the app or who recommended the app? Does the person understand brain injury?

You may hear about apps from friends and family members because they have heard about an app or they use it themselves

DID YOU KNOW?



and like it. Unfortunately, this doesn't mean the app will work for you. You also might get a list of apps along with brief descriptions from a service provider or clinician. These lists can be very helpful because these professionals know about brain injury and may be able to provide some direction as to how you could benefit from an app.

How does one app compare to other similar apps?

There are often multiple apps that do the same thing. For example, you could download literally hundreds of different note-taking apps. The problem is that people download multiple apps that do the same thing and either (1) end up with information in many different places, which becomes an organization and memory nightmare; or (2) end up with too many apps on their home screens and can't find what they need, also a nightmare. Instead, compare similar apps recommended by reliable individuals and choose one that meets your needs. Give each new app a chance – you'll need time to use it and practice with it to know if it's going to work for you.

Is there training available?

One of the best ways to learn to use an app is through trainings or tutorials. Look for online training available through the app developer, YouTube videos, blogs, and webinars. These options, however, may not meet your needs because they tend to be fast, incomplete, and overwhelming for persons with brain injury. Instead, look for trainings and blogs available through rehabilitation professionals who know how to use apps and understand brain injury. It is important to get lots of focused practice with the app during training so you can learn to use it effectively in your everyday life.

Does the app have staying power?

Be sure to consider an app's "staying power" before selecting it. It's not always the latest apps that are the best; in fact, sometimes new apps may not last long in the marketplace and as a result can negatively impact the user. Apps that get frequent updates may also be difficult to work with as you will sometimes have to re-learn to use them. Some factors associated with "staying power" include:

- How long has the app been around?
- How frequently is the app updated?
- Does the app add new features or only fix bugs?
- Does the look and feel of the app stay the same across updates?

Here are a few other things to consider as you make decisions as to which apps to download:

1 Don't be fooled by "free" apps. There are indeed free apps; however, many of them require "in-app purchases" to get the functionality you really need.

2 Beware of ongoing subscriptions. More and more apps are moving to subscriptions. This means that you pay either monthly or yearly for the app, which makes it much more expensive in the long run.

3 Use one app for many things. If you find the right app, it can be used for a variety of purposes so that you end up learning one app and using it in various areas of your life. For instance, a good note-taking app can be used to record audio, take notes in a class or meeting, create a shopping list, create a task analysis, save files, etc.

There are many benefits to using smart devices as cognitive prosthetics after an injury. They can help you with memory, sequencing, planning, organization, and lots of other cognitive tasks. However, due to your injury, you will want to look for apps that are practical, easy to use, and applicable to many aspects of your life. They should also be accessible, convenient, not visually overwhelming, and should have a consistent user interface to eliminate confusion.

Hopefully the questions above provide you with a place to start as you look for apps that can help after your brain injury. The apps below can help with many of the executive function issues you deal with on a daily basis:

- BEST Suite – three apps in one: PaceMyDay, ReachMyGoals, and StrategizeMyLife
- Notability
- Inspiration Maps
- Week Calendar

The cost of all these apps is less than \$35.00, yet you'll be surprised at what a difference they will make in your life!

SUPPORT GROUPS IN NEW HAMPSHIRE

(Times and places may change without notice – please call in advance)
Revised March 1, 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 4th Tuesday of the month, 6:00pm-7:30pm – Southwest Community Services, Railroad Senior Housing Building, 63 Community Way, Keene, NH
Contact: BIANH Phone: (603) 225-8400

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

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

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

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

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

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

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

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

CONCUSSION:

Concord: Contact BIANH for future meeting dates/times.
Contact: BIANH
Phone: (603) 225-8400

MILD BRAIN INJURY SUPPORT GROUP:

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

STROKE AND BRAIN INJURY:

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

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

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

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

BRAIN TUMOR:

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

STROKE:

Concord: Community Stroke Support Group, 3rd Tuesday of the month, 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

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

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