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

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HEADWAY

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Tips & Tools for Managing During the COVID-19 Pandemic

By Sarah Kilch Gaffney

In late 2019, we began hearing about a novel coronavirus, SARS-COV-2 (severe acute respiratory syndrome coronavirus 2), and the disease it causes, COVID-19. While coronaviruses are quite common, frequently causing colds and upper respiratory infections, the spread of COVID-19 has resulted in a global pandemic that has upturned nearly every aspect of our lives. Over the last six months, life as we know it has completely changed.

In an article published by Psychology Today in May 2020, Dr. Guy Winch notes the impact COVID-19 has had on our emotional health: “Social distancing, shutdowns, working-from-home, remote learning for school children, financial hardship, uncertainty about the future, not to mention the fundamental loss of our way of life are causing anxiety, stress, loneliness, interpersonal conflict, trauma, loss and grief. The viral pandemic has spawned a psychological one that is thrusting emotional health to the forefront of our global awareness.”¹ It is okay if things are hard right now, and it is okay if you are struggling. Now is the time for self-care, self-compassion, and finding tools and resources to make life more manageable.



Dr. John Crampton is a Concord-based clinician who has been providing psychological, neuropsychological, and behavioral services for over thirty years. He specializes in brain injury rehabilitation, post-traumatic stress disorder (PTSD), anger management, depression, attention deficit hyper-activity disorder (ADHD), and other life stressors. As the New Hampshire brain injury community continues to face challenges related to COVID-19, one of Dr. Crampton's biggest concerns is around isolation. Brain injury survivors and their caregivers already experience significant isolation under more normal circumstances, and the closure of community services, as well as resources like libraries, parks, and other public spaces, has exacerbated that issue.

According to Dr. Crampton, there are tools that everyone can use to help with feeling cut off from the world and to maintain a sense of normalcy and, most importantly, hope. Structure is key, he indicates. “Even if you don't necessarily have somewhere to be or something to do,” says Dr. Crampton, “get up, start the day, and keep a schedule.” Positive self-talk is also vital. “Our brains are hardwired to view things in our immediate environment through a negative lens. If you can catch those negative thoughts, challenge them, and put a positive spin on them, that can make a huge difference,” he says. This is where a positive

1 <https://www.psychologytoday.com/us/blog/the-squeaky-wheel/202005/the-pandemic-created-watershed-moment-emotional-health>

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PRESIDENT'S MESSAGE

by Robin Kenney, Ed.D., BIANH President



In early March, a small group of staff and board members from the BIANH gathered to discuss the growing threat of the coronavirus to our own clients, who are among the most vulnerable citizens in the state. That was to be our last face-to-face meeting. On March 11, the World Health Organization declared coronavirus a global pandemic, and on March 15, Governor Sununu announced a statewide shutdown and issued stay-at-home guidelines to our citizens. There were four identified cases of the virus in New Hampshire at that time.

Since then, our COVID-19 committee has continued to meet via Zoom and has broadened our membership to include service providers, advocates who interface with state agencies, and other stakeholders. From the outset, our intent was to gather all the information needed to protect our clients living in supervised residential settings, and inform our clients living with family or independently with case management assistance. Case managers reinforce with clients and their caregivers the basic best practices that have been issued by physicians and epidemiologists: Maintain appropriate social distance from others; handwash and disinfect surfaces frequently; wear face masks in public and personal protective equipment when necessary. This is how we 'flatten our curve' and drive down new case numbers, hospitalizations, and deaths.

I do want to commend Governor Sununu for acting early in closing our state and asking us to stay home

from work, school and public gatherings. His leadership has certainly been instrumental in keeping our numbers low in comparison with other states.

But as we begin to reopen through the spring and summer, education will continue to be our most powerful tool in fighting this disease and its unexpected turns that are emerging with new data every day. For example, while it was initially thought that COVID-19 was primarily a respiratory illness, it then began to present with circulatory failures (blood clots), and now, most recently, with significant neurological symptoms. Possible neuro symptoms, particularly apparent in patients with more severe forms of the virus, include the loss of taste and smell, dizziness, mental confusion, and even stroke. The BIANH will continue to monitor evolving symptoms of the disease based on new data, particularly those that threaten brain function.

To paraphrase an old saying, a crisis doesn't create character in people; it reveals character. Through my (largely electronic) travels over the past two months, I have been so impressed by the courage and dedication of the 'essential workers' of our field – the men and women who put their own health at risk by coming to work every day to support those living with brain injuries and other disabilities. You are an inspiration to all of us, and we cannot thank you enough for stepping up in this difficult time.

EXECUTIVE DIRECTOR'S MESSAGE

Difficulties in Adapting Telehealth for Brain Injury Care

by Steven D. Wade, BIANH Executive Director



The Coronavirus has fueled an explosive growth in the use of telehealth for medical care for all populations. Telehealth or telemedicine is now being used much more frequently to provide a broad array of services via video, telephone and email.

However recent experience has shown that persons with brain injury have greater difficulty in adapting to the delivery of telehealth care by counselors, therapists and others. In comparison to other populations, persons with brain injury respond much better to a "high touch" care delivery model rather than a virtual approach; often this is due to accessibility issues for persons with brain injury.

A key challenge for the Brain Injury Association in the "new normal" post-COVID world is, how can we

make telehealth work better for persons with brain injury? Medical professions using telehealth need to be aware of the difficulties in using this model of care for brain injury therapy. Moving forward, work needs to be done to determine how best to optimize telehealth to meet the needs of persons with brain injury and family caregivers.

We look forward to hearing from brain injury therapists in the state who have had success with telehealth. Specifically, how they have adapted telehealth to serve our population and the often unique challenges persons with brain injury deal with on a day-to-day basis.

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Continued from page 1- Tips & Tools for Managing During the COVID-19 Pandemic

mantra can be helpful. Mantras are repeated words or phrases that can be helpful in changing your mindset. “You can make any mantra your own,” says Dr. Crampton, but some ideas are, “Today will be a good day,” or “This will be over soon.” Dr. Crampton also recommends physical movement (even just a walk, stretching, or light yoga), taking a break from electronics and media, keeping a journal, and connecting with and caring for a pet as ways to reduce stress and take care of yourself.

The Mayo Clinic reminds us, “It is normal to feel stressed or overwhelmed during uncertain times. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged and, occasionally, out of control. Physical responses may include headache, muscle tension, fatigue and sleeplessness.”² If you are feeling overwhelmed by the impact COVID-19 has had on your life, there are many options to help.

Echoing Dr. Crampton’s suggestions, the Mayo Clinic provides a list of tips to help with physical and mental health during COVID-19. For physical health, some of their recommendations include eating a healthy, balanced diet; getting enough sleep; exercising every day; avoiding risky behaviors like abusing alcohol or drugs; and spending time outside while maintaining social distancing. Some of their recommendations for mental health include: maintaining a routine; focusing on things you can control; using technology to maintain connections with loved ones; focusing your thoughts on the present and things to be grateful for today; taking a break from news and social media if it increases your anxiety; and listening to music and reading books.³

Many options for resources and self-care have also shifted online, and in some cases are more accessible than they might have been previously. You can find free guided yoga and meditation practices online, and many counselors, therapists, and medical providers are offering their services remotely through telehealth. In addition, you can

² <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>

³ <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>



now access New Hampshire brain injury support group meetings online. While BIANH’s 13 regularly scheduled brain injury support groups have been suspended until further notice, Ellen Edgerly, BIANH’s Support Group Coordinator,



says that BIANH held successful virtual meetings this spring, and BIANH will continue hosting virtual brain injury support group meetings through the summer. On July 16, the meeting will feature speech pathologist Gina England as a guest speaker. The August 27 meeting will feature Dr. Robin Kenney. Both meetings will be held from 6:00 – 7:00 pm. If interested in participating in one of the virtual meetings, please reach out to Ellen at Ellen@bianh.org or (603) 834-9570.

As we all move forward, Dr. Crampton believes resiliency, something many brain injury survivors and caregivers already have experience with, is going to be important. “We don’t know what the new nor-

mal is going to be,” says Dr. Crampton, “but, like recovery from a brain injury, it’s likely to be slow and frustrating at times. This is uncharted territory, and navigating life during this pandemic is a testament to folks’ resiliency.” It is also okay to be grieving the loss of normalcy and the way life once was. “Years ago, we thought grief was linear,” says Dr. Crampton, “but we know now that grief responses are not linear at all. It may progress, stop, regress—two steps forward, one step back—but it is always moving forward slowly like a glacier.”

These are unprecedented times. According to Dr. Winch, “The psychological legacy of the pandemic will be with us for many years, even after life has returned to whatever our new normal will be. We would be wise to use this time to develop and improve our psychological self-care and to expand our acquisition of daily habits that maintain and enhance our emotional health.”⁴

If you find yourself struggling during these difficult times, please reach out for help. BIANH is available to assist with brain injury resources and supports by calling their helpline at (800) 773-8400. For mental and emotional health resources, the National Alliance on Mental Illness – NH (NAMI NH) can be reached at (800) 242-6264, and the National Suicide Prevention Lifeline can be reached at (800) 273-TALK (8255) for free and confidential support.

Brain injury survivors and caregivers are strong and resilient. Adjusting to a new normal is something they have done before and can do again. Together, the New Hampshire brain injury community will

get through whatever the coming days, weeks, and months may bring.

Sources/Citations

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⁴ <https://www.psychologytoday.com/us/blog/the-squeaky-wheel/202005/the-pandemic-created-watershed-moment-emotional-health>

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<https://bianh.salsalabs.org/37golf>

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PACKAGE 1 - Registration & Box Lunch

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1 Putting Contest entry

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PACKAGE 2 - Registration & Box Lunch

1 Cheat Bag

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15 Tickets for 50/50 Raffle

1 Putting Contest entry

\$180/person

For more information:

Renee Fistere - renee@bianh.org

603-225-8400

**Zoom Virtual
Caregiver's Conference Workshop
Wednesday, July 15, 2020
6:30 pm – 7:30 pm
Guest Presenter Gina Genest
“Caregivers Before You Hit Send”**

- ❖ **Have you ever received an email or experienced a situation that immediately struck your irritation chord?**



GINA GENEST is the founder of the Mindful Zone (www.themindful-zone.com) offering workshops that provide conscious and applicable strategies that contribute to powerful perspective shifts, positive outcomes, and most importantly - greater connection between parties when difficult and challenging conflicts arise in life.

For more information contact Ellen Edgerly, Coalition of Caring Planning Committee, Phone #603-834-9570 or e-mail Ellen@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>

SPOTLIGHT ON KREMPELS

Great Minds: Krempels Center Goes Virtual

By: Katie MacKinnon, Krempels Center

You wake up to an unfamiliar world. The activities you once were able to enjoy are now out of reach. You are unable to perform the responsibilities of your job, and have a difficult time remaining social with friends and loved ones. You find yourself sitting at home with minimal interaction and without direction.

This picture is a harsh reality for many as our society combats the spread of Coronavirus (COVID-19) through social distancing. However, this type of isolation is not new to those who have acquired a brain injury from trauma, stroke, or other causes. Survivors often experience a sudden and dramatic shift from their previous life due to challenges with cognitive, communication, and/or physical skills that lead to involuntary social distancing. Acquired brain injury survivors can lose essential relationships with friends and family members due to the unexpected and invisible aspects of the injury that can be too difficult for loved ones to adjust to.

Every nine seconds, someone in the United States sustains a brain injury. One of every 60 people in the United States lives with a traumatic brain injury (TBI)-related disability; and every day, 137 people die in the United States because of a TBI-related injury. These statistics from the Brain Injury Association of America are eye-opening to many, but not surprising to the team at Krempels Center who serve brain injury survivors in our community.

Here on the Seacoast, Krempels Center has improved the lives of people living with brain injury for 20 years by offering programs that engage its members in meaningful and productive experiences and provide ongoing support and resources to survivors and their families. Programs are typically hosted at the Community Campus in Portsmouth, providing members the opportunity to socialize while rebuilding the skills and confidence needed to participate in the greater community.

However, Krempels Center is currently closed to on-site services through the summer due to the ongoing Coronavirus (COVID-19) outbreak, with the hope that it can reopen in the fall. Krempels Center staff have been hard at work shifting to virtual programming, including reaching out to over 100 of its members directly to ensure they have the information they need and technical know-how to join the online meeting platform, which launched on March 23rd.

So far, the feedback has been overwhelmingly positive as Krempels Center members and staff make the most of these challenging times by shifting to a virtual offering, without warning and only a week to prepare.

“Words simply cannot express the gratitude I feel for all at Krempels Center who have worked so hard to connect with the members,” shared Diane Heselton, wife of Krempels Center member Don Heselton. “Don has not been able to engage himself in anything. I have been trying day and night to keep him busy, but nothing works. Then came [the online meeting platform]! He is so happy to see you all!”

“By continuing our program in this manner, we aim to minimize the isolation that brain injury survivors already experience and ensure our members are getting their basic needs met, in addition to all the typical impactful benefits of our program,”

said Lisa Couture, Krempels Center Executive Director. “As we continue to build on our success, we are presenting a full schedule on Monday, Wednesday, and Fridays, with more choices in group offerings, to mirror as closely as possible our model of social connection and skill-building support.”

Like everyone else in these uncertain times of social distancing and self-isolation to “flatten the curve” brain injury survivors want to be part of a community of people who share common experiences. This is where Krempels Center shines and will continue to do so as the Coronavirus (COVID-19) outbreak unfolds.

Krempels Center’s mission is to improve the lives of adults living with acquired brain injury. Established in 2000, Krempels Center has built a reputation for offering high-quality, therapeutic programs for brain injury survivors. Located at the Community Campus in Portsmouth, NH, the Center is unique to the seacoast; in fact, it is the only service of its kind in New Hampshire, and only one of a few in the country.

Brain injury survivors often experience difficulty returning to their previous roles at work, home, and in the community. Krempels Center offers opportunities for social connection, skill building, and exploration of new life interests to improve quality of life following brain injury. In this vibrant learning community, survivors heal through shared experiences, peer support, and therapeutic programming. Research in partnership with the University of New Hampshire has shown Krempels Center members have higher quality of life, lower stress, and stronger social connectedness than typical brain injury survivors.

Visit www.krempelscenter.org to find out more about Krempels Center.



Krempels Center launched its virtual program on March 23rd in response to the social distancing restrictions. Pictured are Krempels Center staff and members during an online community meeting.

NCIL HAPPENINGS DURING COVID!

“UNPRECEDENTED” – Adjective: Never done or known before or experienced. Without previous instance; unexampled, unparalleled.

Yes, the above definitions are so true that we have never experienced anything such as COVID-19 during our lifetime. We at NCIL took early steps and precautions for safety, sanitization, and securing the necessary PPE. Many of these acronyms are new to us and now have become language that we use regularly.

In the beginning of this pandemic the management team at NCIL met daily for developing protocols, procedures, securing PPE and quelling the fears of residents and employees alike. A new way of protecting the residents and doing business developed quickly and efficiently. Before PPE was available, masks were made, hand sanitizer was purchased from Flag Hill Distillery, and purchase orders were placed for paper products. We moved quickly to inform staff of the “new normal” interacting with the residents, staying within the residences, monitoring any type of possible irregularity whatsoever.

The next development was to strategize for activities within the residences. NCIL is not accustomed to “stay at home” as the residents are so continually active in the community. The volunteering with Meals on Wheels ended, employment put on hold, and so many other community-based activities came to a grinding halt. Creativity began with board games, puzzles, word games, card games, arts and crafts, pizza nights, movie nights, and social skills activities. When the weather changed seasonably, the walks began, hikes with social distancing, picnics, and outdoor games.

NCIL residents and staff are looking forward to the “Virtual Walk by the Sea or Virtually Anywhere” to benefit the Brain Injury Association of New Hampshire. It is a vastly different year in that we have not had the annual Shannon Door Pub pizza fundraiser that everyone anticipates every spring. We hope that next year will be much different than this. Stay safe, practice social distancing, and take care of yourself!




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INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



NAVIGATING THE GLOBAL PANDEMIC

Life certainly has changed a lot since the last issue of HEADWAY came out. A few months ago, terms like social distancing, PPE, and coronavirus were unfamiliar to most of us. It feels like over the span of a couple of short months, all that we knew, and some of the most comforting rituals of humanity have been ripped away from us by an unseen enemy.

No longer can we give someone a hug if our paths happen to cross. A hale and hearty handshake to a good friend? If your skin just crawled a bit at the very thought of it, you are not alone. For anyone with a heartbeat, life has become difficult. But add having a brain injury to the mix, and it can be downright terrifying.

Over the last decade since my own traumatic brain injury, I have seen incremental gains year-over-year without exception. Some years saw bigger gains than others, but every year ended better than the year before. In my fourth year post-injury, I regained the ability to read again. I should qualify that a bit: I was able to read pretty much all along, what I had lost was the ability to retain what I read. This rendered reading essentially useless. In my seventh year, I resumed work again on a full-time basis as a web developer and internet marketer. That was a real breakthrough year. Not only was it good for the family budget, but it helped my self-esteem in ways I never saw coming.

Close to halfway through my tenth year as a survivor, the pandemic roared into all of our lives like a freight train. And for the first time since I can remember, it feels like I have taken a few pretty big steps backwards.

I have been dancing the one-two step dance with my brain injury for long enough to know that the path to recovery is not linear. There have always been ups and downs. I've known for several years that stress acts like Miracle-Gro on my brain injury symptoms. Add a little stress, and my symptoms get a little worse. Add a lot of stress, and my challenges get a lot worse. Add the unfathomable stress that comes with life today, and you can easily predict the outcome.

A few weeks ago, my wife Sarah called me out on it. "Right now, it feels a lot like life right after your injury," she said one day, absolutely flooring me. I already knew that I was struggling, but I did my best to keep it to myself, thinking that it would eventually pass. Sarah, knowing me better than anyone, knew

that things were getting hard for me. Word finding challenges came back with a vengeance. Worse still, I could not seem to keep things in my head for very long, asking Sarah the same question a few times in quick succession.

While my degree of concern is pretty low, as I know that stress is the cause of this backsliding, my frustration is high. That inner voice says to me that I should be doing better. It tells me that enough time has passed where this should no longer be an issue. That inner narrative gets old after a while.

As we move through these uncertain times, most evidence points to the fact that life is going to be like this for a while. There is no quick fix or magic bullet to quickly correct a global pandemic. The question that I have been trying to reconcile is this: How do I, as a brain injury survivor and fellow member of humanity, continue to move forward living a meaningful life, maintain my own emotional balance, and continue to help others.

I am essentially defining a new roadmap for my life. Here are a few things that I've found to be invaluable:

- At least twice a day, I make it a point to have a phone conversation with someone outside our home. Sometimes it's a check-in call with someone that I've not spoken to in a while, and at other times, I'll have a conversation with a friend that I can no longer see face-to-face. Isolation is not good for survivors, and this small daily effort helps to stave off isolation.
- Contact with others within the survivor community has been instrumental in my recovery. With all face-to-face support groups now cancelled indefinitely, I've made it a point to attend our statewide virtual support groups. Just "being" in the presence of others who share my fate is comforting.
- Lastly, I am continuing to apply mindfulness to my life. I remind myself that my life is lived in daily increments. I need only look at my feet and take care of what's right in front of me. The future can be a scary place for any of us – a place I have no business in. If I do my best to try to simply live "in the moment," I do alright.

None of us saw this coming and life today has changed so dramatically, that it can be mind-numbing. But humanity has seen tough times before and we'll come out the other side of this – stronger and wiser than before. Of this, I am quite certain.

DISABILITY RIGHTS CENTER



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

64 N. Main St., Suite 2, Concord, NH 03301-4913 • advocacy@drcnh.org • drcnh.org • (603) 228-0432 • (800) 834-1721 voice or TTY • FAX: (603) 225-2077

COVID-19 UPDATES

DRC-NH is open during this crisis and welcomes calls from people with all types of disabilities on legal issues related to disability and COVID-19.

People with disabilities are vulnerable to the impacts of COVID-19 as many have fragile health situations, receive school-based supports and services, depend on direct care staff for support with activities of daily living, and live in congregate settings where the risk of exposure is greater. However, even in a crisis, people with disabilities have the right to live, work, learn, and access their community without discrimination.

Increased Accessibility for People with Disabilities

Many have been closely following the State's response to the public health crisis including Governor Sununu's COVID-19 press conferences. Since the state began holding these press conferences back in March, the Governor and other state leaders have consistently appeared alongside sign language interpreters.

DRC-NH recently worked with the Governor's office and is pleased to share that Governor Sununu is committed to releasing accessible transcripts of COVID-19 related press conferences. On May 18 transcripts were posted online following each conference. Transcripts are available available at <https://www.governor.nh.gov/news-and-media?category=Transcripts>. The availability of these press conference transcripts will benefit people with and without disabilities across the state.

Special Education Rights

Children with disabilities are among the most vulnerable students in the COVID-19 public health crisis. Students with disabilities across the state have missed significant instructional time as well as related services such as counseling, speech language, occupational, and other therapies. Many schools closed earlier than scheduled. Access to extended school year services (ESY) remains uncertain for some students and some schools have not yet begun discussing compensatory educational services.

Recently, Governor Sununu sought to ensure that these students receive the special education services and supports they require and are entitled to under federal and state law. Through the issuance of Emergency Order #48, the Governor recognized that schools cannot delay efforts to meet the educational needs of children with disabilities and that parents must be included in the process of determining the instruction and special education services their children require to receive an appropriate education and make

meaningful progress on their Individualized Education Program (IEP) goals.

Executive Order #48 provides reasonable deadlines for schools to meet with parents and determine what ESY services and compensatory education services students with disabilities require to prevent regression and make-up services and supports children with disabilities require to receive an appropriate education. In addition, the order makes it clear that schools must comply with evaluation timelines, while allowing some flexibility for schools to obtain information needed so that students can receive the services and supports they need.


Schools should begin holding meetings with parents, conducting necessary evaluations, and providing services as soon as possible, including in person services individually or in small groups.

Children with disabilities are entitled, by law, to have IEPs that are individualized and designed to meet their unique needs. Although some students with disabilities have benefited from the remote instruction/remote support model, many have been left behind and have regressed. Executive Order #48 recognizes that one-size-fits-all solutions are not appropriate for students with disabilities and calls schools to act accordingly.

If you are not able to get the services that your child needs, you can call DRC-NH for help at (603) 228-0432.

Related Resources

Special Education and COVID-19 Webinar: Watch the replay here
Parent Information Center: COVID-19 and Special Education What NH Families Need To Know




“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 CARF, 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.



WALK BY THE SEA - A VIRTUAL WALK DUE TO COVID-19

Wow!!! I am amazed and humbled by the outpouring of support we received from our friends in the Brain Injury community for this year's *Walk by the Sea or Virtually Anywhere* event. Although you couldn't all be together you certainly came together. Thank you to everyone who donated, sponsored, walked and sent in your photographs or videos.

As a community of brain injury survivors, providers, family members and supporters we know the importance of being able to adapt. Although the pandemic made having an in-person walk at Hampton Beach impossible, we were ready to regroup, reinvent and make it happen virtually. This year's Walk was a weeklong event that began on June 1. It gave everyone the opportunity to choose how and where they wanted to participate and the best day to do it. Many walked, some ran and others worked out. For once the weather didn't matter. What mattered was that people chose to still participate in some way and on whatever day worked best.

Once again teams competed for bragging rights in the categories of most original name and most pledge dollars turned in by the last day of the walk.

And the winners are....

This year the most original team name went to Sandra Wilson's *Train of Thought*.

The top three teams that raised the most money were:

Team Lisa Martin – Lisa Martin \$1680

B3 - Beautiful, Brilliant, Bruised Brains – Elizabeth Landry \$1590

Team 891 – Barbara King \$995

Thank you to all of our team captains, team members, and individuals who worked so hard to help us raise awareness and pledge dollars this year.

A special thank you goes out to our Sponsors:



If you haven't done so already, be sure to visit our Facebook page to check out the great photos and videos from this year's Walk at:

<https://www.facebook.com/donate/283079259394653/> Or go to <https://bianh.org/wbts>

Forgot to donate? It's not too late. Just go to <https://bianh.salsalabs.org/202wbts/index.html>



MEET THE ARTIST: CHARLENE “MISSY” FELLOWS, JEWELRY DESIGNER

Interview by: Rosalie Johnson

Photos by: Missy Fellows

Attempting to interview Missy followed a long convoluted route. Due to unplanned life's happenings, dates had to be changed and with winter weather approaching, it was thought that a spring date would be safer. Foiled yet again! COVID-19 arrived along with self isolation and shelter in place restrictions as the risk of contracting the virus became too serious. Artists are normally interviewed in a setting that showcases their creative workspace along with examples of their art. Impossible now. Thankfully we were able to handle our interviews using the technology available.

What an adventurous life Missy has lived! Growing up in Alexandria, NH, you might have found her out in the woods whittling. Missy was very athletic and also loved to climb, swim, ski, and ride horses. She always loved the outdoors along with arts, crafts, and animals. “All through my life I have been creative with my hands,” Missy shared.

During her sophomore through senior high school year, Missy was able to attend and board at High Mowing School, a school for the arts, in Wilton, NH. There she was able to expand on her many talents through the large selection of art classes they offered. She attended shop classes and learned how to build. While on the carpentry crew she used wooden pegs instead of nails. With her love for heights she even tried working on roofs. She also learned to weave, and loved it. She tried pottery, but didn't care for that quite so much.

Missy always had a love for trucks, and she longed to drive a logging truck. When she was 21, she attended Tractor Trailer Driving School. She did stints hauling milk and other types of loads. She also helped haul New England Granite to Houston, Texas, stopped in Oklahoma to pick up rough pink granite from the quarries, and returned to New Hampshire. On some trips her Dalmatian “Chump” would travel with her. Her name “Missy” was even written on the cab door of her rig.

Married March 1, 1986, she and her husband Bob were able to fulfill another dream. There were three animals she always had an extra fondness for: monkeys, elephants, and wolves. Bob and Missy were able to add “Sam” a hybrid wolf to their home. Sam was 75% Timber Wolf and 25% Malamute. The three of them would drive to Concord to take part in wolf studies and learn to read Sam's body language. Being such a knowledgeable and patient teacher, Missy was able to take Sam to visit schools and group homes.

In 2003 Missy was involved in a motor vehicle accident when the driver of another car ran a red light. She lost consciousness at the scene, which led to her having a post traumatic brain injury, as well as other life-changing injuries. Missy was sent home to slowly recover but her world had changed forever. She developed severe problems with speech and balance, and ironically developed a fear of people and animals. At that time, a friend of her mother gave them contact information to the Brain Injury Association of New Hampshire where Missy entered into the Connections Program. Her love of photography was encouraged through this program. “I loved taking photos and they selected one to be published in the 2006 calendar, and two were published in the 2007 BIANH calendar!” Missy shared.

Listening to books on Kindle and working on computer programs also helped her recovery. Missy said, “It was like having an unsteady new life

in an old body but everyone around you expects you to be the same.” She tried to maintain her positive attitude through humor.

In 2014 Missy started making bracelets. She had been working on fine beading and beaded earrings but discovered

that she loved creating jewelry with metal. She slowly started teaching herself how to bend metal into bracelets and rings. She tried working from manuals but found she had difficulties following the elaborate directions.

As her metal working talent developed, so did her need for space in her workshop. Bob built her work tables with shelves and storage spaces. With her tools and equipment within easy reach, Missy could focus on her work. She uses equipment like a ring press, a 3 ton press, and a 3 ton Arbor Press! “I can sit in my chair and pull out the wire I need when making bracelets of 10 and 8 gauge bare copper wire. I have 100 foot rolls of copper wire from Home Depot.” She adds, “I always wear safety glasses when working.”

One line of her jewelry is made from repurposed flatware. “The rings and bracelets are made from silver plated silverware, which is quite involved. I have to cut the metal, then grind the sharp parts, then they go into the press, and I drill any holes needed next. The fun is turning the piece as it goes around a metal spindle and creates a ring!” she explains. Including many different accents like stones, wires, glass, there are even whimsical pieces, like dragons, added to her one-of-a-kind pieces.

She forms bracelets from swirls and twists creating shells and butterflies out of bended metal and sterling silver wire. Accents such as old beads and abalone shells make each piece unique. Missy said, “I have fun with unusual designs in my bracelets. Stainless steel is extremely difficult to maneuver for me; it is a hard metal. I like to play with the wire so the beads move.”

Working with polymer clay, Missy designs bracelets and other pieces with lunar faces. The unique pieces are made into windcatchers and wall hangings. She imprints inspirational sayings and words into them. They are beautiful spiraling in a breeze and casting reflections as their crystal embellishments reflect the sun!

Missy finds her most creative time between 1:00 and 3:00 AM. She twists the wire with pliers and uses a hammer and anvil to pound flat or texture the metals. One day a neighbor asked what she was pounding on in the night; and now Missy saves the pounding for the daytime!

“Working with metal is soothing and relaxes me. I love to create. Often when I pick up the metals, I feel their essences or spirits -- they tell me how they wish to be. I am like their applier. It is a fun partnership.” The words of a true artist, Missy.

In 2019 Missy was involved in a second car accident where her past TBI was again noted. Her expressed emotions appeared in the opposition; she would cry instead of laugh and laugh at inappropriate times. Her wonderful new German Shepard, “Aura” sensed and understood her needs. Over time Missy was treated by a trauma specialist, had speech and cognitive therapy, along with many other therapies. Her many wonderful friends took turns driving her to therapies when Bob had to work. Due to COVID-19 precaution, her ongoing therapies were stopped in March.

For more information on Missy's creations, she may be reached by contacting BIANH.



OVERDOSE AND BRAIN INJURY

The SUD/Brain Injury & Mental Health Interagency Task Force, which includes representatives from the TBI (Traumatic Brain Injury) and substance misuse treatment, government and health care communities, met via Zoom on June 2nd to discuss projects to raise awareness about the connection between brain injury and SUD (Substance Use Disorder). Current initiatives include:

- SUD/Brain Injury flyer (see related item) that will be included in 700 opioid overdose kits for select NH families. Contact: Laurie Warnock, MPH, EMT, Program Coordinator for the First Responder Opioid Training and Outreach program of the NH Dept. of Safety, laurie.warnock@dos.nh.gov.

-Emergency Dept. Screening Tools. Much of the leading work on this topic has been done by Dr. John Corrigan of Ohio State, who will speak at a task force meeting later this summer.

-Outreach to youth. The task force will work with Lisa Hayward of the Bureau of Student Wellness for the NH Department of Education on a dedicated section of the DOE website that will include information and resources on brain injury.

Overdose and Brain Injury

Little known facts: In an overdose situation, if your brain has been deprived of oxygen for 3 minutes or more, there is a chance you have sustained a brain injury – which could affect your recovery plan going forward. The more overdoses you experience, the more likely you are to sustain a brain injury. This type of brain injury is often referred to as an anoxic brain injury.

When an opioid enters the brain, it affects many different parts.

Too much opioid can affect the brain stem, which controls some things our bodies do automatically like breathing and swallowing. An opioid overdose can slow your breathing or even stop it all together. This can cause a brain injury, especially if you have overdosed more than once.



A brain injury can range from minor to severe.

Here are some signs of a brain injury:

- Difficulty remembering things
- Difficulty concentrating, learning, and understanding new information
- Increased depression, anxiety, and mood swings
- Feeling overly tired
- Having frequent headaches, changes in vision and/or coordination

Did you know people who sustain a brain injury during an overdose will likely need a different treatment plan in recovery? Their cognitive functions have changed; they may no longer be able to respond the same way they did before the brain injury.

We are seeing a significant increase in brain injuries among people who overdose – a “silent epidemic.” The Brain Injury Association of New Hampshire is a resource for help.

Do you think that you or someone you know may be living with an anoxic brain injury from surviving an overdose?

If you have had an overdose and are noticing any of the symptoms, talk to your doctor as soon as possible for an evaluation, and talk with your counselor or recovery coach about it.

If you or someone close to you uses opioids

You are not alone and you can find help!

- Carry naloxone and never use opioids alone.
- Stagger use with a friend, never share works.
- Know the signs of an overdose and know how to use your naloxone.
- Learn rescue breathing and carry a rescue breathing mask so you can help someone who is overdosing.

Make sure someone who has survived an overdose is seen by a doctor as soon as possible.

You can get free naloxone at your local Recovery Center, at your local Doorway, or through the mail.

www.nhrecoveryhub.org/naloxone-narcan-in-nh
www.thedoorway.nh.gov/avoid-overdose
www.naloxoneforall.org/newhampshire

BIANH - 52 Pleasant Street - Concord, NH 03301
 (603) 225-8400 or Helpline (800) 773-8400
www.bianh.org



"Beauties" Bowling for Brain Injury

Hosted by
Brooke Mills,
Miss Inman 2020



These are unprecedented times and difficult decisions are being made regarding future scheduled events for the fall. We feel it is unfortunate but a necessary decision to cancel the September 2020 *Beauties Bowling for Brain Injury Fundraiser* at Boutwell's Bowling Center in Concord.

We would ask that you still please consider a donation to BIANH which can be made at:
www.bianh.org/donate

Thank you for all of the support and enthusiasm we have received over the past seven years. We look forward to seeing our bowlers back in 2021!

Thank you!
Stephanie and Brooke

2020 14th Annual Caregiver's Conference CANCELLATION

Due to potential COVID-19 risks and uncertainties, the Coalition of Caring Planning Committee has made the difficult decision to cancel the 14th Annual Statewide Caregiver's Conference that was scheduled for Tuesday, November 17, 2020.

Although we are disappointed in having to do so, we know that it is in the best interest of our Caregivers, the susceptible individuals who are cared for, our exhibitors, presenters, therapists, and volunteers.

In place of this year's conference, virtual Caregiver's Conference workshops will be offered to Caregivers throughout the year.

For additional information on the workshops, please email Ellen Edgerly at Ellen@bianh.org or call at 603-496-0475.

For more information contact Ellen Edgerly, Coalition of Caring, Phone 603-834-9570 or e-mail Ellen@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>**

COMPUTERS AVAILABLE THROUGH BIANH

These 4 computers and monitors are available at BIANH. 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

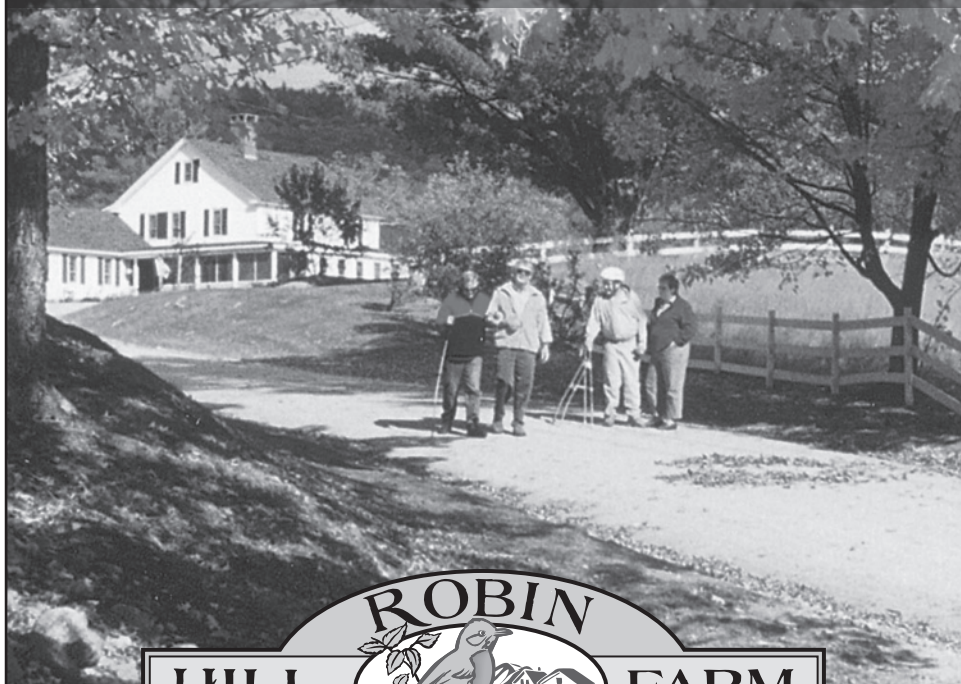
Intel Pentium Dual Core
2.20 GHz
3 GB RAM Memory
150 GB Hard Drive
Windows 10 Professional
CD/DVD-RW

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

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- Supported Apartment Programs
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Clubhouse Planning Updates

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.

With the current COVID-19 pandemic, we are not considered an "essential business" according to the Governor's Task Force, and therefore, have not found a place for the Clubhouse for individuals living with brain injury.

So what can we do? We have been looking for the most knowledgeable and experienced clubhouse directors available. We have consulted with specific medical professional concerning treatment plans, vaccines, and testing. This is what we have heard: planning for the second clubhouse is presently a victim of infection from coronavirus and a recuperation period will be needed. It is impossible to determine at this time how long the recovery process will take, but we are optimistic and hopeful that the concept has not died and will not die, but rather will have to be tended carefully and brought along until such time as the environment improves, a clubhouse vaccine is developed, and people are able to come together to join together in creating something new and exciting for survivors in New Hampshire.

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

SUPPORTING OUR PEOPLE DURING THE COVID-19 EPIDEMIC

On behalf of the Brain Injury Association of New Hampshire, we are pleased to offer a financial assistance program specifically focused on individuals/families who are struggling with the effects of COVID – 19.

A one-time fund of \$500 per family will be made available to brain injury survivors and family members who are struggling in the aftermath of the pandemic. These funds could be used for things like purchasing food, paying rent, utilities or for other household needs for individuals who are laid off, furloughed, or otherwise out of work. However, there are no restrictions on what may be requested except that it must be related to situations people are dealing with as a result of the pandemic.

Examples of what the financial assistance may be used for include (but are not limited to):

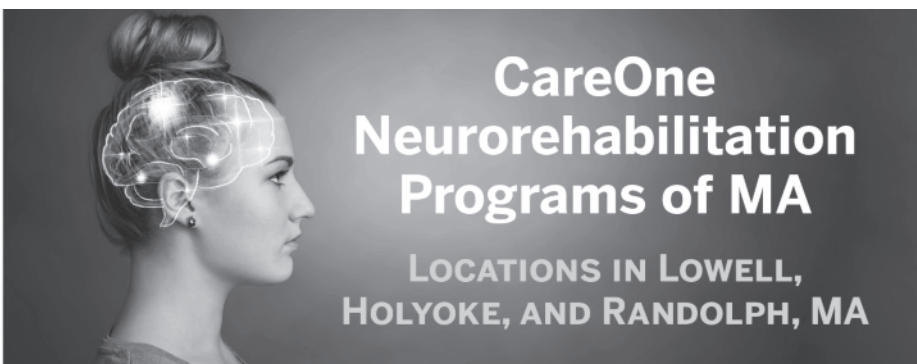
- Purchasing food, paying rent or utilities, etc. for those who are laid off, furloughed, or otherwise out of work.
- Securing Wi-Fi or Internet services so that interpersonal connections can be maintained.
- Purchasing equipment for a computer, such as a microphone or camera, so that video conferencing capability is established.

In order to apply, please:

- Complete a brief application that can be found at www.bianh.org. In addition please complete no more than a one page description about the following questions:
- What happened/how did you receive your brain injury?
- What type of assistance do you need and how will the funding assist you?
- If we are not acquainted with you, you will need to provide medical documentation of your brain injury.
- On the application, we will ask you: What do you need that will help make the situation better?
- You may email the initial request mail@bianh.org, but we also ask you to mail a written or typed copy with your signature on it to BIANH, 52 Pleasant St., Concord, NH 03301.
- Tell us who the check should be made out to and in what amount. CALL us at 225-8400 if you have questions or need assistance!

Policies:

- The Association reserves the right to verify any facts or statements made in the initial letter. The applicant will cooperate with same, including signing releases if so requested.
- Every effort will be made to review/reply to requests within seven business days, and checks, if approved, to be issued within 10 business days.
- Checks will only be issued directly to grocery stores, landlords, utilities, etc., not to individuals.
- The Association reserves the right to approve or disapprove any requests. If approved, BIANH will provide an amount up to but not greater than the requested amount based upon available funding.
- This program provides one-time assistance.
- Individuals receiving services under a Community Care Waiver are not eligible.



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- Community re-entry and life skills development
- Cognitive rehabilitation
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For more information


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nspencer@care-one.com

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ma.care-one.com/services/neurobehavioral-rehabilitation



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- Anxiety Disorders
- Pain Management
- Determining drug or supplement regimen efficacy
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- Developmental Disorders
- Attention and Concentration Issues
- Learning Disabilities




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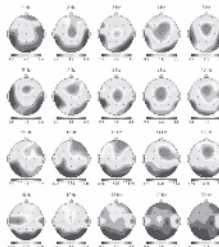
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Contact Information
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contact@myneurva.com
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TIPS FOR PARENTS, GUARDIANS, AND KIDS

BICYCLE SAFETY

Bicycling is fun, healthy, and a great family activity. But a bicycle isn't a toy; it's a vehicle!

Some bike crashes can cause serious injuries and most are related to the behavior of you (the bicyclist) or the motorist. There are a number of things you can do to prevent a crash, and protect your brain if a crash occurs.

Safe Riding Tips

Before riding, make sure you, your family, and the bicycles are ready to ride. Be a "Roll Model" for other adults and children.

Remember to:

- **Wear a Bicycle Helmet.** Everyone – at every age – should wear bicycle helmets. For more guidance on fitting a helmet, see the National Highway Traffic Safety Administration's *Fitting Your Bike Helmet*.
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between the rider and the top tube (bar) if using a road bike and 3 to 4 inches if using a mountain bike. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that the brakes work.
- **See and Be Seen.** Whether daytime, dawn, dusk, bad weather, or at night, make yourself visible to others. Wear neon, fluorescent or other bright colors when riding, to be most easily seen. Wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Control the Bicycle.** Ride with two hands on the handlebars, except when signaling a turn. Place books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Look for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash.
- **Use Verbal and Non-Verbal Communication.** This includes eye contact with drivers, turn signals, pointing to road hazards for bicyclists behind you, and stating "passing on your left," or "on your left."
- **Avoid Riding at Night.** It's hard for road users to see bicyclists at dusk, dawn, and nighttime. Use reflectors on the front and rear of your bicycle. White lights and red rear reflectors or lights are required by law in all States.



Rules of the Road - Bicycling on the Road

In all States, bicycles on the roadway are considered vehicles, and bicyclists are the drivers, with the same rights and responsibilities as motorists to follow the rules of the road. When riding, always:

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're the driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **Yield to Traffic.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. Yield to pedestrians in a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes and ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronics when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Where to Ride Safely

- **Use bike lanes or bike paths, if available.**
 - While bicycles are allowed on many roads, riders may feel safer being separated from traffic. A lane or path is a safer choice than riding on a sidewalk.
 - Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic.
 - Sidewalk riding puts you at risk for crashes at driveways and intersections.
- **Children younger than 10 years old are not consistently able to make the decisions necessary to safely ride unsupervised in the street.** Therefore, they are safer riding away from traffic.
- **For anyone riding on a sidewalk:**
 - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
 - Watch for vehicles coming out of or turning into driveways.
 - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - Enter a street at a corner and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.



DOT HS 811 557
January 2013

For more information on bicycle safety, visit the NHTSA Web site at: www.nhtsa.gov/Bicycles.

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TIPS FOR YOUTH

BIKE SAFETY

Biking is fun, healthy, and a great way to get around and be independent. But your bike is a vehicle, not a toy!

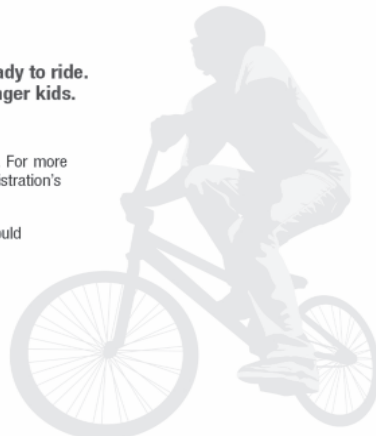
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Safe Riding Tips

Before riding, make sure you and your bike are ready to ride. You can be a "Roll Model" for your peers and younger kids.

Remember to:

- **Wear a Bike Helmet.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration's *Fitting Your Bike Helmet*.
- **Adjust Your Bike to Fit.** Stand over your bike. There should be 1 to 2 inches between the rider and the top tube (bar) if using a road bike and 3 to 4 inches if using a mountain bicycle. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
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- **Control Your Bike.** Ride with two hands on the handlebars unless signaling a turn. Place books and other items in a bike carrier or backpack.
- **Watch for and Avoid Road Hazards.** Look for hazards that may make you crash, such as potholes, broken glass, gravel, puddles, leaves, and dogs.
- **Use Verbal and Non-Verbal Communication.** This includes eye contact with drivers, turn signals, pointing to road hazards for bicyclists behind you, and stating "passing on your left," or "on your left."
- **Avoid Riding at Night.** It's harder for other road users to see bicyclists at dusk, dawn or nighttime. Use reflectors on the front and rear of the bike. White lights and red rear reflectors or lights are required by law in all States.



Rules for Biking on the Road

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- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes AND ears. Look for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronic devices when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

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 - While bicycles are allowed on many roads, riders may feel safer being separated from traffic. A lane or path is a safer choice than riding on a sidewalk.
 - Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic.
 - Sidewalk riding puts you at risk for crashes at driveways and intersections.
- **If you don't know the rules of the road, or your parents feel like you aren't ready to ride on the street, avoid riding your bike near traffic altogether.**
- **For anyone riding on a sidewalk:**
 - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
 - Watch for vehicles coming out of or turning into driveways.
 - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - Enter a street at a corner and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.



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9300e-011813-v2a

NEWS FROM SEACOAST BRAIN INJURY SUPPORT GROUP

By Rosalie Johnson

COVID-19 -- The virus that put fear in our hearts and changed our lives. The virus that caused a suspension of our Support Groups throughout the state -- activities that were so near and dear to me and to many others. For some survivors and their families, it is the one day a month that they were able to connect with their peers.

This will be the first time in about 25 years that the Seacoast Brain Injury Support Group members will miss their annual cookout at Great Island Commons in New Castle, NH. It has been postponed in the past, but never canceled. Lil Cherron started the tradition and it has been the annual start of the summer for many of us. It was the way to connect with each other and enjoy the fresh sea breeze; some years it was downright bone chilling but that made it even more memorable! There have been years where a flash rain shower would blow through, followed by single and double rainbows; and then there was also the wonderful flavor of the hamburgers and hot dogs cooked on the charcoal grill. The additional potluck dishes provided by all those attending made for full bellies, followed by leisurely strolls along the waterfront.

As we look to the future, we are finding new ways to stay in touch with those we miss. Technology is an evolving tool that many of us are learning whether we want to or not. We can find many TBI Blogs online and on Facebook. BIANH offers ZOOM Virtual Brain Injury Support Group Meetings with guest speakers and a Virtual Survivor Support Group Meeting. It is a small way in which to see the faces of many people we miss.

I look forward to when our in-person support groups resume. When that day comes, I hope to combine a little piece from each group that we missed and have a grand "Welcome back!"



BRAIN AND SPINAL CORD INJURY ADVISORY COUNCIL (BSCIAC) SURVIVOR SURVEY

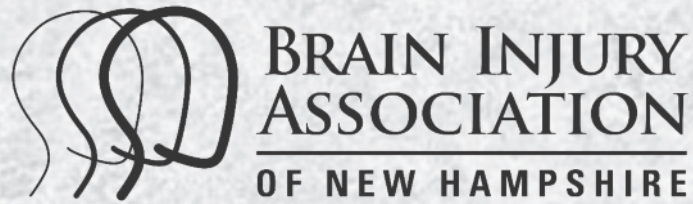
by James Piet, BSCIAC Chair

The Brain and Spinal Cord Injury Advisory Council is charged pursuant to RSA 137:K with investigating the unmet needs of individuals with brain and spinal cord injuries through two public hearings held each year. This valuable information is compiled into an annual report which will be sent to the Governor, the Speaker of the House, the Senate President, the Commissioner of Health and Human Services and other stakeholders.

Since we are unable to hold the first of the two annual public hearings due to COVID-19, a survey will take the place of the public hearing.

Surveys have been mailed to individuals with brain injuries listed on the BIANH database. If you have not received, please complete the survey online at <https://www.surveymonkey.com/r/MNBTJ2W>.

Thank you for taking the time to complete this important survey. If you have any questions or concerns, please contact Ellen Edgerly at (603)834-9570 or ellenedge@bianh.org.



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
Email: scn@bianh.org

SUPPORT GROUPS IN NEW HAMPSHIRE

(Times and places may change without notice – please call in advance)
Revised May 19, 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: Currently suspended; for more information, call Laura. 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:

BIANH Brain Injury Support Groups are holding Zoom/Virtual meetings until further notice; please note the information below:

Scheduled Virtual Presenter Support Group Meetings, 6:00 pm – 7:00 pm
- Thursday, July 16, 2020, Gina England, Speech Pathologist
- Thursday, August 27, 2020, Dr. Robin Kenney, Neuropsychologist

Scheduled Virtual Survivor Support Group Meetings, 6:00 pm – 7:00 pm
- Thursday, June 25, 2020, informal, introductions, topic discussion
- Thursday, July 30, 2020, informal, introductions, topic discussion
- Thursday, August 13, 2020, informal, introductions, topic discussion

For additional information, contact Ellen@bianh.org or visit www.bianh.org

CAREGIVERS SUPPORT GROUP (CAREGIVERS ONLY):

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: **Currently suspended; for more information call BIANH,** Northeast Rehab Hospital,
Reception will direct you to the room, Salem, NH
Contact: BIANH Phone: (603) 225-8400

STROKE AND BRAIN INJURY:

Dover: **Expected to restart in June; Call Lindsey.**

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

2020 MEMBERS AND DONORS

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

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 ASSOCIATION**
 OF NEW HAMPSHIRE

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