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THE VOICE OF BRAIN INJURY –
 Help, Hope and Healing
 ISSUE #84, Summer 2022



HEADWAY

NEWSLETTER



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The *Headway* newsletter is switching entirely to an online newsletter in January 2023!

The Summer 2022 and Fall 2022 newsletter issues will still be printed in hard copy, however, **beginning with the Winter 2023 issue of Headway, we 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.

Brain Injury Survivor Jason Schreck to Speak at BIANH's Annual Golf Tournament

By Sarah Kilch Gaffney

Jason Schreck, a brain injury survivor, saltwater aquarium enthusiast, and adamant dog lover, will speak about his brain injury experience at BIANH's upcoming 39th Annual Golf Tournament in August.

At an early age, Jason Schreck fell in love with downhill skiing, and he grew up skiing all over the country. Jason raced on the alpine varsity ski team all four years at Bishop Guertin High School, then went on to race for Colby Sawyer College (CSC). He coached skiing at some of the local mountains, and after graduating from CSC in 2002, Jason got a job with Atomic Ski Company in Amherst, NH.

With Atomic, Jason held various positions and eventually became a Technical



Representative, traveling extensively throughout the eastern seaboard doing demonstrations and teaching about skis. As part of his position, Jason often tested out the gear, doing runs down the mountains using new ski equipment.

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. The weather on the mountain was worsening as ski patrol assessed Jason's injuries, which were critical, and a medical

Continued on Page 3

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PRESIDENT'S MESSAGE

A DAY TO REMEMBER

by Robin O. Kenney, Ed.D.

May 11th marked the first time in three years that the annual conference of BIANH was held live and in person. When I arrived that morning, the crowd at the registration station was buzzing and the excitement about being together in a large, supportive group of like-minded people was palpable.

The morning began with an inspiring keynote speech by TBI survivor Stacia Bissell who spoke of the trials and challenges she faced following her own injury. The range and depth of the workshops and presentations that followed was inspiring and the participants' responses were very positive. Attendees clearly brought their curiosity, their questions and their unique individual experience to the day's activities.

During the luncheon, BIA Executive Director, Steve Wade was honored for his thirty years of outstanding service to the organization. Steve's family was there to cheer him on, and special guest Susan Connors, President and CEO of the Brain Injury Association of America, spoke to Steve's sterling reputation on the national stage.

Let us hope that, as we increasingly return to a "new normal" with regard to Covid, we will have many more opportunities to support one another and share our knowledge and our personal experience with TBI and ABI. Until we gather again, my wishes to all for a safe and happy summer.



EXECUTIVE DIRECTOR'S MESSAGE

2021/2022 LEGISLATIVE SESSION WRAP UP

by Steven D. Wade, BIANH Executive Director

At the end of each year's Legislative Session, Teresa Rosenberger provides a summary wrap-up of the sessions. Here is the summary for 2021-2022:

It has been a historic two years. The first year, 2021, was virtual and that was hard. If we needed to lobby a bill, we had to lobby by email or call the member. Many of the Representatives and Senators were new and had no idea who we were or our issues; and to make matters worse, it was a budget year.

The second year, 2022, was a bit better as the committees eventually began to meet at the State House; so one could go and actually talk to the Representatives and Senators. The second year had a lot of controversial bills. There were factions in the House and Senate in both parties that made it very hard to figure out where things were going or to create any natural alliances.

The Brain Injury Community ended up with a number of good wins.

SB 234 requiring student ID cards to include National Suicide prevention Lifeline - enrolled http://www.gencourt.state.nh.us/bill_status/pdf.aspx?id=36266&q=billVersion

Suicide is a critical issue for the brain injury community. Suicide is now the leading cause of brain injury fatality in the state, with suicide accounting for 483 New Hampshire brain injury fatalities in a recent year. Additionally, persons living with brain injury have 6X increased risk for suicide.

SB 439 Revised the membership in the Brain and Spinal Cord Injury Advisory Council and modified the scope of the community based brain injury support program - signed into law http://www.gencourt.state.nh.us/bill_status/pdf.aspx?id=36686&q=billVersion

This bill streamlines the council membership, removes the barriers, makes the council more productive and ensure quorums. A special thank you to Senator Bob Giuda for his sponsorship and work on this legislation.

SB 422 creates an adult dental benefit program for those under Medicaid - enrolled http://www.gencourt.state.nh.us/bill_status/legacy/bs2016/billText.aspx?sy=2022&id=1950&txtFormat=pdf&v=current

Steve Wade, the Executive Director from BIANH, shared in his Headway Spring Issue message that "The Brain Injury Association of New Hampshire is committed to advocating for preventative and emergency oral health care for people with brain injuries."

Other wins of note:

SB 385 creates procedure to protect vulnerable adults from financial exploitation - enrolled http://www.gencourt.state.nh.us/bill_status/pdf.aspx?id=35994&q=billVersion

HB 1513 modifies the definition of a child with a disability for special education purpose to include until 22nd birthday - enrolled http://www.gencourt.state.nh.us/bill_status/pdf.aspx?id=36233&q=billVersion

HB 1526 requires DHHS to amend the income eligibility standard for the in and out medical assistance policy - enrolled http://www.gencourt.state.nh.us/bill_status/pdf.aspx?id=36301&q=billVersion

HB 1659 creates provision for temporary LNA's in a residential facility and also speeds up the criminal background check for healthcare workers by omitting the requirement that the check has to be done by the department of Safety - signed into law http://www.gencourt.state.nh.us/bill_status/pdf.aspx?id=36670&q=billVersion

All in all, it was a good year. What will the next year bring? Everything hinges on November after the elections. We will continue to monitor all interim study bills and report when something happens.



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: Brain Injury Survivor Jason Schreck to Speak at BIANH's Annual Golf Tournament

helicopter was called to transport Jason to the nearest hospital.

Jason's parents, Diane and Gary Schreck, were vacationing in Florida at the time of the accident, and his brother, Brad, lived in Boston at the time. Calls went back and forth, and they all agreed they wanted the surgeons to do whatever was necessary to save Jason's life, regardless of the prognosis. "Save him," Jason's dad told the doctors, and they went to work.

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.

Humor has always been an important part of Jason's recovery for both him and his family. Early on in his recovery, Jason would sometimes get lost. His dad stuck a return address label on the helmet Jason wore at the time to protect his head, something they all still laugh about. "You have to laugh," Jason said. "We go into things with the best intentions, but it doesn't always come out right, and it's okay to laugh."

Now, 16 years out from his injury, Jason is happy with his life and all that he has accomplished. He returned to skiing and taught adaptive skiing for a while, he loves mountain biking and going to the gym, he has a beautiful saltwater aquarium, and he has a new puppy, Baxter.

Jason also has a job he loves working as the Activities Assistant at a local retirement community. He plans activities and adds excitement to the lives of residents living with dementia, and makes sure everyone has fun. The job is a perfect fit for Jason, but it took some time for him to find his way in the world after his accident. "Don't rush into anything, and know that it's going to get better," Jason said about his advice to other brain injury survivors early in their journey. "You're going to make some mistakes, and that's okay. You're not who you used to be, and it takes time to figure out who you are now."

BIANH was a huge source of support for Jason and his family during his recovery, and Jason is thrilled to share his story during the golf tournament. He's not sure, however, if he'll be doing any golfing that day. "I tried golfing," Jason shared with a chuckle, "but I hit the roof of one of the nearby houses with a golf ball. I think I'll stick with sharing my story!"

BIANH's 39th Annual Golf Tournament will take place on Wednesday, August 10, at The Oaks in Somersworth, NH. This tournament is a two or four-person scramble. Registration begins at 7:30 AM and the tournament begins at 8:30 AM with a shot-gun start. Register online here: <https://bianh.salsalabs.org/39golf/index.html>. For more information, please contact Renee at renee@bianh.org.



A Beautiful Day for the 36th Annual Walk by the Sea

After three years, it was great to be back in person for our 36th Annual Walk by the Sea held on Sunday, June 5! The weather was perfect and we had approximately 200 people that came out to Hampton Beach State Park to enjoy the day, show their support, and walk the 3 miles. Upon their return to the pavilion walkers were treated to lunch and music while enjoying the beautiful sunny day. Thank you to all who participated and/or donated to this year's Walk. It was a wonderful day and because of your support we were able to raise \$25,000! Thank you to the Munson Family for the rest stop and refreshments, Dunkin Donuts for providing us with coffee and donuts, and the staff at NH State Parks for their assistance.

Once again teams competed for bragging rights in the categories of most original name, most pledge dollars and the greatest number of walkers. And the winners are....

The most original team name:

Mind Into Matter – Anita Munoz – Team Captain

The team with the most walkers:

NeuroRestorative – Janice Comtois – Team Captain

The team's that raised the most money:

1st Place - Team Annjie – \$3,105 - Alexandria Konts - Team Captain

Team Annjie was formed by family and friends in memory of Annjie Dow. Annjie and her family have been long-time supporters of the Walk and she worked for many years as the BINGO coordinator for BIANH. Annjie also worked with individuals with brain injury and truly loved her work and the individuals she supported.

2nd Place - B3 - Beautiful, Brilliant, Bruised Brains - \$1680 – Elizabeth Landry – Team Captain

The individuals that raised and turned in the most money by the end of the day:

Gary Torrey - \$2277

Bob Holmes - \$1,935

New this year was the Eldon R. Munson, III – Team Spirit Award. The award is in memory of our friend, Eldon R. Munson, III. Eldon was a strong supporter of the Walk. You may have met him if you stopped at the Munson's rest stop. No matter what the weather brought, Eldon and his father were out along the route handing out the water and snacks that they had donated. Eldon was also a member of the Walk planning committee, contributing his time and creative ideas to improve the walk. It is because of his unsurpassed enthusiasm and dedication to this event that we have named this award in his memory. We are pleased to announce that this year's winner is:

NH Concussion – Denise Pickowicz – Team Captain

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

A special thank you goes out to our Sponsors:

NH Concussion – Thank You Sponsor

Service Credit Union – Morning Coffee Sponsor

Rose Meadow Farm – Prize Sponsor

The Munson Family – Rest Stop

Robin Hill Farm – Dessert Sponsor

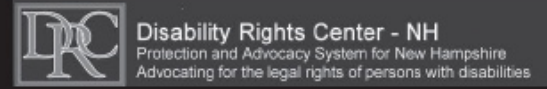
Cengizhan (Jing) Ercengiz – Walk Video

Be sure to go to our Walk by the Sea website at www.walkbythesea.org (click on Gallery) to check out the great photos and video from this year's Walk.

WALK BY THE SEA PICTURES



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Service and Emotional Support Animals in Housing

By Tori Byrd

Federal and state nondiscrimination laws protect the rights of people with disabilities to have service animals and emotional support animals in their apartments, even when the housing provider has a policy that does not allow pets (or a certain type of animal such as a dog). Service animals are individually trained to perform a task directly related to the person's disability. Emotional support animals do not require specific training, and their mere presence can have a therapeutic effect for the person with a disability.



Under the law, service and emotional support animals are assistance animals and are not considered pets. In most situations, the housing provider must allow you to have an assistance animal if:

- You are a person with a disability. This means you have a medical condition that creates a substantial limitation to a major life activity, such as communication, walking, seeing, hearing, or emotional/social functioning.
- You need the animal to ease the symptoms of your disability or to provide a service to you. There must be a relationship between your ability to function and the assistance your animal provides for you. The animal must be necessary to perform a service or task for you to be able to use and enjoy your home.

Not everyone with a disability is entitled to have an animal living with them. You need to be able to prove that you have a disability, and that the accommodation is necessary. When you ask for a reasonable accommodation to an existing policy, you may need to provide documentation from a medical professional to support your request. Some housing is exempt from the law. **Example:** A landlord would not be required to provide pet sitting or cleanup after an animal if the landlord does not provide these services to other tenants. However, existing regulations specifically state that simply allowing an assistance animal does NOT constitute an undue burden.

What if my animal causes a problem?

You are responsible for your animal including cleaning up after it and making sure it is not a nuisance to other tenants. If your animal causes damage, you may be responsible for the costs of cleaning or repair. If your animal is disruptive to other tenants or residents, or is a direct threat to anyone, the housing provider may be justified in refusing to allow the assistance animal to stay, or in taking steps to evict you.

Can the housing provider require an additional deposit?

No. The landlord cannot require you to pay an additional deposit as a condition to allowing you to have the animal, even if deposits are normally required for pets.

Can the housing provider refuse to allow me to have a particular breed or size of dog?

No. Pet rules do not apply to assistance animals. Therefore, housing providers are not allowed to place limits on breed types or size.

How do I request an accommodation to the landlord's 'no pet' rule?

- Make a written request to the housing provider for a reasonable accommodation. The request should state that you have a disability and explain that the requested accommodation is necessary to ease your symptoms or to provide you with a service to enable you to use and enjoy your dwelling.
- Be prepared to provide a letter from your doctor, psychiatrist, social worker, or other health professional verifying that you are a person with a disability and your need for the assistance animal, if not obvious.
- You do not have to disclose your actual diagnosis or medical history.
- You do not have to provide proof of your animal's training or certification.

Know Your Housing Rights

- People with disabilities can look to both state and federal law to protect their right to have a service or emotional support animal in their rental unit.
- RSA 354-A is New Hampshire's Fair Housing law and is enforced by the New Hampshire Commission for Human Rights.
- The Fair Housing Act (FHA) is a federal law enforced by the U.S. Department of Housing and Urban Development.

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

People of Kremfels Center

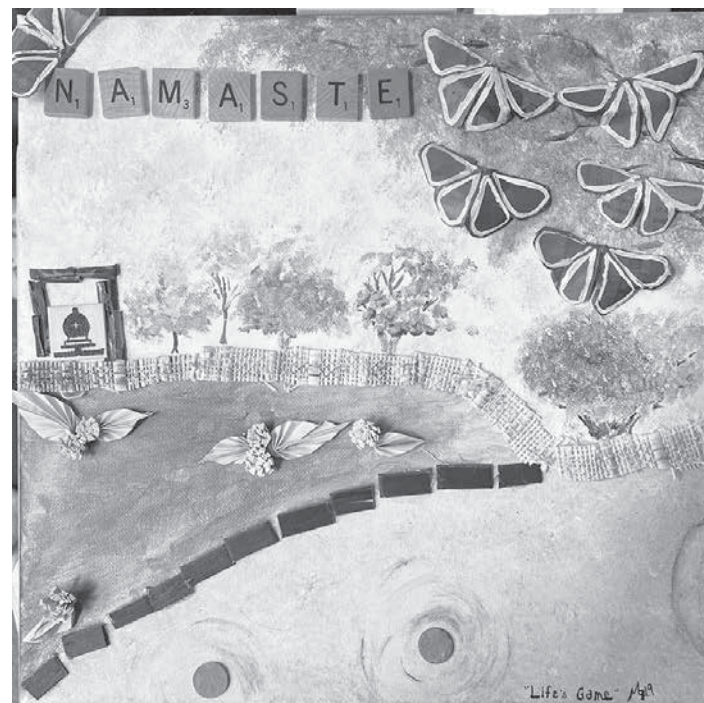
Kremfels Center's community is grounded by a deep and abiding respect for all its brain injury survivor members - with the goal of helping each person achieve their maximum potential and satisfaction with life. Interns at Kremfels Center recently focused on ways to showcase members' artwork along with sharing their stories, with the goal of shining a light on the commonalities individuals living with brain injury share with others. Here is a preview of this powerful project called *People of Kremfels Center*.



Kremfels Center member Mike Smith finds purpose and meaning in being active and riding his bike. It is a passion he has found after his brain injury and aphasia. He also enjoys making things in his workshop and is proud to have built this porch all by himself.



"The owl is firm and dormant, stationary as I was when handicapped and restricted after I suffered injury and surgery in an accident. The bright morning sunlight is like the inspiration I feel in fine art." – Tom Geer, member of Kremfels Center.



"Life's Game" is a multimedia piece of art created by member Michele Clock, using acrylics to add color and life to a set of found objects.

This is an art piece in honor of my journey as a brain injury survivor. Taking found objects and putting the pieces together, in order to reinvent something new and beautiful, is what this piece is about. Life is a journey and I have taken the pieces of my life, and with the help of my team, found peace."

Many people with disabilities have their lives defined for them. We support our members and all brain injury survivors to overcome those definitions, and tell their own stories and change the narrative of their lives. Follow Kremfels Center on Facebook at www.facebook.com/kremfelscenter and Instagram at www.instagram.com/kremfelscenter for more stories from our members and to help spread the word about brain injury.

Kremfels Center's mission is to improve the quality of life of people living with brain injury through evidence-based programming, shared experiences, and support in a welcoming community. Established in 2000, Kremfels Center has built a reputation for offering high-quality, therapeutic programs for brain injury survivors. Kremfels Center is unique to the seacoast; in fact, it is the only service of its kind in New Hampshire, and only one of a few in the country.

Brain injury survivors often experience difficulty returning to their previous roles at work, home, and in the community. Kremfels Center offers opportunities for social connection, skill building, and exploration of new life interests both in-person and online. In this vibrant learning community, survivors heal through shared experiences, peer support, and therapeutic programming. Research in partnership with the University of New Hampshire has shown Kremfels Center members have higher quality of life, lower stress, and stronger social connectedness than typical brain injury survivors. Visit www.kremfelscenter.org to find out more about Kremfels Center or call 603-570-2026 ext. 227 for more information on how to become a member.

INSIGHTS

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



BUMPING INTO JOY

If there was one thing the professionals who treated me after my injury could agree on, it was this: because of my brain injury, I was relegated to living a life with profound challenges. At the one-year anniversary of my traumatic brain injury, a neuropsychologist told me that my recovery was complete and that any gains after a year would be minimal at best. He suggested that I apply for disability, as I would never be able to function at the professional level that I enjoyed prior to my injury.

These were bitter pills to swallow. At that time, my life was a living hell. Friends and many family members quietly walked out of my life, unable to reconcile “new” David with the person I once was. PTSD was torturous on my good days and downright debilitating on my tough days. Life at home was tough. Sarah often said that living with me was like living with a newborn as we both suffered extreme sleep debt, which was, the direct result of bad PTSD nights. There was nothing good about life, and there seemed to be a never-ending wellspring of confusion, pain, and challenges that overwhelmed us both.

To be told at this time that life would essentially remain like that felt like a death sentence. It is no wonder that suicidal ideation was commonplace. I wanted a way out. Medical professionals were not able to provide it. By this time, a year had already passed, so (clearly) time was not the healer that it was purported to be. I was out of options.

Now that I am in year twelve as a brain injury survivor, I have more clarity than I did back in 2011. I know today that at a year out, I was like a baby learning to crawl. I was very new in my journey and incapable of looking beyond the maelstrom that life had become.

I know today that time is indeed a healer of pain, a giver of perspective, and a bringer of joy.

Last month my wife Sarah and I took a long weekend trip to Vermont. A June Vermont trip has been part of the fabric of our lives for decades. As we do so often, we found ourselves hiking on a boardwalk over a marsh. Birds of all varieties and colors darted about. Sarah spied out a baby snake sunning himself. The wind blew the marsh grass in peaceful waves. We crossed a small stream and watched a few rainbow trout lazily swim by not caring that we watched them with fascination. In the distance, the sounds of a waterfall created a pastoral audio soundtrack, while the Green Mountains became the literal backdrop of this peaceful scene. In that moment, one that I will never be able to describe in full detail, I felt an overwhelming joy. It is safe to say that I have never felt as happy as I did right then... was at complete peace with... well, everything. I had bumped head-on into joy.

This wasn't the first time that joy and I crossed paths. Walking quietly on the boardwalk, my mind drifted to other joy-filled moments...watching the annual return of the hummingbirds to our backyard feeders as I look out the glass sliding doors of the new deck I constructed this past spring; and then walking the local rail trail with Sarah hoping to see Great Blue Herons in our local rookery; or perhaps one of my favorites—our nightly deer safari. We know where to go in town to spot


deer and our success rate is a whopping 90%! Even on those nights that the deer elude us, the very act of heading out on a local safari brings joy.

I can say without reservation that these days I am happier and more content than I have ever been. I am living a life that I never envisioned possible during the early years after my injury. So you might be wondering how I got from there to here—from the darkest days to some of the brightest days of my existence. There is no way around it, time was (and remains) my friend. For over a decade I've worked tirelessly on my recovery. I accepted that recovery takes time. As time passed, I met a new friend, a friend named *hope*.


I found that when hope is accompanied by joy, miracles happen. I can say this without hesitation because I am a miracle. If fate finds you in a tough place in your own life, embrace hope and look for joy. With one hand in the hand of hope, and the other in the hand of joy, they can support you when you stumble. I have found this to be so and I hope you do too.

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NCIL GOOD VIBES!

Everyone at North Country Independent Living is looking forward to nicer weather, warmer days, barbeques, hiking, fishing, outdoor concerts, and games. The first barbeque of the season was held at the Westside Residence hosted by Chef Extraordinaire Jordan, and assisted by the residents. The weather cleared just in time for all to enjoy a meal of hamburgers, hot dogs, and salads. Many of the residents were in attendance and participated with playing games, bean bag toss, while socializing and listening to great music. The new fire pit was a fantastic addition with residents and employees discussing plans to be made over the summer.

The Barrington Residence once again raised funds for the Brain Injury Association of New Hampshire Walk by the Sea by hosting local bake sales with the assistance of Circle K Irving in Farmington, New Hampshire. Jessie who is a great baker, produced many recipes that were a huge hit with patrons of the Circle K.

NCIL is pleased to announce management additions! Mandy MacDonald, who has worked for us several years ago has returned to NCIL as the Manager of Staff Development and Training. She returns with a wealth of experience in many leadership roles and has taken on this position with confidence and excitement. Christine Smith, a former House Coordinator, has also returned to NCIL after many years as a Service Coordinator for a local Area Agency. Her new role as Program Director is one that follows her career path of continuing education and management oversight.

We consistently joke that we have taken the Motel 6 slogan by Tom Bodett: "We'll leave the lights on."

Have a wonderful summer, stay well and safe.




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**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

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TO REGISTER: <https://bianh.salsalabs.org/39golf>

With Keynote Speaker: Jason Schreck, Survivor

Please choose either Package 1 or Package 2

PACKAGE 1—Registration/Buffer Meal—\$150/person

PACKAGE 2—Registration/Buffer Meal—\$180/person
(includes 1 Cheat Bag; 15 Raffle and 15 50/50 Tickets/per person)

ADDITIONAL CONTEST—Air Cannon Gun—\$20.00/ticket



This tournament provides support for brain-injured veterans and their families, helping veterans to access brain injury services in the civilian system of care 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 life. 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.

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For more information on the tournament, please contact: Renee Fistere—603-225-8400 or renee@bianh.org



**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

*“Beauties” Bowling
for Brain Injury*

Hosted by:
Brooke Mills,
Miss Rockingham County



Save the Date!

Sunday, October 2, 2022

1:00—3:00 pm

Boutwell's Bowling
152 North State Street
Concord, NH

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



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

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

We look forward to seeing you on the lanes!



HEADWAY

NEWSLETTER



Subscribe to receive each quarterly issue - Free!

Headway newsletter of the Brain Injury Association of New Hampshire is switching entirely to an online newsletter in January 2023!

The Summer 2022 and Fall 2022 newsletter issues will still be printed in hard copy, however, beginning with the Winter 2023 issue of *Headway*, we will be in electronic form.

If you would like to continue to receive our *Headway* newsletter issue electronically, please submit your email address to mail@bianh.org

You may cancel at any time - no obligation!

2022 ANNUAL BRAIN INJURY & STROKE CONFERENCE

On Wednesday, May 11th the Brain Injury Association of New Hampshire held its Annual Brain Injury and Stroke Conference at the Courtyard Marriott and Grappone Conference Center in Concord, New Hampshire. It was the first time since 2019 that we have been able to meet in person and it was great being able to do so.

The morning began with a Keynote given by Stacia Bissell, MEd. Stacia's presentation titled, "Creating a Collaborative Team to Help You Return to Work" was very well received. Stacia spoke about her own brain injury which she sustained in a bicycle accident in 2011 and how it ended her career as a public-school educator. Through her own journey she developed a desire to help others living with brain injury. Stacia shared her story including what it was like returning to work and how she needed a team to help her accomplish that goal. "The time line in brain injury is long," Stacia says, "and support and hope are so important for survivors."

The rest of the day was filled with equally exceptional presentations including a morning track focused on Stroke in the COVID-19 Era and Post-Acute COVID Syndrome: "Long-Haulers." In the afternoon some of the topics included Artificial Intelligence in Stroke Care, Attention, Effort, and Fatigue in People with Traumatic Brain Injuries; Brain Injury and Mental Health; Sex and Intimacy after Brain Injury, and many other excellent presentations.

As is customary, **the winner of the Ellen Hayes award** was announced and presented during lunch. This award is the highest honor the Brain Injury Association of NH bestows upon an individual or organization for their outstanding efforts in support of individuals with brain injuries. This year's recipient was **James Piet, MS**, Public Relations Specialist for the NH Department of Education, Bureau of Vocational Rehabilitation. In this capacity James promotes Vocational Rehab services to high school students with disabilities, their families, and others. James has also served on the Brain and Spinal Cord Injury Advisory Council since 2002 and has been chair for the past five years. Previously James worked at the UNH Institute on Disability and helped create the NH Assistive Technology Partnership Project.

A special thank you to all of our presenters –

Elizabeth Barbin, MS, CCC-SLP; Stacia Bissell, MEd; Melanie Del Frari, MSN, FNP-BC; Beth Doucet, PT, DPT; Gina England, MA, CCC-SLP; Heather Gilbert, MS, OTR/L; Nina Hopkins, OTR/L; Julie Lago, MSW, LICSW; Timothy Lukovits, MD; Christina Martin, MSN, APRN, FNP-BC; Kathleen McAdams, MS, CCC-SLP; Joanne Morello, PT, DPT, CSRS; Catherine Radakovic, OD; Kelly Redwine-DePierre, MS, OTR/L, CBIS; Donald Robin, PhD, CCC-SLP; Diana Rojas-Soto, MD; Jim Scott III; Kimberly Spada; Keri Vasquez Miloro, MS, CAGS, CCC-SLP BCS-S; Ann Walker, MA, CCC-SLP; and Chelsea Zarcone, MSW, CBIS.

We would also like to thank all of our sponsors & exhibitors.

Your support enables us to continue providing one of the largest and most comprehensive brain injury and & stroke conferences in New England.

Lead Sponsor: Abramson, Brown & Dugan

Supporting Sponsor: NH Bureau of Developmental Services

Sponsor: Encompass Health

Exhibitors:

CareOne at Lowell

Elliot Hospital – Trauma/Injury Prevention

Krempels Center

Mobility Works

Neofect

NeuroRestorative

New Hampshire Healthy Families

New Hampshire Vocational Rehabilitation

North Country Independent Living

Northeast Rehabilitation Hospital


Rehab Without Walls

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the following positions:

- *Life Skills Facilitator (DSP) **\$16-\$17/hr**
- *Licensed Nurse Assistant (LNA) **\$16-\$18/hr**
- *Licensed Practical Nurse (LPN) **\$28-\$30/hr**

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603-487-3590 ask for Heather Theriault
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BRAIN INJURY & STROKE CONFERENCE PICTURES



NH COALITION FOR SUICIDE PREVENTION WORKS TOWARDS THE GOAL OF ZERO SUICIDE

by Robin Schell

According to the CDC, NH has the second-highest suicide rate in New England and the 19th highest suicide rate in the U.S. Compounding the problem – isolation during COVID-19, and an increase in anxiety, depression and mental illness in today’s society.

The NH Coalition for Suicide Prevention (NHCSP) was formed in September of 2021 to advocate for and provide resources to those in NH who are vulnerable to suicide for a variety of reasons – including people with brain injuries, people with disabilities, Veterans, the elderly, first responders and police officers.

“Veterans may be suffering from PTSD and depression, while first responders and police officers see so much death on the job,” says Brain Injury Association of NH Executive Director Steve Wade. “Those who are aging do not want to burden their families, and those who have experienced a brain injury have had to adapt to a new way of life. We want to create a help-seeking culture and let people know that suicide is never the answer.”

Members of the NHCSP include the Brain Injury Association of NH; Able NH; Harbor Care Veterans FIRST; Liberty House and the University of NH Extension, which has a number of programs to address suicide prevention.

“Our coalition came together to augment the good work of organizations like the State Suicide Prevention Council, the Samaritans and the NH Chapter of the American Foundation of Suicide Prevention,” says Wade. “In addition to sharing resources, we regularly share stories of hope by posting blogs on our website.” Examples of



those stories of hope include profiles on Erin Goodman [Erin Goodman: Suicide Survivor Turned Peer Recovery Specialist — NH Coalition for Suicide Prevention \(zerosuicidesnh.org\)](#); Jim Scott [More Than A Speed Bump: Brain Injury, Rehabilitation and Recovery — NH Coalition for Suicide Prevention \(zerosuicidesnh.org\)](#) and Sonja Wasden [The journey of a family living with mental illness — NH Coalition for Suicide Prevention \(zerosuicidesnh.org\)](#).

Another function of the coalition is to monitor legislation related to suicide, like the recently-passed Jason Dickey Suicide Prevention Act which requires all student ID cards to include the phone number for the National Suicide Prevention Lifeline, 800-273-8255.

[Update: The new Jason Dickey Suicide Prevention Act in New Hampshire — NH Coalition for Suicide Prevention \(zerosuicidesnh.org\)](#).

Bills on physician-assisted suicide could have a negative impact on vulnerable populations like seniors who are approaching end of life. The coalition is monitoring this issue here in NH and around the country.

[Protecting The Vulnerable From Physician-Assisted Suicide Legislation — NH Coalition for Suicide Prevention \(zerosuicidesnh.org\)](#). To learn more about recognizing the signs of suicide and resources for friends or family members who are struggling, visit the NHCSP website: [NH Coalition for Suicide Prevention \(zerosuicidesnh.org\)](#). If you are interested in joining the coalition and want to learn more about it, please contact Robin Schell at rschell@jjwpr.com or Steve Wade at steve@bianh.org.

NH Brain and Spinal Cord Injury Advisory Council

C/o Brain Injury Association of New Hampshire
52 Pleasant Street, Concord, NH 03301
603-225-8400

**NOTICE
OF
PUBLIC
HEARING**

ZOOM Statewide Brain and Spinal Cord Injury Advisory Council PUBLIC HEARING ON UNMET NEEDS

Date: Tuesday, September 6, 2022

Time: 6:30 pm – 7:30 pm

Location: Virtual Peterborough

Brain Injury Support Group Meeting

Online Registration: <https://bianh.salsalabs.org/peterborough>

The Brain and Spinal Cord Injury Advisory Council is seeking input from stakeholders (survivors, family members, caregivers, friends, services agencies) with respect to the unmet needs of individuals with brain and/or spinal cord injuries.

Based upon the information gathered and as part of the Council’s statutory charge from the New Hampshire Legislature, the Council will subsequently submit a report to Governor Sununu and the Legislature that contains findings and recommendations on how New Hampshire can better meet the needs of individuals with brain and/or spinal cord injuries.

We look forward to meeting you and learning about your questions and concerns.

For additional information contact Ellen at 603.834.9570 or e-mail address Ellen@bianh.org.

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e-mail: info@robinhillfarm.com



VIRTUAL BRAIN MATTERS 2022

September 20 ~ The Intersection of Substance Use Disorder and Brain Injury

Presented by Deepak Vatti, MD, FACEP

Substance User Disorder (SUD) is a challenging and stigmatized disease process. Despite great advances in treatment, it tends to continue to have a significant rate of failure. Traumatic Brain Injury (TBI) can occur from a variety of non-traumatic events, a concept that is relatively new in terms of identifying these patients. There is a significant overlap between SUD and TBI. We will be discussing SUD and TBI and the opportunities we are trying to uncover together to identify and treat these patients.

9:00am – 10:00am (1 contact hour)

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

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

September 21 & 28 ~ Brain Injury Fundamentals

Presented by 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.

9:00am – 4:00pm ~ Must register by August 3 - No refunds or substitutions.

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

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

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 overall 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

2022 Virtual Caregiver's Conference Listening Series
Thursday, July 28th, 6:30 pm – 7:45 pm

“Boundaries or Bust”

Life doesn't happen TO you, life happens THROUGH you. You are constantly creating your own reality with your thoughts, feelings and behaviors.



Guest Presenter Emily Clement, Life Coach

Emily is a soul-searching joy-creator with a raw passion for helping others to shine! As a certified life coach, she has integrated her favorite elements from the best of her life experiences- teaching, counseling, speaking, meeting new people, building community and affecting positive change.

There is no charge for this presentation, but registration is required
Online Registration at <https://coalitionofcaring.org/monthly-listening-series>

**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>**

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
- overdue monthly bills
- dental work
- 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?meetingRef=1234567890>



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 June 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 Statewide Brain Injury Caregivers Support Group, Meets the 4th Tuesday of the month, 6:30 pm – 7:30 pm
register at: <https://bianh.salsalabs.org/bicsg>

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

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Gift Amount: \$1000 \$500 \$100 \$50 \$25 Other \$_____

Gift Frequency: Monthly Quarterly Annual One-time gift

What your donation can do -

\$25 help with groceries

\$50 help cover a utility bill

\$100-200 help purchase mobility, adaptive equipment, or assist with medical procedures not covered by insurance

\$500 assist with dental bills, necessary home modifications, or computer needs

\$1000 offers assistance with technology or specialized equipment not covered

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Donate Online — You can easily donate online; go to www.bianh.org and use the DONATE tab.

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Check Enclosed

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