



HEADWAY

NEWSLETTER



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The *Headway* newsletter has switched entirely to an online newsletter in this Fall 2022 Issue!

The Fall 2022 is the start of the HEADWAY Newsletter electronic form and all future **issues of Headway will be in electronic form**. If you would like to continue to receive our Headway newsletter issue electronically, please submit your email to mail@bianh.org.

Upcoming Caregiver Conference & New Medicaid Dental Benefit

By Sarah Kilch Gaffney

2022 Virtual Statewide Caregiver Conference

November is National Family Caregivers Month, and the 2022 Virtual Statewide Caregiver Conference is taking place on Wednesday, November 9, 2022. The conference is hosted by the Coalition of Caring Planning Committee, which was created in 2006 to promote and strengthen the well-being of caregivers who provide care for family members. The coalition is comprised of caregivers and organizations that support older adults, children and adults with disabilities, hospice patients, and individuals with chronic illness. The decision to hold the conference virtually again this year was made with input from family caregivers and Coalition of Caring members.



There is immense need for support of caregivers. According to caregiving.org, the number of family caregivers in the United States increased by 9.5 million between 2015 and 2020. In addition, “Family caregivers now encompass more than one in five Americans” and “...family caregivers are in worse health compared to five years ago.” AARP’s Valuing the Invaluable series indicates that in 2017, approximately 177,000 family caregivers in New Hampshire provided an estimated 148 million hours of care (worth \$2.3 billion) to their parents, spouses, partners, and friends.

This year’s keynote speaker is Liz O’Donnell, the founder of Working Daughter, a community for women balancing eldercare, career, and more.

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PRESIDENT'S MESSAGE

STRATEGIC PLANNING REVISITED

by Robin O. Kenney, Ed.D.

This November, the Board of the BIANH will convene in person for the first time since February, 2020. As we set our agenda for the coming year, our primary intention is to reengage with a strategic planning process that was initiated six years ago. The Board will tackle this process working closely with Executive Director Steve Wade and his senior management team.

The foundations of our task will be five-fold. Work on the issues will be mindful of the goals of the Brain Injury Association of America, and will be driven by our own mission statement - "To create a better future through brain injury prevention, education, advocacy and support.

"The core components of our strategic planning currently include, but may not be limited to:

(1) **Increasing our capacity to achieve the mission** by growing our current and potential funding sources, including expanding outreach to increase the size of our donor base;

(2) **Increasing public awareness of our organization** by building on our strong statewide reputation, using targeted communications to a variety of constituencies, and making maximum use of board members as mission ambassadors;

(3) **Improving care and support for brain injury survivors and their families** by identifying the most effective programs and resources at our disposal and identifying service gaps and obstacles;

(4) **Improving the organization's financial position** through long-range sustainability planning, diversification of funding sources and return on investment program analysis;

(5) **Maintaining organizational health and efficacy in changing times** through greater board task accountability, assessment of staffing and infrastructure issues, and establishing guideposts for prompt anticipation of issues and crises.

The Executive Committee of BIANH will refer to the traditional SWOT issues and characteristics (Strengths, Weaknesses, Opportunities and Threats) as we approach this monumental task. I look forward to meeting in person with the board once again, and to taking a leadership role in a process that will contribute to better outcomes and more fulfilling daily lives for individuals and families living with brain injuries throughout New Hampshire.



EXECUTIVE DIRECTOR'S MESSAGE

President Signs TBI & PTSD Training Bill

by Steven D. Wade, BIANH Executive Director

Recently, President Biden signed H.R. 2992, the "Traumatic Brain Injury and Post-Traumatic Stress Disorder Law Enforcement Training Act" or the "TBI and PTSD Law Enforcement Training Act", (Public Law 117-170). The bill requires the Bureau of Justice Assistance (BJA) to consult with relevant agencies to establish crisis intervention training tools for first responders to address individuals with traumatic brain injuries, acquired brain injuries, and post-traumatic stress disorder. The BJA must ensure that at least one police department designated as a Law Enforcement Mental Health Learning Site utilizes the tools and that such tools are part of the Police-Mental Health Collaboration Toolkit.

Additionally, the bill requires the Centers for Disease Control and Prevention to study and report about the prevalence and incidence of concussions among first responders.

"It is essential that we better prepare our first responders to identify symptoms of TBI and PTSD so they can properly assist individuals who are suffering from them," said Rep. Bill Pascrell, Jr. (D-N.J.), who leads both the Congressional Brain Injury Task Force and the Congressional Law Enforcement Caucus. Rep. Pascrell sponsored the TBI and PTSD Law Enforcement Training Act along with Reps. John Rutherford (R-Fla.), Don Bacon (R-Nebr.), and Val Demings (D-Fla.).



Submission & Editorial Policy: HEADWAY is published by the Brain Injury Association of New Hampshire. The Editor invites and encourages contributions in the form of articles, special reports and artwork. BIA of NH reserves the right to edit or refuse articles submitted for consideration. The Association does not endorse, support, or recommend any specific method, facility, treatment or program mentioned in this newsletter. Please submit items to: Editor, Brain Injury Association of NH, 52 Pleasant Street, Concord, NH 03301. For advertising rates please call 603-225-8400.

Continued from page 1: Upcoming Caregiver Conference and New Medicaid Dental Benefits

O'Donnell is also an award-winning writer, and her book, *Working Daughter: A Guide to Caring for Your Aging Parents While Earning a Living*, was named one of the Best Books of the Year by Library Journal. O'Donnell will give her presentation "How I Maintained My Career, Marriage and Sanity While Caring for Someone Else." Additional presentations include "Dream Big! Tools for Supporting Individual Choice, A Robust Community Based Life: A Workshop for Direct Support Professionals and Family Caregivers," and "Caregiver Online and Offline Resources."

There is no charge to attend the conference, but registration is required. Donations are welcome. Learn more at www.coalitionofcaring.org.



New Dental Benefit for New Hampshire Medicaid Recipients

On July 1, 2022, Governor Sununu signed HB 103 and SB 422 into law, which will allow adults in New Hampshire who are covered by the state's Medicaid plan to receive oral health treatment. Covered services will include dental cleanings, x-rays and examinations, fillings, and tooth extractions and oral surgeries, among others. "This is a huge win for the New Hampshire brain injury community," said BIANH Executive Director Steve Wade.

Senator Cindy Rosenwald (D-Nashua) issued the following statement in response to the bills being signed into law: "Finally, after years of negotiations, advocacy, and determination by advocates and legislators alike, New Hampshire will be providing dental benefits to over 120,000 Granite State Medicaid recipients. I am grateful to my colleagues

for their bipartisan support of this critical legislation and am honored to have been the prime sponsor of one of the bills signed into law today. Today is a win for public health, workforce development, and financial security." Oral health is an important aspect of overall healthcare, and Wayne Sawyer, a New Hampshire waiver services recipient, recounted how the new law would affect him: "When I went to the dentist before, it would cost me a lot of money to get my teeth taken care of, and I go every six months to get my teeth cleaned. I'm really happy it will be covered because now I will be able to use my money to buy other things that I need."

The New Hampshire Department of Health & Human Services is currently working through the contracting process with plans to implement the benefits by April 1, 2023.

The Bishop's Charitable Assistance Fund

The Brain Injury Association of NH is pleased to announce that the Bishop's Charitable Assistance Fund (BCAF) has awarded BIANH \$5,000 to assist individuals who have acquired their brain injury prior to age 22 and after age 60. The Bishop's Charitable Assistance Fund makes grants to tax-exempt organizations without regard to religious affiliation for projects that help people in New Hampshire meet their basic needs. The Fund is operated by volunteer lay men and women who serve as Directors and who make recommendations to the Bishop of Manchester for grants to any organization in New Hampshire whose mission is consistent with the teachings of the Roman Catholic Church. The Fund raises money through solicitations of individuals, businesses, and philanthropic organizations. An annual accounting of funds raised and disbursements is available at www.catholicnh.org/BCAF. Eligible and approved applicants may receive up to \$500.00. All approved requests are awarded one time only. Once BCAF funds have been dispersed, applications or requests for funds will no longer be accepted. The Application is available online at: bianh.org/Resources/2022 Grant or by calling the Brain Injury Association of NH Office at 603-225-8400.



39th BIANH Annual Golf Tournament

The Association held its 39th Annual Golf Tournament on Wednesday, August 10th, at The Oaks Golf Course in Somersworth, New Hampshire. Once again, Northeast Rehabilitation Hospital Network was the Title Sponsor, Robin Hill Farm was the Host Sponsor, and Independence Care was the Presenting Sponsor at this year's tournament.

The cooler overcast weather provided a breath of fresh air to our golfers after so many days of heat and humidity. At the start of the day, 110 golfers checked in, made their raffle prize selections, or practiced on the driving range. After the Rules of Play were announced and an 8:30 Shot Gun Start, the golfers raced off to their various holes for a fun day of golf. Throughout the morning the Air Cannon Golf Gun contest was held at Hole #10 sponsored by Leaderboard of New England. Individual golfers enjoyed their attempts to cannon their golf ball closest to the pin several hundred yards away. This contest provided a 50-50 winning to BIANH which was just shy of \$1200! This year's Cannon Shot winner was Paul Harney.

The day ended with a delicious buffet lunch, awards, and guest speaker, Jason Schreck. Jason shared his story about his injury and road to recovery from 16 years ago. It was evident that the audience was inspired with his courage and determination. On March 15, 2006, when Jason was 25 years old, he was in upstate New York testing a pair of skis. Jason hit a patch of slush, was ejected from his bindings, and flew 30 feet through the air head first into a tree. Only a month before, he had started wearing a ski helmet as a precaution. An unknown woman riding the chairlift had witnessed Jason's accident and immediately notified ski patrol. During lengthy emergency brain surgery, part of Jason's skull was removed to relieve the pressure on his brain. The next few days were challenging, and Jason was given a 2% chance of survival. Jason was in a coma for 19 days, and when he opened his left eye (his right eye was closed due to nerve damage), he was still unresponsive. The next few years were spent both inpatient and outpatient at Spaulding Rehabilitation in Boston, where Jason underwent intense therapy and slowly regained function and ability. Brain injury support groups also became an important component of Jason's recovery. Over the years, he had many surgeries, therapies, challenges, and setbacks, but Jason was determined.

Special thanks go to our Sponsors: Northeast Rehabilitation Hospital Network, Conway Technology Group, Crown Healthcare Apparel Service, FDR Center for Prosthetics & Orthotics, Harvard Pilgrim, HUB International, Independence Care of Concord, North Country Independent Living, Northeast Delta Dental, PrideStar EMS, Robin Hill Farm, Rose Meadow Farm, along with added donations from Robin & Leslie Kenney, PJ McEachern, Chuck & Geraldine Squillante, Deepak Vatti, and Philip Viar.

We also thank several of our raffle donors: Lauren Cameron, Peg Crowley, Freddi Gale, Rosalie Johnson, Jeannine LeClerc, Nippo Lake Golf and Rochester Country Club, Mike Palmeiri, Lorene Reagan, Diane Schreck, Garry Sherry, Steve Wade, Walpole Valley Farms, and Torrie Whitcher.

Sponsorships and monies received from this event have been specifically designated to assist and provide support for brain-injured veterans and their families, helping vets to access brain injury services in the civilian system of care, and to expand upon the services provided by the Veterans Administration. When our military come home, they face challenges. Unfortunately, many of those challenges spread into other parts of their lives. We work to provide assistance for veterans and their families in all areas of their lives. This support for our American heroes helps them and their families get back on course. The tournament also supports the NH ThinkFirst program. This brain injury prevention program features young individuals who are living with a brain injury. The speakers tell their stories at middle and high schools, focusing on how one poor decision can change a life forever. This tournament would not be possible without the participation and generosity of all of our sponsors, players, and donors.

2022 Winners are:

1st Place – *Knapton Team*: Kyle Knapton, DJ Knapton, Steve Livingston, and Matt Niven.

2nd Place – *Independence Care Team*: Philip Viar, Ali Ahmed, Tony Belliveau, and Neil Lucey

3rd Place – *Rose Meadow Farm*: Mike Woodbery, Brett French, Chris Blais, and Bobby Cahill

Women's Closest to the Pin – Laura Cameron

Men's Closest to the Pin – Nick Therrien

Women's Long Drive – Kris Scott

Men's Long Drive – Bobby Cahill

Finally, we wish to say thank you to The Oaks Golf Course staff, our Golf Committee, numerous prize raffle donors, and many volunteers for making the day so successful! Please join us for our next tournament to be held in August 2023.

GOLF TOURNAMENT PICTURES



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

The 2022 New Hampshire General Election is on Tuesday, November 8th, 2022

10 Things Voters with Disabilities Need to Know

1) You Have the Right to Vote Independently and Privately

No one can tell you how to vote or stop you from voting if you are eligible. It is your choice. Your vote is private and you can keep it a secret.

2) Someone Can Help You Vote

Help can be provided by a friend, family member, caregiver, service provider, or a poll worker. The only people who cannot help you mark or cast your ballot are your employer or union representative.

3) You Can Vote by Absentee Ballot

If you can't vote in person because of your disability, you have the right to request an absentee ballot. An absentee ballot allows you to complete your ballot at home and either mail it in or deliver your ballot to your town or city clerk. You can get more information on how to vote absentee at: <https://drcnh.org/voting-rights/know-your-voting-rights-absentee-voting/>.

4) You Have the Right to an Accessible Polling Place

Federal laws require all polling sites to be physically accessible. These laws ensure equal access for people with disabilities, including voters who use wheelchairs or who have vision loss. If your polling place is not accessible, you have the right to have an absentee ballot brought to you in your car or other accessible location outside of the polling location.

5) You Can Use the one4all Accessible Voting System

In NH, our accessible voting system is called the one4all and it consists of a tablet, keyboard, headphones, and printer. It is available at every polling place for federal elections. The one4all is not connected to the internet and it is secure. All registered voters of all abilities can use the system. A blind or vision impaired person can use the system independently. Assistance is not necessary to vote but help is available if needed. For a demonstration go to: <https://futureinsight.org/blog-and-news/accessible-voting-training-sessions-with-one4all/>.

6) You Can Register Anytime, Even on Election Day

There is no minimum period of time you are required to have lived in New Hampshire before being allowed to register. You may register to vote as soon as you move into your new community. Simply visit your local town or city clerk's office. You will need to complete a standard Voter Registration Form and show proof that you reside in the town or city where you will vote. For more information on where to register visit: <https://app.sos.nh.gov/viphome>.



Remember, in New Hampshire you can register to vote on election day at the polling place.

7) You Have the Right to Bring Your Service Animal with You to the Polling Place

Under the Americans with Disabilities Act, service animals are allowed to go in areas of the polling place where the public is allowed to go.

8) You Have the Right to Vote Even if you Have a Guardian

New Hampshire law protects your right to vote. Your right to vote cannot be taken away because you are under a guardianship, nor can a judge deny you your right to vote because you have a guardian.

9) You Have the Right to Complain About Voting Issues

If you believe that your right to vote has been violated, you can file a complaint with the New Hampshire Secretary of State. You can also contact Disability Rights Center-NH at mail@drcnh.org for assistance.

10) Learn About the Candidates Before Election Day

It is important to learn about the issues and candidates before voting. You can visit the following sites to learn about ballot measures and candidates, and to find out about upcoming debates or forums:

- <https://drcnh.org/issue-areas/voting/>
- <https://justfacts.votesmart.org/>
- https://ballotpedia.org/New_Hampshire
- <https://sos.nh.gov/elections/elections>

Download our new **Toolkit for Voters with Disabilities**. Available in **English** and **Spanish**.

Download **DRC-NH 2022 Elections Update** for important dates and information.

DRC-NH 2022 Elections Update: <https://drcnh.org/flyers/know-your-voting-rights-2022-elections-update/>

Toolkit for Voters with Disabilities: https://drcnh.org/wp-content/uploads/2022/08/DRC-Voter-Toolkit_8322web.pdf

You can contact DRC-NH at (603) 228-0432, via email at mail@drcnh.org or online at www.drcnh.org and set up a time to speak with an attorney free of charge.

Sign-up for our monthly e-newsletter and the [Disability RAPP](#) via the portal at drcnh.org

SPOTLIGHT ON KREMPELS

Art As A Form of Healing at Krempels Center

The benefits of the arts have been widely documented as a powerful force for healing. According to the Wellarts Association, “The arts are a critical component of healthcare. Expressive art is a tool to explore, develop and practice creativity as a means to wellness.” Therapeutic art programming is an integral part of Krempels Center’s daily group offerings. Under the guidance of staff, interns, volunteers and peers, members explore different media and forms of expression.

For many Krempels Center members living with brain injury, creative expression has been an important part of their recovery process and life post-injury. Healing arts engages brain injury survivors in creative activities that address a wide range of skills; physical skills such as fine and gross motor coordination to cognitive skills like following directions and sequencing. Expressing oneself creatively also supports emotional regulation and enhances quality of life. Krempels Center has long offered creative programming steeped in the arts, including painting, drawing, collage, writing, weaving, fiber arts, clay, theatre, music and more, ensuring that there are ample opportunities for members to engage in a variety of creative activities.

During the summer months, Krempels Center welcomes special enrichment guests to share their skills and passions with our members. Long-time Krempels Center volunteer, Pat Linchey, returned this summer to lead a popular group called “Paintin’ With Pat!” With her expert guidance, members tapped into their creative side while working on fine motor and bilateral hand coordination. Each member completed a beautiful work of art that they can proudly share with others.

Creative expression is not just limited to center-based groups at Krempels Center. A new group in 2022 called “Watercolor Your World” took place over Zoom through Krempels Center’s online programming. Thanks to a generous donation from the Leddy Group, Krempels Center program staff were able to procure and mail all of the supplies members needed to

participate in a guided watercolor painting series from their own homes. Watercolor Your World not only provided time for creative expression, but also served as an opportunity to work on cognitive, visual, and fine motor skills.

Member artists have also begun preparations for the return of the annual Krempels Center Craft Fair on Friday, December 2nd at the Community Campus in Portsmouth. As part of a weekly group, these crafters, all living with brain injury, are coming together to create goods to sell including paintings, screen prints, woodworking products, weavings, and more. All proceeds go directly to the individual artists.

Incorporating the arts into Krempels Center’s programming is essential to our members’ well-being. If you are interested in learning more about supporting creative expression groups or the annual fall craft fair, please contact Becky Kates at 603-570-2026 ext. 223 or bkates@krempelscenter.org.

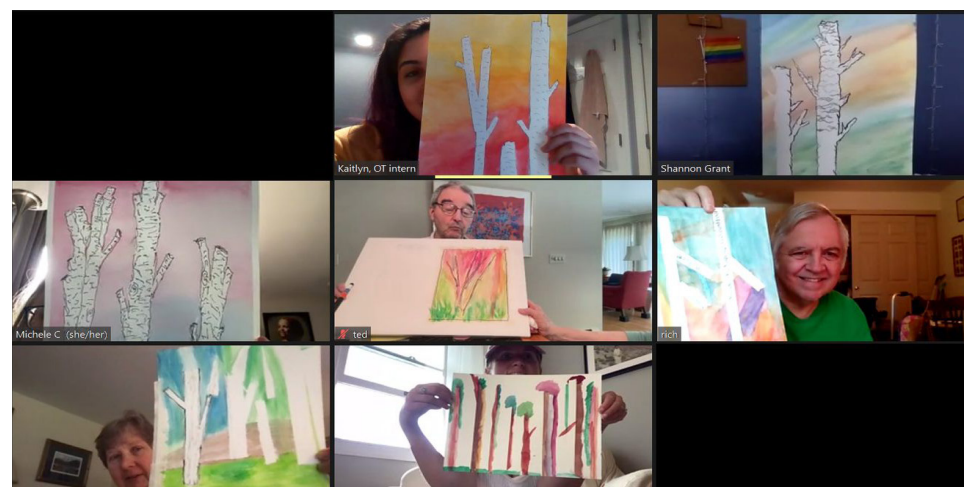


Photo2 – Watercolor Your World group sharing their art on Zoom.

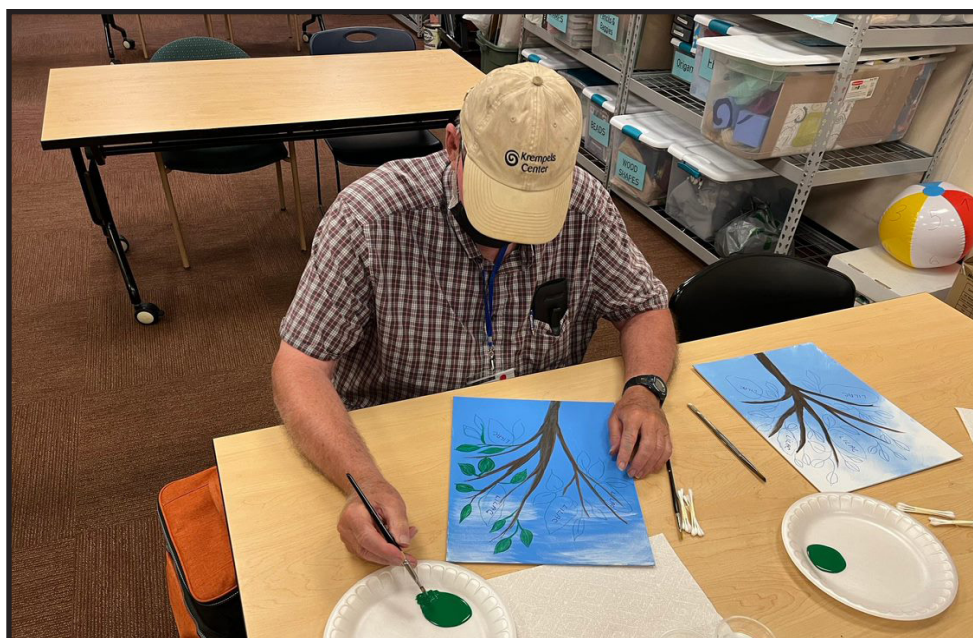


Photo1 – Members are led step-by step by Pat Linchey through a Nature scene painting



Photo3 – The Greater Seacoast community turns out to shop at the annual Krempels Center craft fair supporting member artists.

INSIGHTS

Life Perspectives From a Brain Injury Survivor, David A. Grant



Looking Back – Living Forward

It is hard to believe that the twelve-year anniversary of my brain injury is right around the corner. During the early years after my injury, life was difficult, so difficult in fact that it was unsustainable. My brain injury challenges seemed insurmountable while my PTSD robbed me of the ability to enjoy life in any kind of meaningful way. Today I have something that I didn't have early on: a perspective that comes only with the passage of time.

For the first four or five years after my injury, grief and confusion defined our daily lives as my wife, Sarah, and I struggled to come to grips with the complete and utter enormity of how brain injury impacted every aspect of our lives. The grief was suffocating and the confusion about what happened to our lives was overwhelming. There was no instruction manual and no set of easy-to-follow directions about how to live life with a traumatic brain injury.

Years five through ten can best be described as "acceptance and learning." After several years, it became clear that there was no going back. The life we once knew was gone forever. While this may sound like a difficult place to reside, there was actually an unexpected freedom during this part of our journey. Once I fully accepted that I would live out my life as a brain injury survivor, I doubled down, learning as much as I could about how best to live my life.

Never during the early dark years after my injury did I imagine that I would ever be happy again. I was unable to see through the brain injury fog, to see what life might look like thriving as a survivor. I had no real hope. In the years since, I have come to find out that hope is the ultimate healer. Hope makes even the darkest of nights tolerable, knowing that eventually, the sun will shine again.

A big part of the acceptance chapter of my recovery was coming to grips with the many losses that accompany brain injury. The loss of many friends and relationships with several of my own children were the most painful. Acceptance does not mean that I have to like something, rather, coming to embrace acceptance means that the pain of those losses is no longer debilitating. It took me many years to get to that point, something I never envisioned as possible.

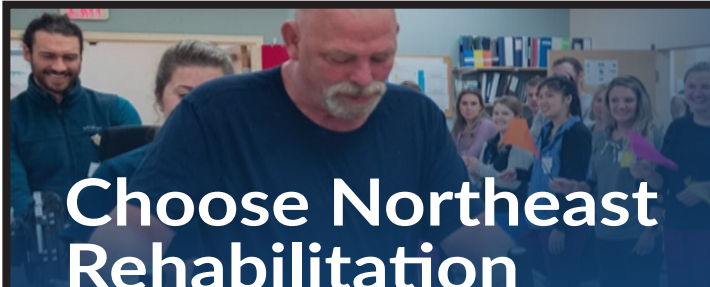
The chapter of my journey that I am embracing today is one of discovery. It has been, by far, the best chapter of the journey. I am pushing the limits again, seeing what I am capable of accomplishing. When my brain injury occurred, life got a lot smaller. My PTSD was like cement, binding me to engage in familiar activities. However, I continue to heal. In addition, with that healing comes the desire and wanderlust to revisit some of what I thought I had lost forever.

In my life before brain injury, I was an ardent SCUBA diver. Earlier this summer, I took the plunge (pun intended!) and bought a new wetsuit. Living a short drive from the New Hampshire coast, the ocean had been calling to me. For years, I ignored the call, but no longer. I have been skin diving on

the coast a few times this summer. It is just glorious. Just last month I took to the skies and went skydiving for the first time – a bucket list task for me long before my injury. It was, by far, the most exhilarating experience of my life. While I cannot tell you what is next, I no longer shun new experiences. I do not let fear of failure slow me down for long. This is my one shot at life and I fully intend to make the most of it.


I often wonder what I would tell my newly injured self; that lost soul struggling to regain his footing. I'd let him know that, though the journey at time seems more difficult than anything you've ever faced, you will come out the other side – as a new, more compassionate version of yourself than you can even imagine.

If you are new to the brain injury journey, I say the same to you. You are stronger than you will ever know. You will meet unexpected friends along the way, and you WILL come to a place where you say, I can do this!




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NCIL FALLING INTO FALL!

When this issue of Headway arrives via computer it will be a first but certainly not the last of technology moving into a direction for many news updates and connections. It appears that over the last few years with the pandemic challenges we have learned how to pivot and keep up with developing new ideas and ways to provide community-based services. Many meetings were held virtually, and the residents enhanced their computer skills which included shopping online, cognitive computer games, and staying in touch with family members as well.

This past summer was certainly hotter than normal, still activities included dining out, swimming, attending the gym, movies, the Mud Bowl, and outdoor concerts. We now seem to be moving into fall with more outside activities that NCIL residents enjoy every year. The pumpkin people, corn maze, and the local fairs are sure to be favorite visits once again. Falling temperatures will surely find the residents sitting around the bonfire toasting marshmallows and making s'mores.

NCIL is pleased to announce Employee of the Quarter, Mike Bryan! He has been a long-time employee of almost 14 years! Mike has been a Residential Advisor for both a PDMS program and a community-based program at the Cranmore View Residence. His co-workers describe him as kind, calm, very hardworking and always willing to help. Mike is environmentally conscious, participates with healthy living and exercise, and an avid outside explorer whether it be running, hiking, or skiing. Most recently Mike has been promoted and taken on the new role as House Coordinator of the Cranmore View Residence. All of us at NCIL know that he will continue with his success! Congratulations, Mike!

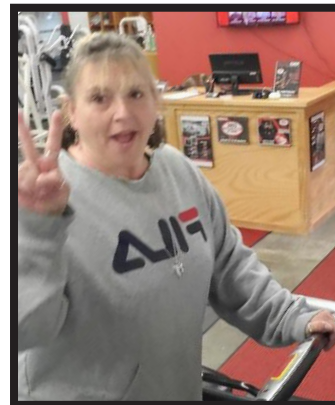


Continuing to build on the NCIL management team, we welcome Chris Spaulding as the new House Coordinator of the Village Residence. Chris comes to NCIL with a wealth of experience having had numerous roles at a local Area Agency. He is already settling in with the guys of the Village Residence and recently had a planned excursion to the Granite State Comicon where he supported PB who was in his glory interacting with many of the characters, especially Harley Quinn! After attending Comicon they had a great lunch at Applebee's!

Sadly, we did lose Alan this summer, his quiet resolve will be missed! We were fortunate to have provided services to him for many years.



We at NCIL look forward to what fall brings.



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- Community Residence Program
- Residential Treatment and Rehabilitation
- Home Based Rehabilitation
- Comprehensive Day Treatment Programs
- Employment Services

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BEAUTIES BOWLING FOR BRAIN INJURY 2022

By Stephanie & Brooke Mills

The annual Beauties Bowling for Brain Injury was held on Sunday, September 11th at Boutwell's Bowling Center in Concord. Eleven teams comprised of over 40 people participating, raising more than \$1,000 for the Brain Injury Association of New Hampshire. The event was founded by Brooke Mills in 2014 after she suffered a concussion in her high school gym class. This year's event was attended by eight pageant titleholders including Miss NH's Outstanding Teen, Corinne Kelly and Miss NH Teen USA, Grace Paradise.

Pizza, desserts and fun bowling competition were enjoyed by all. Awards were given for the highest and lowest scoring teams and individuals and raffle winners were drawn as well. Prizes included gift certificates to FUNSPOT, Chuckster's Amusement Center, massage therapy at Crossroads Chiropractic, Patrick's Pub, and more.

"This event is a wonderful opportunity for friends and families to come together to support the brain injury community and raise awareness of concussions. When I suffered my concussion, I personally found

great support from the Brain Injury Association of New Hampshire. They helped my mother and me find concussion providers, navigate return to learn school planning, and they supported me in the difficult changes I experienced in my life. The Brain Injury Association of New Hampshire inspired me to find my voice to help others when they invited me to serve as a peer-to-peer advocate in schools. Continuing this fundraiser is my way of thanking the BIANH for all they have done for me and our community."

Brooke Mills is also the founder of National Concussion Awareness Day, which has been recognized by the US Congress through the help of Senator Maggie Hassan, as the third Friday of each September. On September 16th Brooke hosted a social media campaign with the Brain Injury Association of America, and was interviewed by Neil and Marga on WZID 95.7FM as well as on The Morning Information Center on the Pulse of NH 98.1FM, 107.3FM and 107.7FM. Brooke hopes to make concussion a conversation for people across the country to increase awareness, understanding, and proper care for this invisible injury.



**2022 Virtual Caregiver's Conference
Wednesday, November 9, 2022**

**“How I Maintained My Career, Marriage and Sanity
While Caring for Someone Else”**

Keynote Presenter: Liz O'Donnell



Liz is the founder of Working Daughter, a community for women balancing eldercare, career, and more. An up-close and personal look into one woman's journey caring for her aging parents, while trying to raise her kids, stay married, employed, and sane.

There is no charge for this presentation, but registration is required

Online Registration at www.coalitionofcaring.org

**Lead Sponsors: AARP NH, Bureau of Developmental Services &
New Hampshire Family Caregiver Support Program**

**For more information contact: Ellen Edgerly, 603-834-9570 or Ellen@bianh.org or visit
the Coalition of Caring's website at www.coalitionofcaring.org**

Facebook: <https://www.facebook.com/CoalitionofCaring/> Twitter <https://twitter.com/coalitioncaring>

The Neck Connection in Concussion/Mild Traumatic Brain Injury (mTBI)



You may be asking yourself, “What do my neck and spine have to do with my concussion symptoms, especially since I am not experiencing neck or back pain?” Or another question you may be wondering is, “I have had neck and back pain following my concussion but imaging came back “negative” and my doctor said everything looked “fine” so how can the spine still be involved?” Many times patients come to me asking these exact questions, not fully understanding the correlation between the injury (concussion) and the effect it has on the brain and spinal cord (nervous system) which consequently can cause symptoms such as headache, brain fog, balance problems, decreased energy, vertigo, along with hearing and visual issues.

Functional Chiropractic Care of New England, LLC
CONCUSSION CENTER

If you're looking to overcome headaches, dizziness, lingering concussion symptoms, you're in the right place.

Discover real solutions to restore the quality of your life.

You have questions, I have answers.

NH Concussion Center 603.855.2031
 20 Homestead Place, Alton, NH 03809
 nhconcussioncenter.com

Dr. Denise Piłkiewicz,
 Chiropractic Neurologist

Generally, we tend to equate pain with a problem or rely on available testing whose purpose is to rule out serious pathology such as a fracture, spinal cord injury, herniated disc, or a bleed after a traumatic event. When no pain or pathology is present, we overlook the function of that particular area as the source and yet wonder why symptoms persist. The neck (cervical spine) is an extremely vital part of our bodies. In fact, this is the area that connects the brainstem (lower most part of the brain) to the rest of the spinal cord which houses and protects not only spinal nerves, but also some cranial nerves that exit from the base of the skull. The cervical spinal nerves, contribute to strength and sensation of our head and upper extremity; whereas the cranial nerves that exit from this area, play a role in face and head pain/headaches, chewing, along with integrating vision, hearing and balance. In short, the information between the brain and the body must pass through the neck. If there is an injury to the neck, the connection between the brain and body (via the spinal cord) can be affected causing improper communication of the nervous system leading to symptoms.

Concussion, defined as, “A subtype of mild Traumatic Brain Injury (mTBI)...A reversible neurological dysfunction...may be caused by either a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head...which may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.” (1) It is a metabolic, physiological, and microstructural injury to the brain where the force of the head and neck being jarred forward and back (and in some incidences which also include rotational forces) cause a shearing of the white and gray matter in the brain (which are different densities) and can lead to injury of the axons and nerve transmission pathways. This causes functional disruption of the pathways in the brain, or “messaging highways” that allow the brain and body to coordinate certain functions such as balance, vision, hearing, movement, and so forth, leaving you to feel symptoms either physically, emotionally, cognitively, or even affecting sleep and wake cycles. When a “neck injury occurs due to forceful, rapid back and forth movement of the neck” (the definition of “Whiplash” which also can occur with or without a concussion), (2) muscles, ligaments, and mechanoreceptors can be damaged in that area. So, in other words structural injury to the axons in the brain, and possibly to the ligaments, muscles, and mechanoreceptors surrounding the spine (which pick up movement and joint position sense), are all unable to be detected and the damage causes a disruption in the function. That is why concussions are often referred to as the “invisible injury”. However, the good news is, as stated in the definition, these injuries are reversible with appropriate identification and care.

In the brain, many systems integrate into common areas and communicate with each other such as the visual system, auditory system, vestibular system, and proprioceptive system. The proprioceptive system encompasses the whole body up to the neck including the limbs and torso, and is responsible for letting the brain know where you and your body parts are in space (i.e. joint position sense). Since the neck (cervical spine) “has a very delicate proprioceptive system that plays a crucial role in helping maintain posture and balance” (3), a concussion or whiplash may cause the brain to develop a mismatch of where it believes the body actually is in space, to where it actually is in space. As a result, the brain may compensate by tilting or rotating the head and neck to accommodate for the mismatch. This compensation trickles down the rest of the spine causing compensations in other areas. Have you ever seen someone walk into a wall and totally miss the opening of a door? Well, that’s because even though their visual system saw the appropriate opening of the door to comfortably pass through, the proprioceptive system was providing inaccurate information to the brain and the brain misidentified their physical position from where it should have been. Since injury to the neck (cervical spine) causes distortions in transmitting information to the brain (4), by treating the neck (cervical spine) and rest of the spine, appropriate integration of neurological systems is established and mismatches are eliminated giving appropriate awareness of where you are in space.

Often, in traditional medicine, providers specialize in treating particular symptoms and individual systems. For example, patients will see an eye doctor for their vision complaints and an ear doctor for auditory concerns. Even though it is prudent to visit these specialists and rule out serious pathology, should test results come back negative, the likely cause of those symptoms of headache, visual and auditory issues, etc. could be coming from the brain and spinal cord. Many times, improving neck and spinal function will naturally improve the other associated symptoms of both concussion and whiplash.

In Chiropractic Neurology, the brain and body are viewed as an entire integrated system and a thorough evaluation of all systems is performed. Personalized treatments consisting of specific adjustments to the affected spinal joints can provide appropriate input into the nervous system along with brain stimulation exercises and rehabilitation modalities. This brain-based approach is essential to re-integrate functioning of the nervous system and correct dysfunctions due to concussion or whiplash. If you have tried other therapies in your healing journey and are working with great providers but not finding a complete resolution of your symptoms, you may want to consider having an evaluation with a Board-Certified Chiropractic Neurologist.

References

1. *Consensus Statement on Concussion in Sport- the 5th International Conference on Concussion in sport held in Berlin, October 2016.* McCrory P, et al. April 26, 2017, British Journal of Sports Medicine, pp. 1-10.
2. *Whiplash Symptoms and Causes.* s.l. : Mayo Clinic.
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4. *The implications of cervical spine degenerative and traumatic diseases in the pathogenesis of cervical vertigo and hearing loss.* Cobzeanu MD, Rusu D, Moraru R, et al. 3, s.l. : Rev Med Chir Soc Med Nat Iasi, 2009, Vol. 113, pp. 814-818.

Rose Meadow

Rose Meadow Garden
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Who are we? Rose Meadow consists of three assisted living programs in New Boston, NH. We are looking for passionate, devoted team members that encourage a comfortable and collaborative work environment. Please contact us if you are interested in a career in helping others and becoming part of our Rose Meadow family.

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Available positions:

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*Sign on bonus

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✓ **Covid Vaccination NOT Required!**

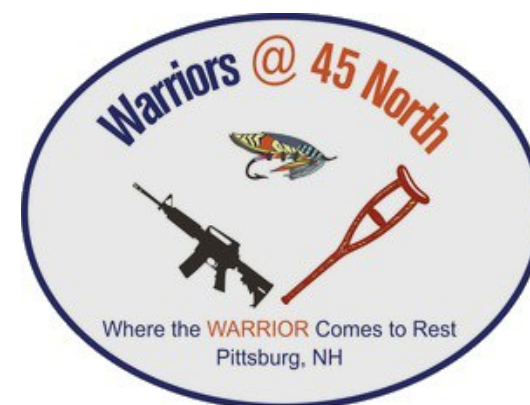
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We are a non-profit organization—all donations are tax-deductible

MISSION STATEMENT

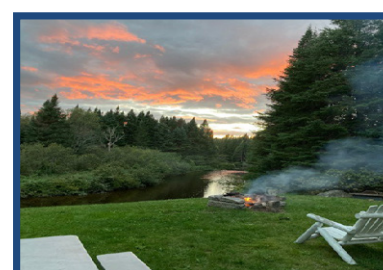
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The Northern Goat Locker is located in the heart of the Great North Woods of New Hampshire. We are near the Connecticut lakes and have access to multiple trout streams, ponds, and rivers including an area called "Trophy Stretch."



We have many activities available including:

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- Snowmobiling • Shooting
- and so much more

Contact:

MMC(SS) Jon Worrall, USA RET

(603) 566-8450

Email: mmcsworrall@gmail.com

HM3 Patrick Phillips, USN RET

(603) 331-2993

Email: warriorsat45n@gmail.com

Where the **WARRIOR** comes to rest



Providing Community-Inclusive Cognitive Rehabilitation

Robin Hill Farm provides licensed residential treatment and rehabilitation specifically for adults with a brain injury. Based upon the belief that no two injuries are alike, we have developed a community-inclusive continuum of care for the past 39 years. This concept allows us to offer the potential resident a program that reflects their individual needs, goals and capabilities.

All Programs Feature:

- 24 Hour Support or Supervision
- Socially Based Cognitive Rehabilitation
- Individual Rehabilitation Plans
- Complete Room and Board
- Transportation
- Low Stimulus Environment

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VIRTUAL BRAIN MATTERS 2022

October 13 ~ Brain Injury 101

Presented by 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.

8:00am -12:00pm (4 contact hours)

To register: <https://bianh.salsalabs.org/bioct>

Cost \$15

November 16 ~ Risk Factors of Traumatic Brain Injury and the Aging Brain

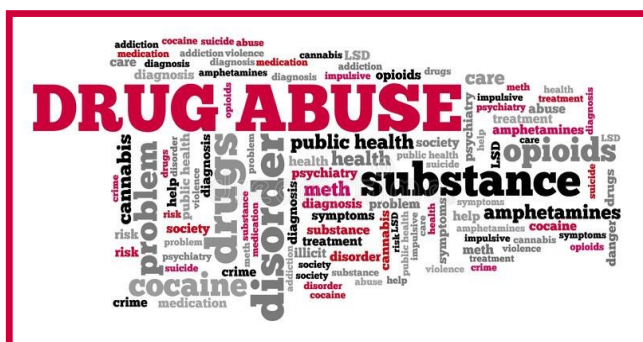
Presented by Janelle Eloi, PsyD

Within the general population and cultural zeitgeist, there are a lot of misconceptions in regards to traumatic brain injuries (also known as a TBI) and the impact it may or may not have on one's cognition, physical body, and emotional state. A TBI, which is often caused by a forceful blow to the head, can range in severity and degree and at times can be associated with physical and cognitive sequelae. After sustaining a TBI, some individuals may barely show symptoms while others may experience ongoing physical and cognitive problems. Furthermore, there are risk factors such as age, gender, occupation etc. that may place an individual at greater risk for sustaining a TBI and subsequently impact their activities of daily living, earning potential, quality of life, and over-all future. This lecture will review the criteria for a TBI, the biggest risk factors for a TBI, the most common causes and symptoms of a TBI, the aging brain, and the impact a TBI may have on the aging brain.

8:30am – 10:00am (1.5 contact hours)

To register: <https://bianh.salsalabs.org/abbi>

Cost: Survivors/Family Members - \$15; Professionals - \$35



We are very pleased to announce one of the latest additions to the Brain Injury Association of New Hampshire's website www.bianh.org. We have added a Substance Use Disorder (SUD) page as well as a blog. Both can be found by clicking on the Substance Use Tab at the top of our homepage or by clicking on <https://bianh.org/substance-use-disorder> or <https://bianh.org/blog>.

The Substance Use page provides available resources, a separate section for adolescents and young adults, and information about the SUD/Brain Injury & Mental Health Task Force. We also hope to add a section that will list upcoming trainings on Substance Use. In the blog section we will be posting two blogs a month providing information on brain injury as it relates specifically to opioid use and overdose as well as including stories from survivors so you can see some of the triumphs (and challenges) our community faces in trying to maintain sobriety when the brain has undergone so much trauma. We hope that you will find these posts helpful and informative. Please be sure to check out both sections. If you or someone you know would like to be featured in a survivor story, please reach out to Lori at lori@bianh.org.

The preparation of the blog was financed under a contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.

Requesting Job Accommodations after Brain Injury

Determining Limitation-appropriate Adaptations for You

This article is adapted from the Job Accommodation Network (JAN)'s "Accommodation and Compliance: Brain Injury" web page at askjan.org/disabilities/Brain-Injury.cfm.

Every brain injury is unique and may have short-term or long-term impacts on one or more functional areas of the brain. As an individual with a brain injury in the workforce, the impacts of your injury may entitle you to accommodations to ensure that you are able to perform your responsibilities safely and effectively.

The Americans with Disabilities Act (ADA) defines "disability" in general terms. An individual is considered disabled if they have any physical or mental impairment that substantially limits one or more major life activities, has a record of such impairment, or is regarded as having an impairment. Information about this definition and the legal protections provided can be found at ada.gov.

Some individuals with brain injuries may have impairments that qualify them for work accommodation under the ADA. The following is a list of impairments and associated accommodations. These are starting points, not a complete picture of every accommodation that any individual with a brain injury might request. Discuss with your employer what may be the best path for you in your role.

Difficulty Paying Attention or Staying Organized; Reduced Executive Function

- Adjusted lighting fixtures (reduce flashing lights, change color)
- Change of office space or location to reduce distraction
- Desk organization tools such as filing cabinets, labels, binders
- Timers and watches
- Job coach
- Noise canceling headphones or earplugs
- Restructure job schedule or hours
- Telework
- Clear verbal or written instructions and deadlines from supervisors and colleagues
- Uninterrupted time blocked off on schedule
- Organizational software or apps
- Additional time to complete tasks

Fatigue

- Reduced hours
- Flexible schedule
- Telework
- Job restructuring
- Ergonomic equipment
- Assistant

Photosensitivity

- Adjusted lighting fixtures (reduce flashing lights, change color, anti-glare filters)
- Change of office space or location



Reduced Emotional Control/Stress Tolerance

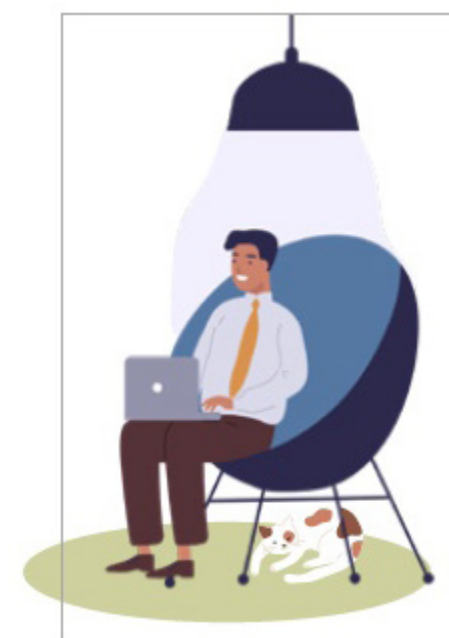
- Counseling/work with HR
- Job coach
- Disability training for the rest of the team
- Positive feedback from supervisor or colleagues
- One-on-one communication
- Support animal
- Telework
- Behavior modification techniques

Seizures

- Designated responders/plan of action
- Team training and cognizance
- Flexible schedule
- Telework
- Transportation assistance
- Support animal
- Modified lighting
- Padded edging
- Protective gear
- Rest area/private space

Reduced Mobility

- Grab bars
- Canes
- Walkers
- Scooters
- Wheelchairs
- Modified workspace



The Brain Injury Association of America (BIAA) is the voice of brain injury awareness and advocacy on Capitol Hill and a strong proponent of the Americans with Disabilities Act. Sustaining a brain injury itself does not qualify you for accommodation. Accommodations are determined in direct relation to job responsibility and limitation. If you have questions about whether you qualify, or if you seek or have sought accommodation from your employer and think you have been denied wrongfully, BIAA recommends speaking with a disability rights attorney to determine the best course of action for your individual circumstances.

FATIGUE AND BRAIN INJURY

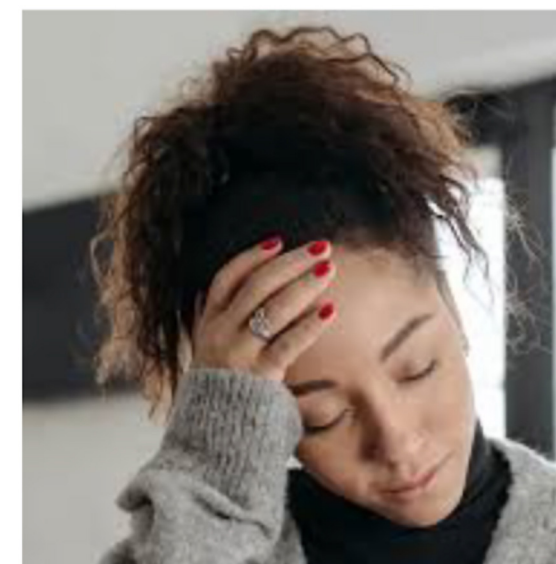
Fatigue is a feeling of exhaustion, tiredness, weariness or lack of energy.

Physical fatigue: “I’m tired and I need to rest. I’m dragging today.”

Psychological fatigue: “I just can’t get motivated to do anything. I just don’t feel like doing anything.”

Mental fatigue: “After a while, I just can’t concentrate any more. It’s hard to stay focused. My mind goes blank.”

Fatigue causes one to think less clearly, creates less energy to care for oneself, to be involved in physical activities, or to participate in enjoyable things. Fatigue creates a negative effect on moods, physical functioning, attention, concentration, memory and communication. It can interfere with work schedules and leisure activities. Fatigue is one of the most common problems people have after a traumatic brain injury. Up to 70% of brain-injured survivors will complain of mental fatigue.



CAUSES OF FATIGUE

Fatigue is normal for anyone after hard work or a long day. In persons living with a brain injury, fatigue often occurs more quickly and frequently than it does in the general populations. The cause of fatigue after a brain injury is not clear but may be due to the extra effort and attention it takes to do simple activities such as walking or talking clearly. Brain function may be less “efficient” than before the injury.

Personal fatigue can come from muscle weakness. The body needs to work harder to do things that were easy before the brain injury. Physical fatigue gets worse in the evening and is better after a good night’s sleep. Often this kind of fatigue will lessen as the individual gets stronger, more active, and back to his/her old life.

Psychological fatigue is associated with depression, anxiety, and other psychological conditions. This type of fatigue gets worse with stress. Sleep may not help at all, and the fatigue is often at its worst when waking in the morning.

Mental fatigue comes from the extra effort it takes to think after the brain has been injured. Many common tasks take much more concentration than they did before. Working harder to think and stay focused can make one mentally tired.

Certain conditions are known to cause or increase fatigue:

- Depression

- Sleep issues

- Hypothyroidism or other endocrine gland disorders

- Respiratory or cardiac problems

- Headaches

- Lack of physical exercise

- Vitamin deficiency/poor nutrition

- Stress/Anemia

- Medications commonly used after a brain injury, such as muscle relaxers and pain medication

HOW TO DECREASE FATIGUE

Pay attention to what triggers the fatigue and learn to identify the early signs of fatigue such as becoming more irritable or distracted. Stop an activity before getting tired.

Get more sleep and rest. There may be a medical condition or there may be useful treatments.

Set a regular schedule of going to bed and awakening the same time every day. Include some regular rest breaks or naps. Be careful to limit naps to 30 minutes and avoid evening naps.

Alcohol and marijuana will generally make fatigue worse.

Caffeine (coffee, cola products) should be avoided after lunch if sleeping is a problem.

Resume activities gradually over weeks or even months.

Start with familiar tasks at home or work that you can complete without fatigue. Gradually increase the complexity of each task, taking breaks as needed.

Improve time management:

- Plan and follow a daily schedule. Using a calendar or planner can help manage mental fatigue.

- Prioritize activities. Finish what is most important first.

- Do things that require the most physical or mental effort earlier in the day when refreshed.

- Avoid over-scheduling.

- Limit visitors.

Exercise daily. Research has shown that people living with a brain injury who exercise have better mental function and alertness. Over time, exercise and being more active helps lessen physical and mental fatigue and builds stamina. It also may decrease depression and improve speech.

Talk to a doctor

- Discuss medical or physical problems that may be causing fatigue.

- Have the doctor review all current medications.

- Discuss depression with a doctor.

- Possible blood tests may reveal what is causing the fatigue.

BRAIN INJURY COMMUNITY SUPPORT PROGRAM (BICSP)

*Are you a survivor in need of
financial assistance?*

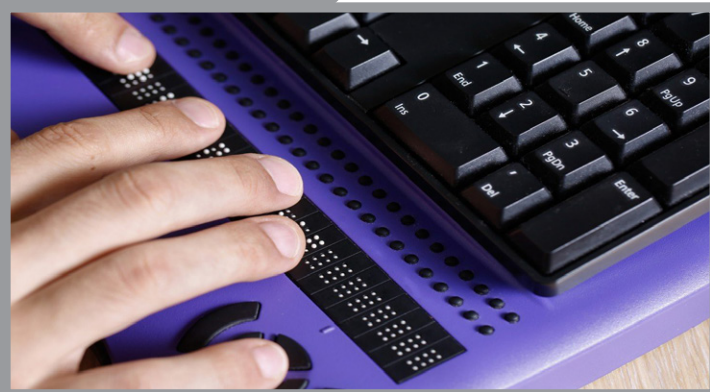
The *Brain Injury Community Support Program* provides short-term financial assistance for people living with brain injury, stroke, MS, or Huntington's Disease

BICSP Requirements:

- survivor must have received injury between 22 and 60 years of age with significant cognitive decline
- does not have other assets that can be accessed
- individuals supported through the Acquired Brain Disorder Waiver (ABD-CCW) may apply for dental assistance only

One-time funding is available for:

- assistive technology
- dental work
- overdue monthly bills
- home safety items
- respite



For more information, please call BIANH - 603-225-8400

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.

YOUTH SURVIVORS NETWORK



Occurs on the second Wednesday of each month.

A virtual networking opportunity for youth and young adults (16-25) with acquired and traumatic brain injuries in Maine and New Hampshire to share their experiences and build a community of self-advocates.

If you have any questions, please reach out to dcampbell@mpf.org

Register Here

https://us02web.zoom.us/join/zoom-join?meeting=H9NeQ8v9Yokb_woX0tWWuvJC



INDEPENDENT SERVICE COORDINATION/ CASE MANAGEMENT

The Brain Injury Association of New Hampshire offers these **Conflict Free/Conflict of Interest Free** services for all populations:

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



You are not alone!

BIANH is a non-profit, advocacy organization founded by New Hampshire Families in order to strengthen individual and state-wide systems.

For additional information about Independent Case Management, contact Erin Hall at 603-225-8400 or email at erin@bianh.org.



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

BENEFICIARY DESIGNATIONS CAN HELP FULFILL YOUR CHARITABLE PLANS



Beneficiary designations are often the simplest way to implement your charitable estate plans. For instance, you can name the Brain Injury Association of New Hampshire as a beneficiary of your IRA or other qualified plan. Doing so can save a significant amount of taxes because your family and loved ones will be required to pay income taxes on the amounts they receive from your IRA at their tax brackets. But having BIANH as a tax-exempt entity, you pay no taxes. So 100% of your retirement plan will be used according to your charitable intent. In addition, many people do not realize that they can designate any amounts remaining in their donor-advised fund (DAF) to charity. This is a very simple process that can be implemented through the specific procedure of your DAF sponsor.

- I would like information about making a gift to BIANH that would also provide income for me and/or others.
- I would like information about including a gift to BIANH in my will or living trust.
- I have already included a gift to BIANH in my will or living trust or by beneficiary designation and would like to notify you.

Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

Email _____

Please mail to BIANH—52 Pleasant Street—Concord, NH—03301 — Attention: Steve Wade

SUPPORT GROUPS IN NEW HAMPSHIRE

Revised September 2022

Times and places may change without notice—please call in advance

VIRTUAL SUPPORT GROUPS

The Brain Injury Association of New Hampshire will be hosting four statewide monthly online support groups that will be held through the ZOOM Virtual Platform, all are welcome to attend.

Virtual Statewide Peterborough Brain Injury Support Group - Meets the 1st Tuesday of the month 6:00 pm-7:30 pm
register at: <https://bianh.salsalabs.org/peterborough>

Virtual Statewide Atkinson/Derry Brain Injury Support Group - Meets the 2nd Tuesday of the month - 6:30 pm-7:30pm
register at: <https://bianh.salsalabs.org/atkinsonderry>

Virtual Statewide Concord Brain Injury Support Group- Meets the 3rd Tuesday of the month - 6:30 pm-8:00pm
register at: <https://bianh.salsalabs.org/concord>

Virtual Youth Survivors Network - For brain injury survivors age 16-25, From Maine, New Hampshire & Vermont Meets the Second Wednesday of the month, Meeting Time: 4:00 – 5:00 pm

Register at: https://us02web.zoom.us/meeting/register/tZ0lcOmvqT8vH9NeQ8v9Yokb_woX0tWWuvJC

Registration contact: Dylan Campbell: dcampbell@mpf.org

Please check the website at www.bianh.org for online registration.

If you have any questions, please email Ellen Edgerly at ellenedge@comcast.net or call 603-834-9570.

APHASIA:

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 AND STROKE INJURY:

Concord: Virtual Community Stroke Support Group, 3rd Tuesday of the month,
4:30pm, Encompass Health (formerly Healthsouth),
Contact: Shandra Plourde Phone: (603) 226-9812

Dover: Wentworth Douglass Hospital Stroke Support Group.
3rd Thursday of every month; 2:00-3:00 (currently via Zoom)
Contact: Lindsey Wyma,
Phone: (603) 609-6161 x2731
Email: Lindsey.wyma@wdhospital.org

Kennebunk, ME: Currently Suspended - 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

Lebanon: Virtual Stroke Support Group, 1st Friday of even-numbered months
(Feb, Apr, Jun, Aug, Oct, Dec), 10:00 - 11:30 am, DHMC Aging Resource
Center, Lebanon, NH

Contact: Shawna Malynowski, Phone: (603) 653-1117
Contact: Sarah Braginetz, Phone: (603) 650-5104
Contact: Aging Resource Center Phone: (603) 653-3460

Nashua: Currently Suspended— 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

Salem: Northeast Rehab Virtual Statewide Mild Brain Injury Support Group;
Meets the 2nd Wednesday of the month, 5:00 pm - 6:00 pm (currently via Zoom)
Contact: Barbara Capobianco
Phone: 603-681-3220
Email: bcapobianc@northeastrehab.com for online registration information.

Salem: Currently Suspended — 1st Wednesday of the month, Northeast Rehab
Hospital, Family Conf. Room, 70 Butler Street, Salem, NH
Phone: (603) 893-2900

BRAIN TUMOR:

Derry: For Appointment Only Due to COVID-19.
Contact: Urszula Mansur
Phone: (603) 818-9376

CAREGIVER SUPPORT GROUP (Caregivers Only):

Center Conway: Meets Tuesdays 1:00– 2:30pm. MWV Adult Day Center, 987
East Main Street, Center Conway.
Contact: Karen Albert
Phone: 603-356-4980

2022 MEMBERS AND DONORS

Thank you to all our members and donors!

(This list reflects donations received from January 1, 2022 to present)

DONORS AND MEMBERS

Anonymous
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