



**BRAIN INJURY  
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**THE VOICE OF BRAIN INJURY –  
Help, Hope and Healing  
ISSUE #77, SPRING 2020**

**THE BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE**  
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# HEADWAY

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## Caregiver & Bestselling Author to Give Keynote at May Conference

*By Sarah Kilch Gaffney*

BIANH's 37th Annual Brain Injury & Stroke Conference will take place on Wednesday, May 13, 2020, at the Courtyard Marriott & Grappone Conference Center in Concord, NH. Author Abby Maslin will give her keynote titled "The New Normal: Gratitude, Growth, and Transformation after Brain Injury." Abby is a caregiver and educator, as well as the bestselling author of *Love You Hard: A Memoir of Marriage, Brain Injury, and Reinventing Love*. She lives in Washington, D.C. with her husband, TC, and their two children, Jack and Rosie.

During her early years, Abby and her family followed her father's profession as a museum director around the United States, from upstate New York where she was born, to Arizona where she spent the majority of her childhood, and eventually to Maryland when he became the director of a museum in Washington, D.C. A public school teacher, she attended St. Mary's



College of Maryland and went on to receive graduate degrees from both Drexel University and American University in creative arts therapy and education.

In 2012, Abby and her husband, TC, were living the dream: she had found her niche as a public educator, he had a successful position in the renewable energy field, and they were enthusiastic parents to their toddler son Jack. Life was good.

On the night of August 18, 2012, however, TC did not return home from an evening out with friends. This was extremely unusual behavior for him, and Abby quickly began to panic as soon as she realized he had not made it home. As the nightmare unfolded over the following days, Abby would learn that TC was found a few blocks from their home after being severely beaten by three men and

*Continued on page 3*



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## PRESIDENT'S MESSAGE

### HONORING HELEN ROBINSON

by Robin Kenney, M.Ed, BIANH President

There are some people who come into our lives, leave an indelible mark, and whose loss, when it comes, is keenly felt. For me, Helen Robinson was such a person. When I first met Helen 25 years ago, she impressed me as intelligent, capable, and straightforward – the very best sort of New Englander, even though she was a native of Virginia.

Helen's family had moved to New Hampshire from Connecticut so her husband could establish a veterinary practice here in the state where Helen already had deep family roots. For decades, her family had operated Camp Wulamat on the shores of Newfound Lake in Bristol. Generations of families had enjoyed the pleasures of New Hampshire summers at the lake and the additional pleasure of spending time with Helen. She had a way of engendering the kind of loyalty we usually reserve for family.

While her husband built his veterinary practice, Helen focused on a mission of her own. Their son Andrew had sustained a TBI in Connecticut. When Helen discovered that New Hampshire offered very little in the way of services and supports for people

with brain injuries, she went to work building the organization that would eventually become the BIANH. For her work in launching this organization, including establishing and leading one of the state's earliest brain injury support groups and hosting numerous TBI retreats at Camp Wulamat, we all owe Helen a great debt of gratitude.

When I learned in December that she was gravely ill, I called immediately. I wanted to connect, but also to remind her that, when my own daughter sustained a TBI in 2006, she had been the very first person outside my family to write a note of support and encouragement. I still have that note, and cherish it.

At Helen's funeral, there was standing room only. People had come from all over the state and New England to honor this exceptional woman whose vision, energy, and commitment has altered the landscape for so many New Hampshire families dealing with brain injuries. And we were reminded again that one caring, determined individual can truly change the world.



## EXECUTIVE DIRECTOR'S MESSAGE

### Strengthened School Concussion Law Moving Forward in the State Legislature

by Steven D. Wade, BIANH Executive Director

BIANH is leading an effort to strengthen NH's current school concussion law with Senate Bill 584. This Senate Bill is making good progress as it moves through the legislative process. The NH Senate just passed SB 584 and it now moves to the NH House. Bill sponsors in the Senate include Watters, Rosenwald, Giuda and Kahn. Sponsors in the House include Cordelli, Carr, Ladd and Grassie.

New Hampshire's current state youth concussion law no longer represents best practice concussion management of return to school/learning after a concussion. There have been tremendous changes and advances in youth concussion management in recent years. Most critically, increased awareness of the impact of a concussion on a child's learning and academics.

Most youth concussions resolve over time. However, not following best practice protocols on a gradual return to the classroom and academics can adversely affect and lengthen the recovery process. In a

previous BIANH newsletter, we featured the story of Brooke Mills from Pembroke, and her struggle with post concussive syndrome. Brooke and her mom Stephanie have become student-parent advocates for raising awareness about youth concussion and of the importance of following best practice recovery protocols.

Pediatric youth concussion is much more prevalent in New Hampshire than first thought. Each year there are on average over 6,000 hospital emergency department discharges for youth concussion in the state. This according to the NH DHHS report: *Traumatic Brain Injury Occurrence and Mortality in New Hampshire Surveillance Data*.

As SB 584 moves to the NH House, now that it has passed the Senate, please consider contacting your own member of the House and ask for their support of this important legislation.



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*Continued from page 1- Caregiver & Bestselling Author to Give Keynote at May Conference*

left for dead, all for his wallet and cell phone. Thus began Abby and TC's new, terrifying, and unexpected journey into the world of brain injury.

In her keynote, Abby will share the story of TC's recovery from a severe traumatic brain injury (TBI), as well as the many ways that TBI affects both caregivers and survivors, and the work necessary to embrace the potential for transformative growth and change while creating a new normal. Through her experience as a caregiver for someone with a brain injury, Abby has learned an immense amount about living fully and the power of gratitude, and she will share that knowledge.



In the aftermath of TC's injury, Abby, TC, and Jack experienced a remarkable amount of support and help from their families, loved ones, and community. For those currently trying to support a caregiver through a difficult time, Abby has a few suggestions. First, she recommends against generic offers to help the caregiver, as it can be truly challenging for someone in a crisis situation to come up with ideas for what they need help with. For Abby, the most helpful offers were for precise, pre-planned support that required her to do no thinking or coordinating, such as a friend stating they were going to drop dinner off at a certain time on a certain day. Another offering of support that had a huge impact on Abby during the precarious first weeks after TC's assault were all the notes that people sent. These notes were about their relationships with TC, how much TC meant to them, and how much they thought of him. "All of them," Abby says, "held me in a warmth and light that I needed so badly as a reminder of who TC was."

For new caregivers going through a life-changing experience, Abby emphasizes the need to give yourself the grace and permission to just live through it hour by hour and day by day, and to breathe. "There's this shock that totally turns your system haywire, and your physiology is on high alert. Part of

addressing that is just breathing and giving your central nervous system a chance to rest. Reconnecting with the present moment is my best survival advice," Abby says. She also recommends against trying to map out a future that you don't yet have enough information to plan for. "The times that I sank into deep depression," Abby explains, "were the times that I allowed myself to go way too far into the future to plan."

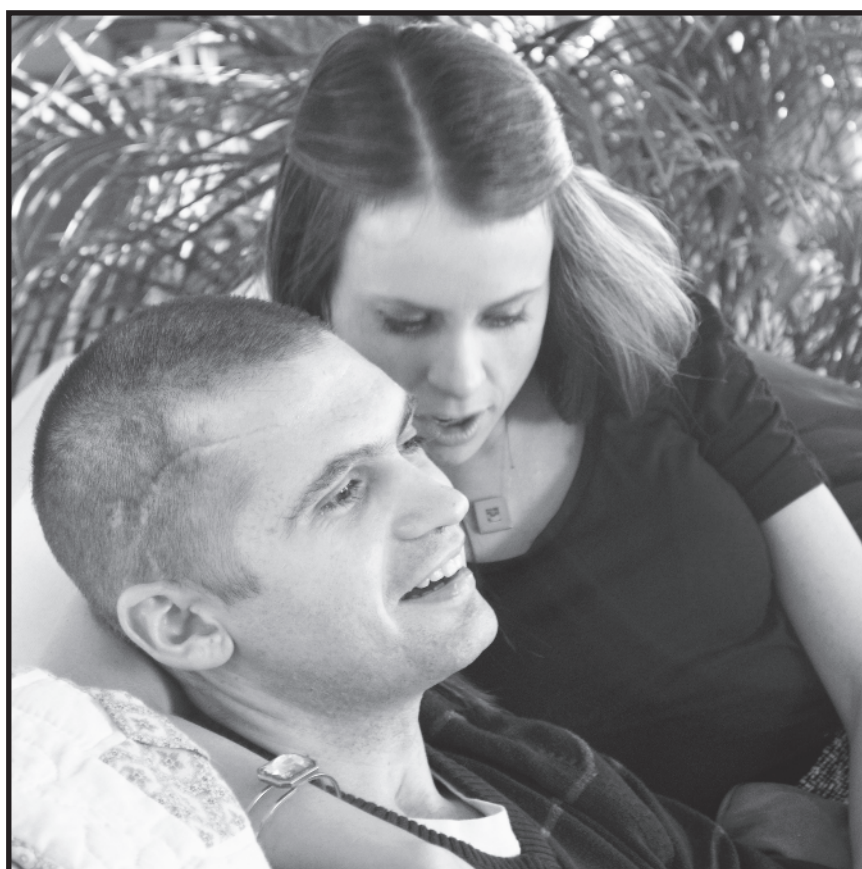
Given her focus on breathing and living in the present moment, it's no surprise that yoga has

played a vital role in Abby's life since TC's brain injury. "Yoga was exercise for me before TC's injury," Abby says, "but after, it was salvation." Abby had practiced yoga for years, but wasn't aware of what was happening in her brain and body during those sessions, she just knew that it felt good. "I didn't know it was rewiring my brain and allowing me to develop perspectives and an authentic sense of gratitude that I didn't have before." In the process of healing and resetting her frayed nervous system, Abby completed her 200-hour Yoga Training certificate two years after TC's injury. She continues to utilize yoga as a way to heal, to focus on becoming the person she wants to be, and to embrace her wish for a world that can be a little slower, a little more tolerant, and a little more intentional.

Abby's ultimate goal is to ensure people recognize the power and beauty that can arise from the most challenging situations. "What I really want people to know is that this can be an empowering journey. It's going to be transformative whether you like it or not, but it can be transformative in the best way." Abby's raw and honest keynote will take the opportunity to get real about the difficulties of caregiving, while also talking about how caregivers can be empowered without minimizing those difficulties. Through challenging caregiver archetypes and expectations, Abby is here to lead the way in revolutionizing the concept of caregiving.

We hope you'll join us on May 13, 2020, to hear Abby and TC's remarkable story of recovery and transformation. To register for the conference, please visit <https://bianh.salsalabs.org/37abisc>. If you do not have access to a computer, you can call the BIANH office at (603) 225-8400 to request a brochure to be mailed or to have BIANH staff assist you with registering directly over the phone.

Please see the Conference at a Glance on page 5 of this issue for a preview of this year's Sessions and Tracks.





# Conference at a Glance

Level of Knowledge for Attendees: BEG - Beginner INT - Intermediate ADV - Advanced  
 Topic is geared towards: PRO-Professional SUR-Survivor/Family ALL- Everyone

**8:30 Welcome**

**8:45 Keynote:** Abby Maslin ~ *The New Normal: Gratitude, Growth, and Transformation after Brain Injury*

	<b>TRACK A</b>	<b>TRACK B</b>	<b>TRACK C</b>	<b>TRACK D</b>	<b>TRACK E</b>	<b>TRACK F</b>
	<b>Stroke</b>	<b>AM - Sleep Issues PM - Opioids</b>	<b>TBI</b>	<b>Therapies</b>	<b>SLP</b>	<b>Survivor &amp; Family Track</b>
<b>Session I</b> 10:05-11:35	Putting Research into Practice: What the Latest Stroke Trials Mean for Bedside Care  Jason A. Johns, MPAS , PA-C	Sleepiness in Brain Injury, What to Expect and How to Help.  Carolyn M. D'Am-brosio, MS, MD	When Get-Up-And-Go is Gone: Motivation Chal-lenges after Ac-quired Brain Injury  Anthony J. Giuliano, PhD, CBIST	Acupuncture: A Useful Tool in Post-Stroke and Post-Concussive Recovery  Andy Wegman, L.Ac	The Outpatient and School Based SLP: Building a Transition Bridge for the TBI Stu-dent  Jennifer A. Klin-gensmith, MS, MEd, CCC-SLP Melissa A. George, MS, CCC-SLP	Homeopathic Treatment of Brain Injury: Stimulating Self-Healing to Im-prove Outcomes  Sarah Patton, ND
	<b>ADV/PRO</b>	<b>ADV/ALL</b>	<b>BEG/ALL</b>	<b>BEG/ALL</b>	<b>BEG/PRO</b>	<b>BEG/ALL</b>
<b>11:45-12:45 -----LUNCH-----</b>						
<b>Session II</b> 12:50-2:20	I Had a Stroke and I Recovered, Why Am I Sad?  Diana M. Rojas-Soto, MD	How Opioids, Such as Heroin, Work on the Brain  Daniel R. Seichepine, PhD	Risk Factors of Traumatic Brain In-jury and the Aging Brain  Janelle Eloi, PsyD Cierra Keith, PhD	Social Competence Training: Everyone Can Benefit!  Sydney Beadles, MSOT Barb Kresge, MS, OTR/L, CBIS	Recognizing the Signs /Symptoms of an Undisclosed TBI in the Class-room: Unknown Barriers to Learning  Gina England, MA, CCC-SLP	Survivor Panel  Sophia Sheehan, Survivor, Tammy Gilbert-St. John, Survivor, & Philip Albert St. John, Spouse
	<b>ADV/ALL</b>	<b>BEG/PRO/ALL</b>	<b>ADV/PRO</b>	<b>BEG/ALL</b>	<b>BEG/PRO</b>	<b>BEG/ADV/ALL</b>
<b>Session III</b> 2:45-3:45	Acute Severe TBI Management in a Community Hos-pital: Advocating for Multi-Dis-ci-plinary Syn-ergy Across the System  Lindsey Whelan, MS, RN, CCRN, ACCNS-AG	Safe Station Program  Fire Chief Daniel A. Goonan	Cumulative Head Impact Exposure Predicts Later-Life Depression, Apathy, Executive Dysfunc-tion, and Cogni-tive Impairment in Former High School and College Football Players  Philip H. Monteni-gro, MD, PhD	The Application of Graded Motor Imagery: Role in Stroke Recovery  David N. Allard, MS, OTR/L	The Oft Forgotten Component in Executive Func-tion Training: Critical Thinking Skills  Gina England, MA, CCC-SLP	What About Us? A Guide to Understanding and Managing the Grief Family and Loved Ones Experience.  Michael Blau, MEd, CBIS
	<b>BEG/ADV/ALL</b>	<b>BEG/ADV/ALL</b>	<b>BEG/ADV/ALL</b>	<b>BEG/ADV/PRO</b>	<b>BEG/PRO</b>	<b>BEG/SUR</b>



*34th Annual*

Brain Injury Association of New Hampshire

# WALK *By The Sea* & PICNIC

**Sunday,  
June 7, 2020**  
Hampton Beach State  
Park, Hampton, NH

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interest in supporting this event.**



2019 1st Place Team—NCIL Indys



2019 2nd Place Team—Lucky 13 Chuck's Team



2019 3rd Place Team—Rose Meadow Farm

Mission: To create a better future through brain injury prevention, education, advocacy and support.



## SPOTLIGHT ON KREMPELS

### Fireside Chat at Krempels Center provides window into unique program

By Becky Kates

On any given day, the lobby at the Community Campus is a crossroads; a hub of activity for hundreds passing through to get to their destination – any of the eight nonprofits housed there. But once a month, you'll find a small group gathered in a circle next to the fireplace, carefully listening to a story – a survivor's story. These are the Fireside Chats hosted by Krempels Center.

Fireside Chats are the window into Krempels Center for anyone who wants to learn more about the program, the organization, and what sets it apart from any other brain injury support in the northeast. Anyone can attend a Fireside chat – a prospective member and their family, a potential donor, or someone interested in becoming more involved through volunteering.

Ashlie Peters was a speech pathologist at Portsmouth Regional Hospital in 2005 when she first learned about Krempels Center. She remembers thinking at the time, "When I have some space in my schedule, I'm going to check it out and maybe volunteer." Now that her kids are older, she was reminded of Krempels Center and the promise she made herself, and decided to attend a Fireside Chat. That's all it took.

"I spent time at a similar program in Arizona many years ago, and I know that this kind of thing is unique. Hospital-based programs are short term. This setting in the long term has so many more benefits and improves the quality of life for survivors." Peters now volunteers once a week leading conversation-based groups that help with memory and social skill building.

Each Fireside Chat features a member speaker; a brain injury survivor who tells their story and how Krempels Center has impacted them. A common theme among members is the sense of community and belonging they feel at the Center, and how that has changed their lives. At a recent Fireside Chat, Patrick Jones told the group about his brain tumor and resulting injury, his subsequent divorce, and finding out his young son had a similar brain tumor, this time malignant. His son died in 2013, at six years old.



Ashlie Peters leads a group (Krempels Center Volunteer) photo credit: *Perry Smith Photography*



Patrick Jones (Krempels Center member)

At the time Jones was living in Alabama but moved to New Hampshire with his best friend after his son's funeral. Until he started at Krempels Center in 2014, he spent every day on his computer, isolated and alone. With the support of friends, family, and the staff at Krempels Center, Jones is currently enrolled at Great Bay Community College, learning new skills so he "can be more engaged in my community. I have so much I can give to the world." Jones credits Krempels Center for pushing him in the right direction, and changing his life.

After the featured member speaks, the group moves from the lobby to the gym for the Community Meeting. During this time each Monday, Wednesday, and Friday, members learn about the different program groups offered for the day, any announcements, and share personal news. It's a watercooler and bulletin board wrapped together in an open and accepting environment. Staff and interns work together to make each member feel included, heard, and engaged.

"Fireside Chats exist because we have found it's the best way for people to truly understand what we're about – who brain injury survivors are, what their challenges are, and how Krempels Center's unique structure supports them in a way no one else is," says Couture. "This population is often invisible, and we don't believe they should be. We invite people in to not just learn about us, but to see if they can help in some way. We only are able to be here because we are supported by people who care in the community, and we'd like to continue to be able to serve brain injury survivors in the future."

If you're interested in attending a Fireside Chat, visit [www.krempelscenter.org](http://www.krempelscenter.org) to register for one of the upcoming dates. Fireside Chats are held each month.



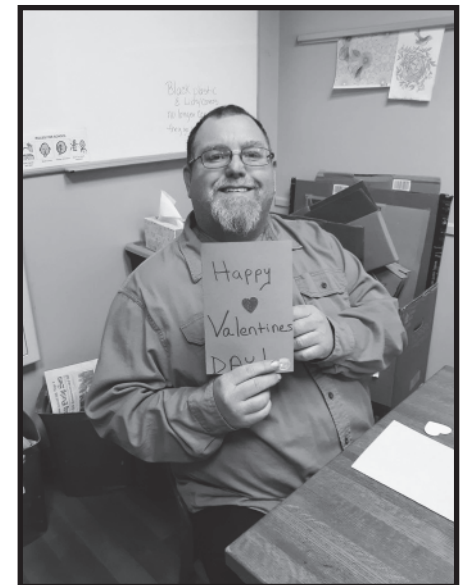
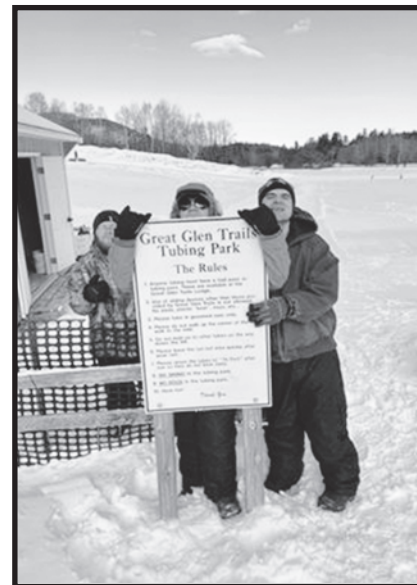
# NCIL STEPPING INTO SPRING!

Although this past winter seemed warm and mild, everyone at NCIL looks forward to the warmer weather and being more active without having to worry about watching their step.

NCIL was pleased again to be a sponsor for “The Vertical Challenge” held at Bretton Woods with team NCIL INDY’s solving the anagram. This year was especially a winner for Mike B. who purchased raffle tickets and was the proud winner of the Fischer skis.

Other winter activities included bowling, working out at the new Core Community Fitness Center, viewing movies, dine to donate for the benefit of the Special Olympics swim team, attending the new Living Shores Aquarium, and volunteering in many capacities.

Plans are once again being made to raise funds for the Annual Walk by the Sea at Hampton Beach to benefit the Brain Injury Association of New Hampshire. This event seems to bring everyone together for the common cause of brain injury along with the friendly competition of trying to be the Number ONE fundraiser. Jessie C. of the Barrington Residence is searching out her recipe books for the bake sales that she so enjoys planning and participating with. The residents in the Conway area will look forward to hosting the Dine to Donate at The Shannon Door Pub while gathering silent auction items for a fun evening that has become a yearly spring event.



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# INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



## PONDERING WHAT COULD HAVE BEEN

Later this year, I will mark the ten year anniversary of my traumatic brain injury. While I tend to reflect about my second life as a brain injury survivor every year around anniversary time, this year seems somehow different. Going back in time and changing the course of events of that fated day in 2010 is impossible, but knowing that I'm almost a decade away from the life I used to live seems...well, somehow final.

I find myself wondering what my life would look like today had I not been struck by the teenage driver on that chilly November day. Questions abound. Where would I be professionally had a semicolon not punctuated my life. I was a successful business owner here in New Hampshire at the time of my injury. Would I have continued to see my business grow year-over-year as it did before everything changed?

It is the familial changes that I think about most often. As of today, only one of my four sons wants anything to do with "new Dad." Like many other brain injury survivors, my personality changed rather dramatically after my injury. I am no less of a human being, I'm just different, something that clearly made others uncomfortable.

Had I not been injured, I would have a decade of birthday memories from my sons. There were weddings that I may have been invited to. A few new homes were purchased by my boys as young adults. All of these events came and went without me. If I dwell too much on what has been lost, it can be paralyzing.

I suppose it's just human nature to think about what could have been. As time passes, the person I was before my injury fades deeper into the distant past. Early on, I mourned deeply the loss of who I was. Ambiguous loss is brutal. I cried rivers of tears as I realized that there was no going back, that the person I used to be would never "be" again. The early years were the toughest years.

But like most people that I know within the survivor community, I have found a new footing. Over the last couple of years, I have again resumed full-time work, something I never thought possible. Taking it one step further, I was told directly by well-intentioned members of the medical community that returning to work in my former capacity would never happen.

While I will never get over the loss of my children and will always hold out hope that perhaps a call will be returned or a text acknowledged, time does have a way of making even the most egregious losses more tolerable. Lost friends have been replaced with new ones – people who only know the post-TBI David. My definition of family has slowly been redefined over the years, with many that I now call family not related to me by shared DNA.

A new sense of purpose that grew after my injury, a new and unexpected desire to serve the brain injury community, remains stronger than ever. Meeting me today for the first time, you would never know what I've been through, as by all

accounts, I am able to live in a community of my peers pretty easily these days. Though now I accept that I am a disabled adult, I live with an invisible disability, something that took me many years to accept. Today I no longer fight the reality of who I am and what I live with.

But still, that nagging feeling persists. What would life have been like today had I not been injured? Like so much of life, there is no easy answer. In fact, I've learned that it's not always wise to look for answers. Instead of chasing clarity, I wait for clarity to find me.

For now, I'll live in the type of unanswered questions that all of us have, I'll continue to move forward, however haltingly, into the future. And at times, times like right now, I'll look back and marvel at how far I've come.

**NEW HAMPSHIRE 14<sup>th</sup> ANNUAL STATEWIDE  
CAREGIVER'S CONFERENCE SAVE THE DATE**

**Tuesday, November 17, 2020**  
Courtyard Marriott, Concord, New Hampshire

**40 Million Unpaid Caregivers in the US**

**In New Hampshire 170,000 citizens provide informal  
care to another person**

**"The Hidden Costs of Caregiving" estimated  
at \$470 billion annually**

**New Hampshire's  
Direct Support  
Professional  
Shortage**



**Family Caregivers  
are a critical link to  
meeting direct care  
needs of individuals**



**Strength, Hope and Nobility**

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



# DISABILITY RIGHTS CENTER



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

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This July marks thirty years since the passage of the Americans with Disabilities Act (ADA). Each month, DRC-NH will highlight a different aspect of this fundamental civil rights legislation in our e-newsletter. We will cover topics including transportation, voting, recreation, education, and much, much more. Sign up to receive our e-newsletter at [drcnh.org](http://drcnh.org).

The following article is excerpted from the upcoming Spring 2020 issue of the Disability RAP (formerly the RAP Sheet). Each issue of the Disability RAP focuses on a different topic and how it relates to disability. The Spring 2020 issue focuses on the intersection of disability and sexuality. Sign up for the Disability RAP at [drcnh.org](http://drcnh.org).

## The Marriage Paradigm *Finding Love. Losing Eligibility.*

By Stephanie Patrick, Executive Director of Disability Rights Center – New Hampshire

Over the past decade, marriage equality has become part of the common vernacular. Marriage is a choice for people of all races, genders, and sexual orientations. The only people routinely left out of this conversation are people with disabilities.

Living with a disability can be incredibly expensive. Many people with disabilities depend on Medicaid to access the services and supports they need every day to get dressed, eat, and take care of basic needs. These supports are not typically covered by private insurance and can cost thousands of dollars a month. Many people with disabilities who are unable to work rely on Supplemental Security Income (SSI), or Social Security Disability Income (SSDI), to cover their basic living expenses.

People with and without disabilities get married so they can formally profess their commitment to another person. People with

disabilities should not be forced to contemplate divorce in order to obtain the healthcare that they need.

However, marriage – or sometimes even a committed relationship – is off limits for many who depend on Medicaid, SSI, and SSDI because the joining together of income and resources can make a couple's income and assets too high for the person with a disability to remain eligible for the services they rely on.

In New Hampshire, when only one spouse of a married couple is applying for nursing home Medicaid or a Medicaid waiver, only the income of the applicant is counted. However, this is not the case for regular Medicaid, which many people with disabilities rely on, where the income of both spouses is included towards the income limit of the applicant. Only a few assets are exempt from the asset calculations that determine eligibility for programs used by people with disabilities; depending on the specific program, only a minimal amount of cash and personal property, a vehicle, or a home may be excluded. Additionally, many of the income and asset

limits used in determining eligibility are prohibitively low as they have been in place since 1989, with few adjustments for inflation.

The right of people with disabilities to marry is undermined by current policies around eligibility. People with disabilities are being forced to remain single or divorce so that they can keep the services they rely on to live. As laws are implemented to ensure marriage equality for all, policy makers need to recognize that the current eligibility calculations for Medicaid and other programs are outdated and amount to a marriage penalty for people with disabilities.

For more NH-specific information on this topic, visit:

<https://www.medicaidplanningassistance.org/medicaid-eligibility-new-hampshire/>  
<https://www.dhhs.nh.gov/dfa/documents/fam-asst-fact-sheet.pdf>





# VERTICAL CHALLENGE WINTER EVENT 2020

On Saturday, January 25, fourteen teams consisting of 44 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 to support New Hampshire's brain-injured veterans.

Although a bit windy, it was an otherwise perfect day with a clear view of Mt. Washington in the distance. Skiers were once again challenged to search for letters out on the trails and try to solve the anagram: Every Fifteen Seconds. Those who snowshoed had to search for cards to complete a poker hand, with the best hand winning.

At noon time team members headed over to the beautiful Mt. Washington Hotel where a buffet luncheon was awaiting them in the Sun Dining Room. While enjoying lunch the winning teams were announced and called up to have their photo taken. This year the team that raised the most money was the Veasey Family Team, bringing in \$1000. North Country Independent Living was the only team to correctly solve the anagram and MPZ Landscaping had the best poker hand. Mike B. held the winning raffle ticket and was the lucky recipient of a new pair of Fischer Ranger skis and bindings donated by Fischer. Prizes were given to all winners that included double diamond trail signs for expert fundraising, ski vouchers, and fleece blankets. There were also plenty of raffle items given away to all participants. After lunch many returned to the slopes for a fun afternoon of skiing or snowshoeing.

**Thank you to all who supported the 2020 Vertical Challenge Winter Events!**

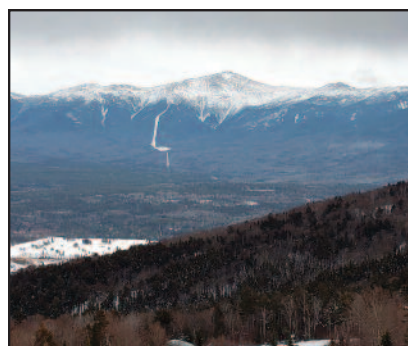
**Sponsors & Donors**

- Event Sponsor – Service Credit Union
- Luncheon Sponsor – North Country Independent Living
- Beverage Sponsors – Chalmers Insurance Group & North Country Healthcare
- Fischer Sports
- Market Basket



**Ski/Snowshoe Teams**

- Always Accessible
- Dupont/Trottier Team
- MPZ Landscaping
- Leclerc/Romeo Team
- NCIL
- Roy Team
- Schreck Team
- Service Credit Union
- Veasey Team
- Wade Family Ski Team
- Burns/Pace/Sullivan Team
- Jeff Woods Team
- Robin Hill Farm
- Wade Family Snowshoe Team



**Committee Members & Volunteers**

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





# 37th Annual Golf Tournament

## Wednesday, August 19, 2020

Stonebridge Golf Course  
161 Gorham Pond Road  
Goffstown, NH



*Northeast Rehabilitation Hospital Network*  
Title Sponsor

*Robin Hill Farm*  
Co-Host

For more information on sponsorship  
or team participation,  
contact [renee@bianh.org](mailto:renee@bianh.org)  
[www.bianh.org](http://www.bianh.org)



**BRAIN INJURY  
ASSOCIATION  
OF NEW HAMPSHIRE**

### "Beauties" Bowling for Brain Injury

Hosted by  
Brooke Mills,  
Miss Inman 2020



# Join us!

## Sunday, September 20, 2020 2:00—4:00 pm

Boutwell's Bowling — 152 North State Street— Concord, NH  
\$30.00 suggested donation/player

Register: <https://bianh.salsalabs.org/bbbi7/index.html>

Beauties Bowling for Brain Injury is a fundraiser to assist BIANH with their  
Concussion Program.

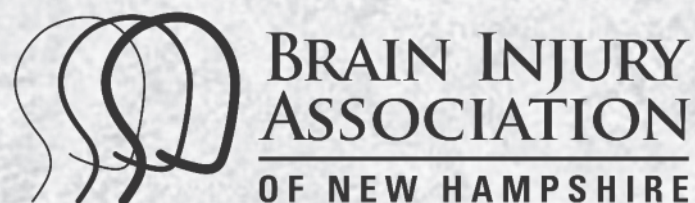
Currently, BIANH's Program covers over 18,000 New Hampshire  
High School Students. Besides education & training, the program covers the  
baseline testing and expert review of the results.

Heather Bridge (concussion survivor) will be joining us as co-chair at this  
year's event.

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







## **SPECIALTY CASE MANAGEMENT**

**providing case management across disability**

The Brain Injury Association of New Hampshire offers Specialty Case Management Services to individuals and their family members.

### **These services include:**

- Neuro-Resource Facilitation
- \* Conflict of Interest Free Case Management
  - \* Choices for Independence (CFI) Waiver
  - \* Acquired Brain Disorder (ABD) Waiver
- \* Developmental Disabilities/Intellectually Delayed (DD/ID) Waiver
  - \* In-Home Supports (IHS) Waiver
- Private Pay Case Management

### **Our Goals:**

- To share our knowledge through a team—oriented approach
  - To assist and support individuals
- Identify and access resources in the community

Specialty Case Management Services will assist individuals and their families with:

- Informed decision making
  - Consumer choice
- Maximizing independence

Specialty Case Management will provide:

- An intake assessment
- Training and education
- Resource information
- Ongoing monitoring of services
- Advocacy
- Care planning

Our mission is to create a better future through brain injury prevention, education, advocacy, and support.

For more information, please contact

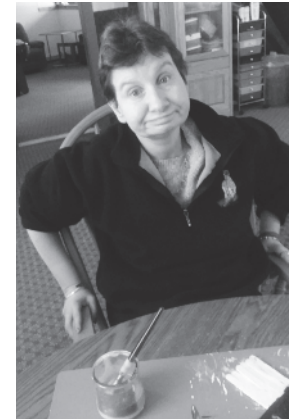
BIANH  
52 Pleasant Street  
Concord, NH 03301  
(603) 225-8400  
[www.bianh.org](http://www.bianh.org)  
Email: [scn@bianh.org](mailto:scn@bianh.org)



## ROSE MEADOW EVENTS

We are excited to be celebrating 25 years in business at Rose Meadow this year! What once started as a single, 9-bed program has now grown to 43-single occupancy beds across three programs all within a short drive of each other in New Boston, New Hampshire. We are thrilled to be celebrating exceptional care, extraordinary people, and a place to call home. This winter has been a little bit like this...snow, rain, ice, sun ....repeat....snow, rain, ice, sun. We have been lucky with what we call around here a "regular" winter. Not too much snow so that we cannot leave the house, but just enough snow to enjoy some winter activities.

Our residents have been keeping busy with some of their regular activities that they enjoy such as buying and listening to vinyl records (this is a big hit), watercolor painting (this is something that they choose to do quite often), and feeding the birds/watching and identifying them while listening to soothing music. We rang in the New Year with a party at each program with family and friends. In February, we had our annual Valentine's party with crafts. The residents recently got their creative juices flowing while creating mod podge coasters. A resident's father recently taught a few housemates how to play a new game called "Bones," which they have loved! We had a guest singer come to our garden program, Barbara Woods. A few of our Farm residents were able to come over and join in on the fun! We are looking forward to warmer weather and getting our gardens started.



NEW HAMPSHIRE STROKE COLLABORATIVE  
WORKSHOP

### #NHSTROKESMART

May 8th 8:00AM-4:00PM  
Light Breakfast and Lunch Included!

**Registration is FREE:**  
<https://bit.ly/2u39G64>

Come join the New Hampshire Stroke Collaborative and our partners for a day of learning! Something for everyone!

Telestroke  
FAST-ED  
State of NH stroke data dive  
Interfacility transfer  
Technology in the rehab setting



# Rose Meadow

25th Anniversary

*25 years of exceptional care, extraordinary people,  
and a place to call home*

Rose Meadow Farm/Rose Meadow Garden/Rose Meadow Acres

Rose Meadow programs provide supported living with 24 hour supervision in a comfortable home environment. Residents receive nursing care, attendant support, case coordination and appropriate therapies while also enjoying the ambiance of home.

**Rose Meadow** serves individuals 18+ who:

- Have complex medical management needs ie: ventilator dependent, tracheostomy care, gastrostomy tube feeding. Etc.
- Require up to 24 hour supervision and structure for personal safety & well-being
- Are diagnosed with a brain injury, spinal cord injury, developmental disabilities or other related neurological trauma or disease.

Please call Andrea Gagnon for admission information  
37 Briar Hill Rd/336 Bedford Rd/539 Old Coach Rd  
New Boston, NH 03070 603.487.3590  
[www.rosemeadowgroup.com](http://www.rosemeadowgroup.com)



## COMPUTERS AVAILABLE THROUGH BIANH

These 4 computers and monitors are available at BIANH and made available to any *brain injury survivor*. Please call the BIANH office (603-225-8400) to schedule an appointment. Please bring verification of brain injury. *Computers and monitors are accepted in as-is condition. BIANH is not responsible for repair or replacement of parts, nor providing computer training and support.*

### Dell Inspiron 530S

Intel Pentium  
CPU 1.60 GHz  
Windows 10 Pro  
MS Office 2007 Pro 1.0  
GB Memory (RAM)  
150 GB Hard Drive  
DVD/CD-ROM  
Keyboard and Mouse  
17" Flat Screen Monitor  
**NO WARRANTY**

### Dell Vostro 220s

(2 available)  
Intel Pentium Dual Core CPU  
2.60 GHz Windows 10 Pro  
MS Office 2007 Pro 2.0 GB  
Memory (RAM) 250 GB Hard  
Drive DVD/CD-ROM  
Keyboard and Mouse 17" Flat  
Screen Monitor  
**NO WARRANTY**

### Laptop Dell Inspiron 1545

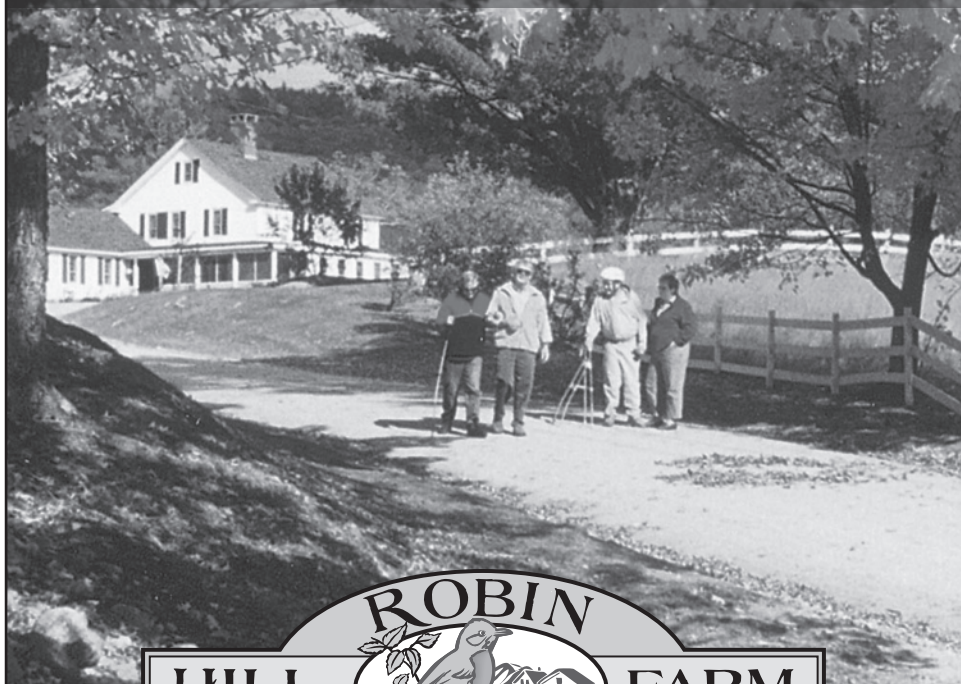
Intel Pentium Dual Core  
2.20 GHz  
3 GB RAM Memory  
150 GB Hard Drive  
Windows 10 Professional  
CD/DVD-RW  
**NO WARRANTY**

Note: Mouse Pad not working, requires wire/wireless mouse. Needs a new battery. No power cord.

# 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](http://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](mailto:info@robinhillfarm.com)

### 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**

## PORTSMOUTH, NH PUBLIC HEARING ON UNMET NEEDS

**Date:** Wednesday, May 6, 2020  
**Time:** 1:00 pm – 2:30 pm  
**Location:** Krempels Center  
100 Campus Drive  
Movie Room, 2<sup>nd</sup> floor  
Portsmouth, New Hampshire

The Brain and Spinal Cord Injury Advisory Council is seeking input from stakeholders (survivors, family members, caregivers, friends, 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.

Please RSVP to Ellen Ederly at 603.834.9570 or e-mail address [Ellen@bianh.org](mailto:Ellen@bianh.org). Krempels Center will host an informational session about its services after the public hearing (2:30-3 p.m.), for additional information contact Sarah Lovell at [slovell@krepelscenter.org](mailto:slovell@krepelscenter.org).



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

→ **Are you a brain-injury survivor finding yourself in financial need?** ←

The *Brain Injury Community Support Program* provides short-term financial assistance for people living with brain injury, stroke, MS, or Huntington’s who meet BICSP eligibility requirements.

**Pending approval by the BICSP Review Committee, approved applicants may receive funding for requests up to \$2,000.**

Individuals currently supported through the Acquired Brain Disorder Waiver (ABD) may apply for financial assistance for dental needs only.

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, Respite, Therapies*



Assistive Technology

Medical/ Dental Work



Home Modifications

Therapies



Respite Care

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





## ***BRAIN MATTERS 2020***

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

### **April 29 - Brain Injury 101**

Jennifer Parent-Nichols, DPT, EdD, PCS, CBIS

Using typical brain function as a basis for understanding brain changes following neurologic injury, this introductory course serves as a basis for understanding challenges commonly experienced by individuals with brain injury. Learners will explore the science of brain injury and develop evidence-based strategies aimed at supporting recovery.

8:30 – 12:30 - Brain Injury Association of NH Office    **Cost - \$15 - Maximum of 10 attendees**

### **May 13 - 37<sup>th</sup> Annual Brain Injury & Stroke Conference at the Courtyard by Marriott, Concord**

### **June 16 - Brain Injury Fundamentals Training & Certification**

Erin Hall, MS, CBIST

Brain Injury Fundamentals is a new training and certificate program designed to address the unique needs and challenges of those who care for or encounter individuals with brain injury. This includes non-licensed direct care staff, facility staff, family members, first responders, and others in the community. The training will cover cognition, guidelines for interacting and building rapport, behaviors, medical complications, safe medication management and family coping strategies. At the completion of the training attendees must take and pass an online test in order to receive a certificate.

9:00 – 4:00 - Courtyard by Marriott, Concord - You must register by May 15<sup>th</sup> - No refunds or substitutions.

**Cost - \$175 – Maximum of 25 attendees (fee includes training, booklet, post test and lunch)**

### **September 21 - 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. 9:00 – 1:00 - Courtyard by Marriott, Concord    **Cost - \$30**

### **September 23 - Brain Injury 101 (see April 29 training for description)**

Jennifer Parent-Nichols, DPT, EdD, PCS, CBIS

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

**Cost - \$15 - Maximum of 10 attendees**

### **November 4 - Brain Injury 101 (see April 29 training for description)**

Jennifer Parent-Nichols, DPT, EdD, PCS, CBIS

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

**Cost - \$15 - Maximum of 10 attendees**

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



## FUNCTIONAL ACTIVITY LIMITATIONS AFTER TRAUMATIC BRAIN INJURY

*By Yelena Goldin, Ph.D., JFK Medical Center*

This article originally appeared in Volume 13, Issue 3 of *THE Challenge!*, the quarterly newsmagazine of the Brain Injury Association of America. Copies of the original issue can be downloaded at [www.biausa.org](http://www.biausa.org)



FK Johnson Rehabilitation Institute is one of 16 Traumatic Brain Injury Model Systems (TBIMS) Centers. Each center conducts independent research with the aim of providing new information that can improve the lives of people affected by moderate and severe traumatic brain injury (TBI). Today, our understanding of TBI is much better than it was several decades ago. However, we still have an insufficient understanding of how people's ability to engage in important daily-life activities is affected by TBI and how that changes throughout the course of recovery.

The TBIMS project at JFK Johnson aims to evaluate changes in one's ability to perform functional activities important for independent living after TBI. TBI affects everyone differently, and these differences can result in variability in an individual's ability to perform functional activities of daily living. Recovery of functional activities can occur over the course of days, months, or even years after injury. Different functions may recover at different

rates, and some functions may remain compromised or may even worsen, requiring specialized treatments. In order to develop and select the best treatments for each person, it is important to understand how the ability to perform activities changes over time. Of equal importance is determining and demonstrating that treatment at various stages of recovery helps individuals with TBI live in the community.

Our project aims to track longitudinal changes in functional activities during acute rehabilitation and through the first year of recovery in individuals with moderate and severe TBI. To address this, we are recruiting patients admitted to our inpatient brain trauma rehabilitation unit. We also study treatment-induced changes in functional activities in individuals with TBI receiving outpatient rehabilitation. This is achieved by enrolling individuals in specialized outpatient brain injury rehabilitation at our facility.



*Continued from page 17- FUNCTIONAL ACTIVITY LIMITATIONS AFTER TRAUMATIC BRAIN INJURY*

To evaluate limitations in functional activities, we are using the Activity Measure for Post-Acute Care (AM-PAC). The AM-PAC was developed for the longitudinal study of activity limitations across the rehabilitation continuum and allows continuous evaluation in both inpatient and community settings. This instrument measures activity limitations in three distinct functional domains: basic mobility (includes functions addressed by a physical therapist), daily activities (includes functions addressed by an occupational therapist), and applied cognition (includes functions addressed by a speech therapist and/or neuropsychologist).

The AM-PAC can be completed interchangeably by patients, therapists, or caregivers. It provides standard scores to help clinicians select interventions and track patient progress. Its functional stage grades also give patients and caregivers a concrete understanding of a person's level of independence and required assistance in various physical, cognitive, and daily-living activities. We recently conducted a preliminary data analysis on both our inpatient and outpatient samples. Our results show that individuals with TBI continue to make gains throughout their recovery. Among individuals receiving acute inpatient rehabilitation, patients improved from being significantly limited and largely dependent in all domains immediately after injury to being able to function in the community with various degrees of assistance by the time of discharge. When we followed them at six months and one year after injury, they reported slow but steady improvements and were overall functioning at a much higher level of independence. The greatest improvements were in their ability to perform functional daily-living activities. Patients receiving outpatient rehabilitation similarly demonstrated greater functional independence in all domains from before to after treatment.

Our preliminary results are encouraging. They demonstrate that comprehensive rehabilitation, both immediately after the injury and long term, is important in improving real-world functioning in individuals with TBI. In our study, patients regained functional independence, reduced their limitations in performing activities important for community living, and maintained these gains. To learn more about the Traumatic Brain Injury Model Systems research, visit [www.msctc.org/tbi/model-system-centers](http://www.msctc.org/tbi/model-system-centers).



Genesis 

**Lakes Region Brain Injury  
Support Group Kick Off Event  
Tuesday, April 7th, 6:00 pm—7:30 pm**

**BRAIN INJURY SUPPORT GROUP MISSION:**

To inspire those who are dealing with brain injuries in an open forum allowing for support and sharing of information.

**WHO:**

For anyone who has sustained a brain injury, their family, loved ones, friends and caregivers.

**ABOUT:**

This group meets on a monthly basis and will highlight various topics related to brain injuries and offer an opportunity of sharing experiences.

**OBJECTIVES:**

- ♦ To present monthly education topics and/or guest speakers
- ♦ To share and support one another for the mutual benefit of the entire group
- ♦ To identify programs, treatments and strategies for people with brain injuries

**LOCATION, DATE & TIME:**

Laconia Rehabilitation Center, Laconia, NH  
 Tuesday, April 7th 2020 6:00 pm — 7:30 pm  
 Tuesday, May 5th, 2020 6:00 pm — 7:30 pm  
 Tuesday, June 2nd, 2020 6:00 pm — 7:30 pm

Laconia Rehabilitation Center  
 175 Blueberry Lane  
 Laconia, NH

Light Refreshments Provided at Kick Off Event,  
 please RSVP at 603-834-9570

For any questions please contact:  
 Ellen Edgerly, Support Group Coordinator  
 Brain Injury Association of New Hampshire  
 603-834-9570 Ellen@bianh.org

**BRAIN INJURY ASSOCIATION OF  
NEW HAMPSHIRE**

**Invites you to join the Tricity Brain Injury  
Support Group & BEST BUY for a FREE  
Special Presentation:**

**“LET'S TALK TECH”**

**How today's technology can help with  
organization, memory, planning, & more!**

**WHERE:** Wentworth Homecare

9 Andrews way, Somersworth, NH

**WHEN:** Tuesday, June 16th @ 6:00 pm

**WHO:** Survivors, family, caregivers, & professionals

- Light refreshments will be served
- Public transportation available: [www.coastbus.org](http://www.coastbus.org)
- For more information contact:

**Ellen Edgerly/Community Organizer  
603-834-9570 ellen@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.





# SUPPORT GROUPS IN NEW HAMPSHIRE

(Times and places may change without notice – please call in advance)  
Revised March 2, 2020

## 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

**Laconia:** Lakes Region 1st Tuesday of the month; 6:00pm-7:30pm. Laconia Rehabilitation Center, 175 Blueberry Lane, Laconia  
Contact: BIANH Phone: (603) 225-8400

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

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

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

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

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

**Somersworth:** Tri-City: Start Up June 16, 2020, 3rd Tuesday of the Month, 6:00 pm – 7:30 pm, Wentworth Homecare, 9 Andrews Way, Somersworth, 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@krepelscenter.org  
Phone: (603) 570-2026, Ext. 24

## Concord: Caregivers Support Group – ON HOLD UNTIL FURTHER NOTICE

Concord: 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 even-numbered months (Feb, Apr, Jun, Aug, Oct, Dec), 10:00 - 11:30 am, DHMC Aging Resource Center, 46 Centerra Parkway, 2nd floor, Lebanon, NH.  
Contact: Shawna Malynowski, Phone: (603) 653-1117  
Contact: Sarah Braginetz, Phone: (603) 650-5104  
Contact: Aging Resource Center Phone: (603) 653-3460

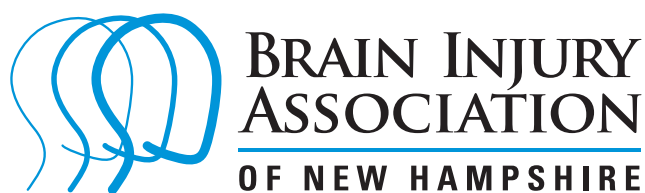
**Salem:** 1st Wednesday of the month, Northeast Rehab Hospital, Family Conf. Room, 70 Butler Street, Salem, NH  
Contact: Jessica Anderson Phone: (603) 893-2900 x3218



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Thank you to all our members and donors!  
 (This list reflects donations received from January 1, 2020 to present)

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