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THE VOICE OF BRAIN INJURY –
 Help, Hope and Healing
ISSUE #76, WINTER 2020

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New Leaders Take the Helm of BIANH's Board

By Sarah Kilch Gaffney

June 2019 brought a changing of leadership for BIANH's Board of Directors, welcoming Robin Kenney, Ed.D, as President and Jeremiah (Jerry) Donovan, MBA, CBIS, as Vice President.

Robin and Jerry are no strangers to BIANH's Executive Committee. For the past four years, Robin has served as the Vice President and Jerry has served as the Professional Representative. Both Jerry and Robin bring a wealth of knowledge, experience, and vision to their new roles, and both are enthusiastic about guiding BIANH into the future.

While Robin has worked professionally on a clinical level with the New Hampshire brain injury community for decades, his perspective changed significantly when his younger daughter suffered a traumatic brain injury in 2006 after being struck by a car as a pedestrian. The accident was severe, but occurred minutes from a major trauma center, which Robin believes saved her life.



"When Elizabeth had her accident," Robin recalls, "it really deepened my feelings about the population that we serve. I thought those feelings were already pretty deeply rooted, but the incident changed so much of who we are as a family. The injury of one member of the family invariably affects all the members. As closely as I have worked with families and individuals coping with brain injury, having it happen within my own family was really a game changer, and added a whole new dimension to the work I do. For one thing, it seems to convey a deeper credibility when I sit and talk with a family. It can be very comforting and assuring for them to understand that I am not there solely as a clinician."

Both Robin and Jerry touted the incredible leadership of Immediate Past President Freddi Gale as one of the reasons for BIANH's continued success. In addition to maintaining Freddi's commitment to keeping the

Continued on page 3

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PRESIDENT'S MESSAGE

Highlights from the Annual Leadership Conference

by Robin Kenney, M.Ed, BIANH President

This past October, I had the pleasure of travelling with Executive Director Steve Wade to Clearwater, Florida, for the annual meeting of the BIAA Affiliate Leadership Conference. It was an eye-opener to meet my counterparts from around the country and learn about the great work they are doing. But it was a special source of pride to realize that New Hampshire truly stands at the forefront in terms of the range and quality of the services we provide. In fact, as some affiliates were singled out for their particular areas of excellence during a recognition session, BIANH received an award for our Neuro-Resource Facilitation program, through which we assist individuals and the families to locate appropriate services during the earliest stages of recovery, when they are often overwhelmed by the complexity of the issues they are facing. The program has met this need by embedding a case manager at Northeast Rehabilitation Hospital.

One of the highlights of the conference took place on day three, when a few of the affiliates showcased new work that they felt would be of interest to all. The session opened with our own board member and New Hampshire Public Television producer

Schuyler Scribner, who screened his recent documentary film, *Roads to Recovery: Overdose and Brain Injury*. The film generated a lively discussion, with many participants asking how to obtain a copy of the film.

During that same session I was also interested to learn about the particular focus on sports-related concussions by the Mississippi and Tennessee affiliates. One concerning statistic that emerged from the discussion came from the newly named Tennessee affiliate President (and neuroscientist), who noted that the greatest numbers of high school sports concussions are now being seen in girls.

Participating in this annual conference for the first time, I was reminded that brain injury differs from other long-term and chronic conditions in its unpredictability; we never know who will be affected next and who we will be called upon to help. But I am greatly assured by the strong organizational infrastructure of services and professional competence we have built here at the BIANH, and confident that we stand ready to help individuals and families navigate this complex and life-changing situation.



EXECUTIVE DIRECTOR'S MESSAGE

Families Coping with Brain Injury

by Steven D. Wade, BIANH Executive Director

In the front line of services provided by the Brain Injury Association of New Hampshire is our toll-free New Hampshire *Helpline* that provides information on resource and support for family caregivers. Over the course of the year, our *Helpline* logs many hundreds of calls. We recently reviewed all the *Helpline* calls to determine the most common type of information and support requested. Additionally, on the national level, BIAA also did this review on calls received by the national *Helpline* number.

The number one most frequent request on the New Hampshire *Helpline* was information and support on family caregiver issues and coping with brain injury. Specifically, the effects that brain injury may have on someone's behavior – problems in cognition (including memory and judgment), impulse control, and modulation of affect and regulation of mood.

In reviewing all the calls that come in on our *Helpline*, these neuro-behavioral changes are by far the most distressing consequences of brain injury for family caregivers. The neurobehavioral effects of brain injury emerge on our *Helpline* as an area of dramatic concern for families and caregivers, coupled with the perception that services/supports for these problems are limited and often difficult to access.

In 2020, BIANH is planning to host two educational workshops on helping families to cope with neurobehavioral effects of brain injury. This will be part of our on-going Brain Matters educational/training series. Please keep an eye out for additional information about this in our next *Headway* Newsletter.



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Continued from page 1- New Leaders Take the Helm of BIANH's Board

organization vibrant and responsive to the brain injury community, Robin hopes to prioritize general advocacy and strengthening the support groups. Another priority he expects to focus on is continuing to educate the public and the New Hampshire Department of Health & Human Services about the intersection of brain injury and the crisis involving opioids and other substance use disorders.



Jerry Donovan also brings significant experience working with New Hampshire's brain injury community to his new role as Vice President. Jerry's parents started Robin Hill Farm back in the early eighties in an effort to meet a clear community need for individuals with brain injuries, but Jerry never thought he would be involved. He had left home and established a career out of state when the call came that the family needed help. He returned to New Hampshire in 1994 with the offer to help for six months. Twenty-five plus years later, Jerry is now President of Robin Hill Farm and can't imagine doing anything else.

Jerry's focus for Robin Hill Farm is always on the individual. What does the person need? What do they want or desire? "No two brain injuries are alike," Jerry says, "and I think sometimes the real challenge is to find the right problem to solve. What is that right problem? What can we do for this individual?" Today, Robin Hill Farm

has six residential programs in three different towns, offering residents programs to meet their individual needs while also enabling them to progress through the offered continuum of care as they make gains. "Coming up with unique solutions to help people—it never gets old," Jerry states.

Early on in his work with brain injury survivors, Jerry had the opportunity to travel to other states to learn more about what different services were being offered. People lamented that they didn't have the same Medicaid waiver services that New Hampshire provided. Shortly thereafter, Jerry became involved with BIANH, and he was very impressed with the way the organization had positioned itself to be so robust for the people it was seeking to serve.

Now, as Vice President of BIANH, Jerry notes, "any direction we take has to start with a continuation of the good work that Freddi Gale and her group did. Any agenda that we pursue is truly built off the cornerstone of their good work, and I'm excited to carry on their efforts." Some of Jerry's goals are to improve the Board's development efforts, while continuing to support the organization's core function of prevention, education, and advocacy. "Advocacy for individuals is vital," he says, "through policies, as well as raising the visibility of BIANH as a resource and a solution-based organization."

Robin is also looking forward to his tenure as President and the challenges ahead. "I'm proud of the organization and the individuals who are employed by BIANH, all of whom are of extremely high quality. It makes everything work so much better when you have dedicated folks at the helm." Robin recently had the opportunity to attend the Brain Injury Association of America's Affiliate Leadership Conference in Florida this past October. "I was astounded by the width and depth of services being provided in New Hampshire relative to nearly everywhere else in the United States. New Hampshire is truly a leader among the states."

In some final words of wisdom, Robin says, "Part of what makes all of this worthwhile—this work that we do—is finding balance." "For me," he continues, "I need that balance to nourish and



energize the work and remain enthusiastic and dedicated while facing great challenges." For Robin, that balance is found in part through his love of the performing arts, in particular his work advising Raylynmor Opera, a regional opera company he was instrumental in founding 25 years ago.

For Jerry, he admits that running a business 365 days a year requires a lot of focus and attention. "We never close," he says, "but I am replenished and energized by the management and staff who make Robin Hill work. You can't do this alone, and it's our dedicated people that create and maintain this caring environment. I've been lucky enough to have spent great quality time with my family over the years, which is a huge plus. And having my siblings as partners has helped as well."

BIANH is fortunate to have Robin and Jerry taking the helm as such dedicated advocates for the New Hampshire brain injury community as they guide and lead the organization into the future.

13TH ANNUAL STATEWIDE CAREGIVER'S CONFERENCE

The 2019 13th Annual Statewide Caregiver's Conference hosted by the Coalition of Caring Planning Committee was held on Wednesday, November 13, 2019, from 8:00 am to 4:30 pm at the Courtyard Marriott located in Concord, New Hampshire.

The Coalition was created in 2006 with a mission to promote and strengthen the well being of Caregivers who provide care for a disabled or ill child, adult, or seniors through a statewide annual caregiver's conference. The Coalition is comprised of caregivers and organizations that support older adults, children with disabilities, adults with disabilities and diseases, hospice patients, and other individuals living with chronic illness.

Former first lady Rosalyn Carter eloquently describes family caregivers as - *"You may not be one, but you most certainly know one. Caregivers are the selfless people who provide unpaid care for loved ones who are ill or have serious medical conditions. This is among the most challenging work there is."*

Being a caregiver requires infinite patience, physical and emotional strength, health care navigation skills, and a sense of humor—which can be hard to come by after sleepless nights and demanding days. It is a reality for millions of Americans, including myself!"

This year's conference was the first to offer both a keynote presentation in the morning and plenary session in the afternoon. Keynote Speaker Dr. Donna McCarten White presented on "Caregiver Compassion Fatigue: Building Resilience as We Care for Others" and afternoon Plenary Session Speaker Emily Clement, Life Coach, presented on "Activate Your Caregiver Superpowers: Live with Passion, Meaning & Purpose!" In addition, eight caregiving workshops were offered to caregivers throughout the day. Topics included Assistive Technology for Caregiving, Grief and the Caregiver, Chair Yoga and Meditation, and more!

Exhibitors shared resources with caregivers. Complimentary massages, Seva, Reflexology and Reiki therapy were provided. All enjoyed a plated Thanksgiving luncheon.

Please visit our website at www.coalitionofcaring.org for information on this year's conference, conference sponsors and 2019 conference photos.

Ellen M. Edgerly, Chair
Coalition of Caring Planning Committee
Brain Injury Association of New Hampshire\

Photo Credit: Michael Sterling



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“Vote as if your life depends on it. Because it does.” – Justin Dart

One in five Americans, including nineteen percent of likely voters, experience a disability. They, along with their families, friends and allies, vote. Voter turnout among people with disabilities increased by 8.5 points between the 2014 and 2018 elections and candidates ignore us at their own peril.¹ In New Hampshire, we have a unique opportunity to speak with the candidates, raise awareness of issues relating to disability, and share this critical information with voters so that we can make informed choices on Election Day.

Whether it be employment, assistive technology, special education, mental health services, the workforce shortage or one of the many other issues which directly affect the disability community, issues involving people with disabilities are rarely discussed by the presidential candidates. Disability Rights Center-NH is trying to change that.

The New Hampshire primary is on Tuesday, February 11th and in an effort to inform individuals with disabilities about the candidates as well as raise awareness of disability related issues with the campaigns, we have been talking to candidates about campaign accessibility and inclusion as well as surveying them about the issues listed above. Nearly all the candidates have spoken to DRC-NH staff about disability as part of our nonpartisan *Disability Unscripted* video series. You can watch candidates' candid responses to questions about campaign accessibility and inclusion at <https://drcnh.org/disability-unscripted/>.

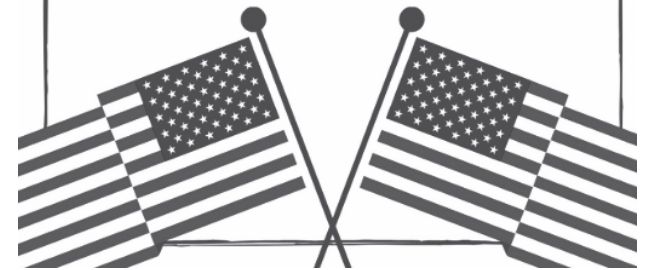
For the 2020 Presidential Primary Candidate Survey on Disability, we joined forces with organizations throughout New Hampshire that advocate for the rights and full

inclusion of people with disabilities. Nearly all primary candidates have answered this non-partisan, five question survey. To find out candidates' positions on these critical issues please visit <https://drcnh.org/2020-presidential-candidate-survey/>. You can review survey responses by either selecting a particular candidate or by selecting a particular issue.

Voting is a sacred American value. If people with disabilities voted at the same rate as those without disabilities, an additional 2.35 million votes would be cast.² Make sure yours is one of them.

Learn about the candidates and cast your vote. Remember to contact us to learn more about your rights, including what to do if your voting rights are violated, or to schedule an education and information session about your rights as a voter.

DISABILITY
UNSCRIPTED:
2020 CANDIDATES ON
INCLUSION AND
ACCESSIBILITY
VIDEO SERIES



2020 PRESIDENTIAL PRIMARY
CANDIDATE SURVEY
ON DISABILITY



¹ Lisa Schur and Douglas Kruse (2019). *Voter Turnout Surges Among People with Disabilities*. Piscataway, NJ: Rutgers University.

² Ibid.

SPOTLIGHT ON KREMPELS

Great Minds: Learning Together at Krempeles Center

By: Sarah Lovell

As Alyssa Taubert, a graduate student studying Occupational Therapy at Massachusetts General Hospital Institute of Health Professionals, reflected on her internship at Krempeles Center, she thought back to her first day: “As soon as I walked in the door at Krempeles Center, I was welcomed into a supportive and compassionate community with open arms. Interning at Krempeles Center allowed me to learn about brain injury from individuals’ lived experiences. Because of the supportive members, and dedicated staff and interns, I have broadened my knowledge and skills in a way that I would not have in any other setting. I am a better person, student, and future occupational therapist because of Krempeles Center.”

As a non-profit, Krempeles Center relies on interns to be able to offer over 10 therapeutic groups to members living with brain injury each program day. Every year Krempeles Center is an internship site for almost 100 undergraduate and graduate-level interns studying occupational therapy, social work, human services, therapeutic recreation, and allied health studies. While the majority are students from the University of New Hampshire, Krempeles Center has also hosted students from universities across the country who are seeking a unique, hands-on, and interdisciplinary learning opportunities.

Under the guidance and supervision of licensed professionals on staff, interns design and co-lead therapeutic groups which support a wide variety of members’ goals. Interns use evidence-based practice and creative thinking to design new activities each week. Occupational therapists help people make modifications to complete activities of daily living. Krempeles Center occupational therapy intern, Andrew Parisi from Salem State University, recalled his role at the Krempeles Center Annual Summer Bash: “It was really cool to help members who didn’t think they were going to be able to participate by modifying activities. You could see a shift in their mood when they realized they could participate and have fun.”

Just as members learn from the interns, the interns are constantly learning about brain injury directly from the members. Many Krempeles Center members express feeling a loss of previously held roles following a brain injury. While coming to the Center provides a sense of community and belonging, working with the interns provides members an opportunity to take on a teaching role as they help interns learn about what it is like to live with a brain injury.

Interns bring unique ideas to programming and find new and interesting ways to support members’ goals. Krempeles Center member Bobby Gibbons says, “The interns are helpful. They make your brain work when you least expect it; like with the creative expression groups, your brain gets going and you add something else to your art. If it wasn’t for Krempeles Center, I wouldn’t be doing my art.”

Krempeles Center member Brie Bourn, who uses an iPad to assist with communication following her traumatic brain injury explains, “I just love, love, love to have some fresh folks to respond to the thought that not every [person] who has a brain injury talks.” Brie enjoys speaking with interns about myths and misunderstandings people may hold about individuals living with brain injury and helping interns to learn each brain injury is unique.

This reciprocal learning is part of what makes Krempeles Center’s programming so meaningful. Alyssa explained, “I thought that I would just be learning and practicing Occupational Therapy (OT) skills, but I was wrong! Spending time with the members taught me that individuals living with a brain injury are so much more than their brain injury. The members taught me that while the road to recovery is long, it is possible because of Krempeles Center.”

Andrew added, “I’ve gained so many valuable skills and a deeper understanding of the impact of brain injury by working with the members. But most of all, I have gained a new family – a community full of resiliency and inspiration.” Andrew has a passion for working as an occupational therapist in a rehab setting; he plans to continue to support individuals living with brain injury in future professional endeavors. Since interning at Krempeles Center, Andrew’s professional goals have expanded to include becoming a Certified Brain Injury Specialist.



Alyssa further reflected, “This internship expanded my knowledge of brain injury and all the skills I learned here will be kept in my OT toolbox throughout my career. There is truly no place like Krempeles Center. To hear the members’ stories and all that they have overcome is an honor and a privilege.” Just as interns leave Krempeles Center feeling grateful, Krempeles Center’s members, staff, and volunteers are full of gratitude for the interns that join the community each year.



NCIL HAPPENINGS!

“Tis the season of giving and celebrating from Thanksgiving through Christmas and into the coming New Year!

Kicking off the annual Vaughan Community Food Drive, many of the NCIL residents collected and donated food for this worthy cause to help those in need within the Mount Washington Valley. This has become the annual event to start the holiday season of caring and giving. The Toys for Tots program once again started with the State Police opening the event for donations/collections in North Conway. Joe, Nick, and Allan were more than happy to oblige while also having the opportunity to sit in the police cruiser!

The Barrington residents take pleasure in volunteering and giving of their time at the Salvation Army and the local food pantry. Jessie participated with the Krempels Center Holiday Craft Fair while displaying her wares, which were very well received.

Many of the NCIL residents enjoyed Thanksgiving with family and friends. NCIL is family to many of the individuals that we provide services to.

The Brain Injury Support Group was well attended for the Holiday gathering; many brought scrumptious potluck dishes and goodies for dessert. This annual gathering is also celebrated with collecting donations for the local animal shelters, this year was an outstanding collection. Not to forget the military, holiday cards were addressed and sent out to those recovering soldiers at Walter Reed Army Medical Center. These activities and the socialization time are always a welcome activity for all those who attend the support group, the annual drawing for gift cards donated by BIANH is much appreciated. This year Joe and Jen were the lucky winners!

Finally, in December, the annual holiday party for the NCIL residents was held at Harley Jack’s in Ossipee. The food was great, gifts were plenty, and the annual awards were selected and handed out with the reasons for the selected recipients. Mark B. was chosen for the “Personal Growth Award” he received a certificate and a gift card. Nick H. was chosen for the “Spirit of Giving Award” he also received a certificate and a gift card. Both gentlemen have earned the recognition from staff who nominated them for these awards.

Winter is here.....We at NCIL look forward to the Vertical Challenge Winter Event coming up in January, sponsored in part by NCIL, and hope to see you at Bretton Woods!




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INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



REDEFINING FAMILY

I must admit that I am older than I feel most days. An hour of daily cardio and being mindful of the choices that I make in my life today have clearly been good for me. If you were to meet me for the first time – and it was a good TBI day – you would most likely not even suspect that I am disabled. It's not that I am trying to hide my brain injury – at least most of the time. More so, it's that I've come a long way since my 2010 injury.

It may come as a surprise to some that I grew up watching TV classics like *Father Knows Best* and *Leave it to Beaver*. These well-watched shows of my youth portrayed families that were quite traditional for the time period. There was a stay-at-home mom, a dad who went to work every day, and a houseful of kids. In many respects, that mirrored my own childhood home.

How times have changed!

My wife Sarah recently reconnected with her long lost brother. It has been wonderful to see the two of them rebuilding a relationship after decades apart. Last summer, we trekked to Washington, DC to her brother's wedding. He married into an Afghan family. It was perhaps one of the most beautiful weddings we have ever attended. Though the Muslim traditions were unfamiliar to us both, the celebration of love and family all uniting to support the newly married couple transcends all.

A second trip to the DC area in November found us spending more time with our new extended family. Our nine-hour drive home from this second visit gave me plenty of time to think. And I thought about how life unfolds in ways we never really see coming, and how family is no longer defined by shared DNA.

Shortly after my brain injury, my two oldest sons decided that life was better without Dad. My third son is now part of that club as well. Though I try not to label life events as unfair, this is as close to unfair as it gets. I spent years raising and loving my boys. There were little league games, events at school, and years and years of driving them to school – as they weren't overly fond of the bus.

I was a typical dad raising four sons... until I wasn't.

Such are the premiums that many of us pay after brain injury. Personalities change dramatically, and many who have known us for their entire lives are unable to roll with the changes. It has taken me many years of hard work and lots of therapy to even begin to accept that my sons may never come back.

As Sarah drove us home from DC last November, I thought about my family as it is today. If you told me years ago that I would have the

diverse extended family that I have today, I would have most likely looked at you with skeptical amusement. But fate has seen otherwise. None of my new extended family knows of my past and current challenges as a brain injury survivor. In the spirit of complete honesty, I worked very hard during our last trip to “appear” normal. I spoke less than I normally do – something not easy for a chatterbox like me. I was more mindful of my choices and did the best I could to move through our days in a way that did not reveal my issues.

In the end, when I let go of my preconceptions about how I *think* my life should be, and do the best I can to *appreciate* the life that I have been given, my sense of well-being improves, and I can better see that I've never had it so good.

AN UPDATE ON DEVELOPING A CLUBHOUSE

By John Richards

The idea to develop and open another clubhouse in central, southern, or southwestern New Hampshire has not been forgotten. Significant progress and conversations with the Bureau of Developmental Services have been positive. Unfortunately, neither a specific location nor an opening date has been set.

Finances in developing this organization play a significant role. Our hopes are to have a clubhouse open and functioning three days a week, but the expenses and staffing to operate such a goal are staggering. Consequently, funding for human services endeavors can be challenging in the State of New Hampshire, even though conversations have been positive in developing this clubhouse. We are moving forward to developing a budget proposal.

I had the opportunity to attend the International Brain Injury Clubhouse Association (IBICA) conference. It was a wealth of information to learn what many other states are accomplishing in providing clubhouses for those individuals living with a brain injury. Most of these clubhouses are in fairly large metropolitan areas due to the transportation issues involved and the need to be geographically located for its members. The IBICA is a member organization and is a subset and outgrowth of the original clubhouse movement which began at Fountain House in New York City for individuals with mental health issues back in 1948. A wealth of information may be found on their website: <https://www.braininjuryclubhouses.net>.

Of particular importance are the IBICA core beliefs, which include:

- Membership is voluntary and may last as long as the person wants or desires.
- Survivors are members not clients.
- Members work side by side with staff on an equal footing.
- The clubhouse day is structured around meaningful work, in a work ordered day.

Just to be clear, we are not certain that we should or can develop a clubhouse that officially meets the IBICA regulations, which are rather exact and which include being open five days a week. These regulations and standards can also be found at their website, please take a look: <https://www.braininjuryclubhouses.net>.

So where does that leave us? What do you think? Is this a worthy cause or worthwhile endeavor? Is there anyone out there who would like to make a contribution? What parts of this idea are most important?

I would love to hear from you – johnr@bianh.org.



BRAIN MATTERS 2020

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

February 25 - A New Decade for NH's Brain Injury Services. Where did we come from and where are we going?

Matthew Ertas, former Director of the Bureau of Developmental Services - This presentation will begin with a panel discussion from individuals currently receiving services in NH. Matthew Ertas will then discuss the history of services beginning with the Laconia State School, what transpired after the school closed, and finally what services are being provided today.

9:00 – 12:00 – Courtyard by Marriott, Concord **Cost - \$30**

March 4 - 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**

April 29 - Brain Injury 101 (see March 4 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**

May 13 - 37th 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 15th - 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 March 4 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 March 4 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.

For questions and to register, please contact Lori Sandefur 603) 568-8817 or lori@bianh.org

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

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

Bretton Woods Ski Resort - Bretton Woods, NH

Supporting our Veterans living with Traumatic Brain Injury

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

<https://bianh.salsalabs.org/vc2020>

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

Please consider being a sponsorship of this event.

Event Sponsor \$2000

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

Lunch Sponsor \$1500

- Logo on shirt
- 1 free registration
- Table Tent with logo on each lunch table
- Recognition in program booklet
- Business card ad in post-event *Headway*
- Logo & link from BIANH website
- Facebook exposure

Shirt Sponsor \$1000

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

Drink Sponsor \$500

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

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

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

SAVE THE DATE!

A New Decade in Brain Injury

Wednesday, May 13, 2020

37th Annual

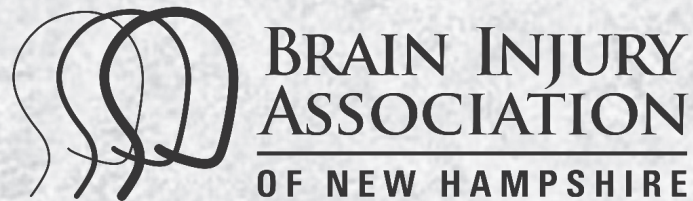
Brain Injury & Stroke Conference

Courtyard Marriott & Grappone Conference Center
Concord, New Hampshire



Abby Maslin is the bestselling author of *Love You Hard: A Memoir of Marriage, Brain Injury, and Reinventing Love*, a powerful story of transformation and resilience in the wake of tragedy. Award-winning journalist Maria Shriver praises *Love You Hard* as, "inspiring, touching, and beautifully written... a testament to choosing joy during the toughest times." A special educator and yoga practitioner, Maslin's work has appeared in the *Washington Post* and alongside acclaimed essayists in the anthology, *Nothing But the Truth So Help Me God: 73 Women on Life's Transitions*. In addition to her advocacy work in the brain injury and caregiving communities, Maslin is a regular contributor to the website Brainline.org. She lives in Washington, D.C. with her husband and two children.

In this keynote presentation, caregiver and author Abby Maslin shares the story of her husband's remarkable recovery from a severe traumatic brain injury following a violent assault. She discusses the many ways TBI impacts survivors and caregivers, including loss of identity, challenges in communication, and shifting family dynamics. She also illuminates the potential for transformative growth following a brain injury, discussing the roles of creativity, vulnerability, and gratitude in envisioning a new path forward. From building new relationships to accepting new identities, Maslin shares the emotional work required to create a rich and joyous "new normal."



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

FALL ACTIVITIES AT ROSE MEADOW

One of our favorite seasons at Rose Meadow is fall. We have our own mini apple orchard at Rose Meadow Farm and we really enjoy baking, snacking, and doing crafts with the surplus of apples! To stay on top of our apple game we discussed the various kinds and name as many varieties as we could think of: we came up with MacIntosh, Gala, Fuji, Granny Smith, Cortland, and Honey Crisp. To go along with this, we had a candy apple bar which was a big hit! To keep up with our fall festivities we discussed pumpkins, our favorite Halloween traditions, pumpkin carving, and trick-or-treating. We made stuffed pumpkin, homemade corn chowder, BOOOOO bark, and garlic pumpkin seeds. We also painted or colored our own silly pumpkin faces. We celebrated several birthdays this last quarter and enjoyed family and birthday treats.

We have been getting out to the movies and were able to see The Countdown. This was a resident's outing choice and she LOVED the movie (and the popcorn). We made homemade reed diffusers with our own essential oil mixtures.

Recently we said goodbye to warm weather as the snow flurries came through. We cleaned up the garden, put away the flower pots, and the deck furniture. Our holiday parties will be happening throughout the first couple of weeks of December. We have a beautiful spread at each program and have gifts for the residents' and staff children. We are looking forward to 2020.

We wish everyone a safe and healthy New Year--from The Rose Meadow Family.



Save the Date!

37th Annual Golf Tournament
Wednesday, August 19, 2020

Stonebridge Country Club
Goffstown, New Hampshire

For more information—
renee@bianh.org

Rose Meadow
 Rose Meadow Farm Rose Meadow Garden
 Rose Meadow Acres

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

Rose Meadow has been serving residents since 1995 who:

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

Rose Meadow's services include:

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

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

37 Briar Hill Rd/336 Bedford Rd/539 Old Coach Rd
 New Boston, NH 03070 603.487.3590
www.rosemeadowfarm.com

WALK
By The Sea
& PICNIC

Sunday, June 7, 2020
Hampton Beach State Park, Hampton, NH
Registration—11:00 Walk Begins—Noon
For more information, please call 603-225-8400

Quality of Life...

for adults with a brain injury

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

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e-mail: info@robinhillfarm.com

STOP THE TEXTS. STOP THE WRECKS.

Distracted driving is a dangerous epidemic on America's roadways. In 2016, there were 3,450 people killed and an estimated additional 391,000 injured in motor vehicle crashes involving distracted drivers.

Drivers in their 20s are 24 percent of drivers in all fatal crashes, but are 27 percent of the distracted drivers and 33 percent of the distracted drivers that were using cell phones in fatal crashes.

Nine percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes. This age group has the largest proportion of drivers who were distracted at the time of the crashes.

NRH
NORTHEAST REHABILITATION HOSPITAL NETWORK
www.NortheastRehab.com

"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.

*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) 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

SUPPORT GROUP RETREAT WINTER 2020

Submitted by Rosalie Johnson

Notes from the New Hampshire and Maine Support Group Facilitator Retreat Pine Tree Camp, Rome, Maine

November 7, 2019

What a wonderful event! This retreat was open to current brain injury support group facilitators sponsored by the Brain Injury Association of New Hampshire and the Brain Injury Association of America – Maine Chapter. Both facilitators of non-traumatic and traumatic brain injury groups in Maine, and those interested in starting new groups in their isolated areas attended. The goal was to strengthen, encourage, and educate the facilitators, enabling them to return to their support groups feeling recharged!

Due to the mid-week schedules and driving distance, only a few facilitators from New Hampshire were able to attend the retreat. Carpooling from the Seacoast area were Ellen Edgerly, BIANH Community Coordinator, and two facilitators from the Seacoast Brain Injury Support Group, Carol Davis (navigator and designated moose alert monitor), and Rosalie Johnson rounded out the threesome.

Pine Tree Camp is located in a picturesque area of Rome, Maine. The camp road opened up to a fabulous vista of beautiful North Pond; the shore was dotted with cabins. What a perfect setting for a retreat! Entering the dining hall, we were greeted by the dynamic Program Coordinator of the BIAA-Maine Chapter, Sarah Gaffney, CBIS. Sarah and Ellen got down to business finishing the final details for the retreat which they had planned so well.

Sarah's involvement with BIAA began when she was the caregiver of her husband during his ten year battle with brain cancer. At that time, the Brain Injury Association of Maine had folded leaving little support for caregivers and survivor of acquired and traumatic brain injuries.

The first facilitator to arrive from Maine was Dave McCausland. Dave introduced himself as the organizer of Maine Brain Aneurysm Support Group held at Maine Medical Center. He was wearing a great sweatshirt from KAT-Walk & Karo-5K for Brain Aneurysm Awareness. www.MaineBA.org.

Next came Kelly Theberge founder of Kelly's Cause for Brain Tumors. She is the Maine State lead advocate with National Brain Tumor Society. The motivation for her cause was losing her father to brain cancer. Facebook page: Kelly's Cause for Brain Tumors.

Suzanne Morneault entered. Suzanne and her daughter Mindy Forino began the non-profit organization All Things Become New, a haven of rest. Mindy, a TBI survivor, sustained her injury while playing soccer. www.allthingsbecomenew.org.

As groups of people began entering, old friends were greeted and new contacts made. Many already facilitated support groups and connected with those planning to start new groups in their remote towns.

Sarah Gaffney opened the retreat with introductions from the attendees.

Each person shared some of their history, a challenge, and a success from their support group. Examples of challenges: managing folks with brain injuries, transportation, and keeping everyone on topic. Successes: how far people drive to attend, hope, and progress.

The volunteers from the Brain Injury Voices were up next – impressive! www.braininjuryvoices.org. The peer-run panel was led by Carole Starr along with fellow survivors, Bethany Bryan, Paula Sparks, and Rorie Lee. Kathy Kroll, CTRS, Volunteer Coordinator from New England Rehabilitation-Portland, completed the group. They brought their combined experiences to fulfill their mission statement; Educate, Advocate & Support to the retreat. Volunteers from Brain Injury Voices also take turns facilitating a support group with New England Rehab three times a month. Their acronym is WINGS: We Inspire, Nurture, Guide & Support.

Using the best practices from WINGS, the team reviewed the principles that have made their group a success for ten years. Some examples of these principles were: keeping the focus of the group positive with tips on how to redirect, interact as peers, structure or follow an opening routine, and be prepared with a topic but be flexible to let it go. They shared ideas on how to be an effective, positive facilitator providing the skills to draw people out. An excellent flyer was handed out called: Why Attend A Brain Injury Support Group.

So much useful information was shared but there was still more to come! A mock support group was staged to review some of the material from the program. Most of the behaviors mentioned during the program popped up and the practices used to support or redirect them were acted out. It was both informative and hilarious!

A question and answer period followed and the facilitators were able to share their own support group guidelines. The panel group was able to help with some of the issues and concerns.

At the mid-day break, a wonderful camp meal was cooked and served by the staff of the Pine Tree Camp. After lunch there was time before the afternoon session to explore some of the camp and look over the cabins. A loon's call was heard in the distance and a bald eagle graced the tree line on the edge of the lake!

Sarah started the afternoon with an overview of how the Brain Injury Association of America - Maine Chapter is organized. Being a relatively new chapter, they share some of their staff with BIANH – Barbara Howard, assisting with information and resource *Helpline*.

Sarah Gaffney reviewed the support and services available to the people of the state of Maine. The support groups are not a branch of the chapter as in New Hampshire; she explained how she is able to provide information and support to the groups. In Maine, the support groups find their own

Continued from page 16- Support Group Retreat Winter 2020

funding, whether it be through a hospital or related organization. Many support groups do their own fundraising and advertising in their community in order to keep functioning. Those facilitators attending the retreat demonstrated a true grassroots passion for developing better and stronger resources for ABI and TBI survivors and their families in the state of Maine.

Ellen Edgerly, the Community Coordinator for BIANH was the next speaker. She told of how she became involved with the TBI community after a near drowning accident of her beautiful daughter Sara. Ellen was able to continue to work for BIANH from home while caring for Sara. When Sara lost her battle from her traumatic brain injury, a whole community felt the loss.

Ellen highlighted many supports and services offered by the Brain Injury Association of New Hampshire. Their active involvement in statewide advocacy, education, veteran supports, specialized care coordination, support groups and many other programs. She explained how BIANH held statewide fundraisers to support all of the programs and support groups. While the state of New Hampshire has many support groups offered by medical facilities, BIANH offers 17 additional groups throughout the state. The groups follow the same guidelines and follow up reports which help to indicate the progress and attendance of each group. The information is also used to apply for grants to help support the groups.

The retreat wrapped up with Ellen and Sarah going back to the challenges and successes that were shared during the morning introductions. The group was able to work together explaining techniques they use to ease some of the challenges in their support groups. Some of the suggestions given by the Brain Injury Voices session were discussed such as redirecting to keep the group positive and on track. The successes in the support groups were inspiring. Many in the groups do compare their new lives and feel validated that they are not alone. There is notable growth and healing as information is shared and there is hope. With more online technology available, the use of online TBI magazines, support groups, and blogs are offering more outlets for support. The camaraderie formed through sharing meals and picnicking as a group offers survivors and family a sense of community.





ACADEMY OF CERTIFIED
BRAIN INJURY
SPECIALISTS

NOW AVAILABLE

BRAIN INJURY FUNDAMENTALS

**AN ESSENTIAL ACBIS TRAINING AND CERTIFICATE PROGRAM FOR
DIRECT CARE STAFF AND INDIVIDUAL CAREGIVERS.**

The Brain Injury Association of America's Academy of Certified Brain Injury Specialists (ACBIS) is pleased to announce the availability of Brain Injury Fundamentals, an essential training and certificate program designed exclusively for non-licensed direct care staff, family members, and individual caregivers. The training course covers essential topics such as cognition, medical complications, and medication safety and management.

WHO TAKES THE COURSE?

- Transitional/Residential Rehabilitation Workers
- Skilled Nursing Staff
- Nursing Assistants
- Inpatient Rehabilitation Facility Staff
- Home Health Aides
- Day Treatment Center Workers
- Adult Foster Care Workers
- Family Members

FOR MORE INFORMATION, CALL BIANH—(603) 225-8400

SUPPORT GROUPS IN NEW HAMPSHIRE

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

APHASIA:

Manchester: 4th Tuesday of every month, 4:30pm – 5:30pm, (no meetings held in June, July, or December) Catholic Medical Center – Rehabilitation Medicine Unit, Level F, 100 McGregor Street, Manchester, NH.
Contact: Jean Manning or Larissa St. Amand Phone: (603) 663-6694

Nashua: 2nd Tuesday of every month, 4:00pm – 5:00 pm, (no meetings held in July, August or December). St. Joseph Hospital Outpatient Rehab Clinic, 75 Northeastern Blvd, Nashua, NH.
Contact: Laura Fonden Phone: (603) 882-3000 (x67530)
Contact: Lesley Hill Phone: (603) 595-3076

BRAIN INJURY:

Atkinson: Greater Salem/Derry Brain Injury Support Group for Survivors, Families and Caregivers, 1st Tuesday of the month, 6:30pm-8:00pm, Community Crossroads, 8 Commerce Drive, Atkinson, NH
Contact: BIANH Phone: (603) 225-8400

Concord: Contact BIANH for future meeting dates & time
Contact: BIANH Phone: (603) 225-8400

Conway: 1st Wednesday of the month, 5:00pm-6:30pm, Northern Human Services, Center Conway, NH
Contact: BIANH Phone: (603) 225-8400

Keene: Monadnock Pacers 4th Tuesday of the month, 6:00pm-7:30pm – Southwest Community Services, Railroad Senior Housing Building, 63 Community Way, Keene, NH
Contact: BIANH Phone: (603) 225-8400

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

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

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

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

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

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

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

CAREGIVERS SUPPORT GROUP (Caregivers only):

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

CAREGIVERS SUPPORT GROUP:

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
Shandra Plourde Phone: (603) 226-9812

Lebanon: 1st Friday of the month, 10:00am-11:30am, DHMC Aging Resource Center at Centerra Parkway, 46 Centerra Parkway, 2nd Floor, Lebanon, NH
Contact: Linda Wilkinson Phone: (802) 295-3037
Contact: Charlotte LeClair Phone: (603) 650-5149

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

2019 MEMBERS AND DONORS

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

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