

HEADWAY

ONLINE NEWSLETTER

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ISSUE #98, Winter 2026

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COMMUNICATING ABOUT BRAIN INJURY

Reprinted with permission from the National Association of State Head Injury Administrators

A specialized group of brain injury professionals, organizations, advocates, and individuals with lived experience recently worked together to produce a joint statement on communicating about brain injury. The document combines a number of resources in one place, including an overview of how brain injury occurs, brain injury as a chronic condition and as related to disability, and 12 points to consider when communicating about brain injury. The hope is that this document will provide a much-needed resource for brain injury survivors, caregivers, advocates, and professionals to share information about brain injury, dispel common myths about the brain injury experience, and ultimately better support survivors on their journeys.

ANYONE CAN HAVE A BRAIN INJURY AT ANY TIME

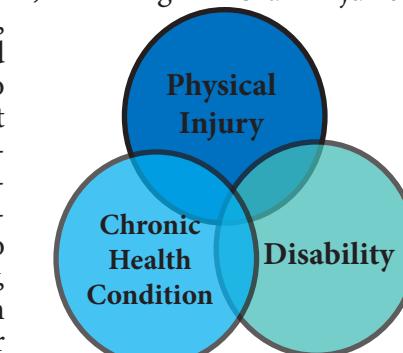
Some people recover quickly while others experience lasting effects. Brain injuries don't just affect the person with the injury, they also impact family, friends, and caregivers.

Brain injuries can be complex. This makes them hard to understand for those affected, as well as for doctors, therapists, and researchers trying to provide care and support.

It's important that we communicate clearly and consistently about brain injury. The words we use matter. They can affect whether someone qualifies for services, how professionals plan treatment, and how people understand brain injuries. And, more important, it affects how persons with brain injury experience their injury. The words we choose also shape public attitudes and expectations about life after a brain injury.

To improve communication, we worked with healthcare providers, researchers, and people with brain injuries to create the guidance.

BRAIN INJURY AS A LONG-TERM HEALTH CONDITION



Some people recover quickly from a brain injury and no lasting effects. But for others, the effects can last for months, years, or a lifetime. Brain injury can affect many parts of a person's health and daily life. These effects may stay the same over time, get better, or get worse. Sometimes, symptoms seem to go away but come back later—especially during times of illness, stress, or fatigue. Brain injury is dynamic and can change over time. For these reasons brain injury is considered a chronic condition.

---Continued

BRAIN INJURY AND DISABILITY

Brain injury can lead to disability but not always. While being a chronic condition means the effects of an injury can last a long time, having a disability means a person has difficulty with daily activities or life roles (like work or relationships) because of their injury. Disability is not just about the injury itself—it depends on the world around the person. A person may experience more or less disability depending on the support they have from others, the places they go, or the tools and accommodations available to them. Because of this, disability is not a fixed state—it can change depending on the situation.

1. Calling brain injuries 'mild', 'moderate', or 'severe' is overly simplistic and can be misleading.

Traditionally injuries have been classified as mild, moderate, or severe based on early medical tests, but these labels do not predict how a person will recover or what their long-term needs will be. People with similar initial injuries can have very different recovery paths. Many factors influence recovery.

2. Sometimes the effects of a brain injury are not recognized until later.

Some brain injuries are not diagnosed right away and a person may not realize they are experiencing effects until they face new challenges or a past injury is brought to their attention. Just because a brain injury was missed at first does not mean it is any less an issue. Brain injuries are missed for many reasons. Regardless of when a history of brain injury is identified, it is important to get the healthcare, rehabilitation, and support a person needs.

3. Outcomes after a brain injury are difficult to predict, especially in the first days to months following the injury.

While the initial severity is one factor, other elements--such as early treatment, rehabilitation, and personal circumstances--play a critical role. Long-term outcomes vary; some people maintain steady progress while others experience ups and downs. Setting personal goals and making healthy lifestyle choices can help improve recovery.

4. Saying that brain injury is a chronic condition does not mean that people will experience symptoms all the time or ever again.

Some people may have long-term effects while others may not. Symptoms can come and go, change over time, or appear later in life especially with aging. It is better to be aware of this possibility than to be caught by surprise.

5. Recognizing that brain injury is dynamic, not stable, means people can both improve and decline in their health and daily independence.

How symptoms change is partly influenced by what the person does to stay healthy. Recognizing this can encourage people with brain injuries to actively manage their health. Positive life-

style choices—such as building meaningful relationships, managing stress, avoiding alcohol and drugs, staying physically active, getting good sleep, and eating a balanced diet—can help support brain health.

6. Having a chronic condition does not mean a person will have a low quality of life.

While managing a long-term condition can be challenging, many people adapt and lead fulfilling lives. Supportive relationships, effective coping strategies, and engaging in meaningful activities can improve well-being. It is important to focus on what enhances quality of life not just the difficulties a person faces.

7. A person with a brain injury should be seen as a whole person.

Focusing only on specific symptoms or problems can lead to gaps in care. Whether or not all challenges are directly caused by the brain injury, it is important to take a broad approach to overall well-being.

8. Brain injury does not define a person; it is just one part of who they are.

Judging people based on their limitations can overlook their strengths and abilities. The way we talk about brain injury should be respectful, empowering, and recognize that every recovery is unique.

9. People with brain injuries can and should be involved in decisions about their care, regardless of their level of functioning.

They may need support to communicate their needs and preferences, but their voice should always be included in decisions about their health and future.

10. Support from family, friends, neighbors, and co-workers can have a big impact on how a person adjusts to life after brain injury.

Connecting with others who have experienced brain injury can provide additional understanding and encouragement.

11. Sometimes the effects of a brain injury are not easily seen by others.

This can lead to misunderstandings about the kind of help a person needs. In other cases, visible impairments may lead to stigma or unfair treatment. It is important to avoid making assumptions and to get to know each person as an individual.

12. Making assumptions about the outcome of an injury—whether overly optimistic or overly pessimistic—can have harmful effects.

Assuming someone will fully recover just because their injury seemed less severe may cause them to miss out on needed support. Dismissing a person's struggles can make them feel unheard. On the other hand, assuming that a more severe injury means no hope for improvement can limit opportunities and take away a person's motivation to recover.

PRESIDENT'S MESSAGE -

We Need to Consider the Caregiver, When We Consider the Patient

by Jonathan D. Lichtenstein, PsyD, MBA



This was my welcome address to the 19th Annual New Hampshire Caregivers Conference which took place in Concord on November 7, 2025.

Good Morning. It is an honor to provide this opening address to the 19th Annual New Hampshire Caregivers Conference. In addition to being the President of the BIANH Board, I am also a clinical neuropsychologist.

While I really love working with patients, I also relish the opportunities I have to connect with their caregivers. Most of my patients are kids, which means they always come with caregivers. Parents, grandparents, aunts, uncles, foster parents, adoptive parents, siblings, volunteers, members from the community. There is so much love, but so many other emotions, too. Anger, sadness, frustration, loss. When faced with chronic medical conditions, the burden upon caregivers is enormous.

But you know what? The responsibility a caregiver takes on for patients with brain disorders – it might be the most important role in the whole enterprise that invests in improving an individual's quality of life. Years of research tells this story. For individuals with a brain disorder – be that a traumatic injury or mental illness – the higher the degree of environmental and external supports, the better the outcomes. Such a big part of that support system is our caregivers.

As a vital part of the disability community, we have to take care of you! We cannot overlook your importance and the role you play in the lives of our loved ones, our patients, and our colleagues. And now is a pivotal time to enhance this message and further this mission. I know the BIANH is committed to it – this conference is testament to that.

Our caregivers need and deserve more community support. We have workforce shortages in almost every industry, and the caregiving sector is no exception. How many times do I have to meet with families and hear the same story: We tried to get respite – the money is there – but there is no one to do it. This results in our caregivers feeling exhausted, overwhelmed, and undervalued. And that is just wrong. Caregivers should be in the front of our minds, not an afterthought.

We need to consider the caregiver, when we consider the patient.

And for many of our patients with chronic medical conditions, such as developmental disabilities, stroke, dementia, traumatic brain injury, and serious mental illness – there must be more attention paid to how we will bolster and fortify caregivers, as there is a challenging road ahead for all parties.

We need more established programs for caregiver wellness offered to families upon hospital discharge and built into our rehabilitation hospitals. We need more research focused on how to best source community support for caregivers and design models of care that enhance caregiver resilience. And ultimately, we need the medical establishment to acknowledge that what caregivers face today is a form of healthcare inequity – despite their foundational role in enhancing patient outcomes, they remain a marginalized group. Their needs ignored, their value misunderstood.

But not here! Not today! Today is a day where you are seen. Where you see each other and you feel community support that is sorely needed on a much grander scale. I am honored to be with you today. And simply put: thank you.

EXECUTIVE DIRECTOR'S MESSAGE -

Calling on “VIP” Survivor Speakers

by Steven D. Wade, Executive Director



We are hoping to raise awareness among middle and high school students about what it is like to live with traumatic brain injury and how it can affect a person's life. We are seeking young adult brain injury survivors who would be willing to visit area schools to tell their story about their traumatic brain injury to young students.

The Brain Injury Association of New Hampshire has long partnered with Northeast Rehabilitation Hospital to present the ThinkFirst National Injury Prevention Program to schools in New Hampshire. Health educators and “VIP” speakers - Voices for Injury Prevention - explain how a traumatic brain injury (TBI) occurs, how it affects a survivor, and how a TBI can be prevented. Students learn that each person is responsible to reduce the risk of injury to themselves and others by making safe choices. Class discussions give students a rare opportunity

to ask questions and dialogue with VIP survivor speakers and health educators. VIP survivor speakers receive training and a speaker stipend. We are currently recruiting VIP survivor speakers for spring 2026 school presentations. For additional information and any questions, please contact:

Zoe McLean, MS, OTR/L, CSRS, CBIS
Inpatient Occupational Therapist
Northeast Rehab Hospital Network
zmclean@northeastrehab.com

It has been said many times -- the only cure for brain injury is prevention!

2026 - 42ND ANNUAL BRAIN INJURY & STROKE CONFERENCE - PLAN TO ATTEND!



BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE



KEYNOTE SPEAKER
Rick Willis, President & CEO
Brain Injury Association of America

2026 BRAIN INJURY & STROKE *Conference*

WEDNESDAY, MAY 13, 2026

GRAPPONE CONFERENCE CENTER
CONCORD, NEW HAMPSHIRE

PRESENTING SPONSOR

Abramson, Brown
& Dugan

A T T O R N E Y S

HIGHLIGHTS OF THE UPCOMING BRAIN INJURY & STROKE CONFERENCE



Creating a Bright Future Together

Rick Willis has been President and CEO of the Brain Injury Association of America (BIAA) since 2022. With nearly 30 years of leadership experience in the nonprofit space, Rick brings robust experience in patient advocacy and community development working within a number of chronic disease states. In his role as BIAA's President and CEO, Rick spearheaded BIAA's reunification with the United States Brain Injury Alliance. In bringing the organizations together with their networks of state affiliates, a wider, more impactful community of brain injury survivors, caregivers, advocates, and professionals was created. Additionally, Rick has worked with decision makers at both the federal and state level to advocate for the removal of barriers to access and care for the brain injury community, and worked with national partners to raise awareness and generate support.

Also Featuring: Behavioral Health, Substance Misuse and Brain Injury, and Developing Strategies

Tom Brown has over 34 years of brain injury experience, as a family member, advocate, service provider, and previous state government employee. He holds the honor of being the longest standing Certified Brain Injury Specialist Trainer in the country and is passionate about providing educational opportunities for brain injury survivors, family members and professionals. He currently works as the CEO of the Brookhaven NeuroRehabilitaiton Network, volunteers on the Boards of the Brain Injury Associations of Iowa and Oklahoma, serves as a gubernatorially appointed member of the Health and Human Services Council in the State of Iowa and serves as the Mayor of the City of Madrid, Iowa.



BECOME A SPONSOR OR EXHIBITOR at the 2026 BRAIN INJURY & STROKE CONFERENCE

Wednesday, May 13, 2026

Grappone Center, Concord, New Hampshire

LEAD SPONSOR - \$2,500

- Premium exhibitor space (6' table)
- Electricity (single plug-in)
- Recognition/logo in conference brochure
- Form must be received by Feb. 12th to meet brochure deadline**
- Business card size newsletter ad in our fall issue (deadline for graphics is Aug 30, 2026)
- Full page ad about your program inserted in conference booklet
- Company name and information listed in conference booklet

- Logo on conference registration page with link to your website (April - June)
- Opportunity to network with attendees throughout the day
- A 10% discount on professional conference registrations if you send 7 or more employees
- Company name/logo projected on screen during keynote and luncheon
- THREE (no charge) conference registration/exhibitor representatives (list names below ~ includes lunch and breaks). All additional will be at full price unless you register 7 or more (see above bolded bullet)

GENERAL SPONSOR - \$1,300

- Premium exhibitor space (6' table)
- Electricity (single plug-in)
- Recognition/logo in conference brochure
- Form must be received by Feb. 12th to meet brochure deadline**
- Business card size +in our fall issue(deadline for graphics is Aug 30)
- Full page ad about your program inserted in conference booklet

- Company name and information listed in conference booklet
- Logo on conference registration page with link to your website (April - June)
- Opportunity to network with attendees throughout the day
- Company name/logo projected on screen during luncheon
- TWO conference registration/sponsor representatives ~ includes lunch and breaks). All additional will be at full price.

EXHIBITOR \$550

- ONE conference registration/exhibitor representative
- 6' Table
- Company name and information listed in conference booklet
- Opportunity to network with attendees throughout the day

Additional Fees:

- Electricity \$50.00 (single plug-in)
- One Additional Exhibitor Representative \$85.00

To sign up for sponsorship/exhibiting, please register: <https://p2p.onecause.com/42bisc> or call 603-225-8400

19TH ANNUAL CAREGIVER CONFERENCE - FOLLOW UP

Our Caregiver's Conference was held on Friday, November 7, at the Grappone Conference Center in Concord.

The morning started with a hot breakfast buffet and opening session with Keynote Speaker Annie Kuster presenting on *The Last Dance: Facing Alzheimer's with Love and Laughter*. Annie shared her family's story about learning to "swim in the deep end of the lake" when the woman her family loved best, their matriarch, former New Hampshire Senator Susan McLane, was slipping away one day at a time to Alzheimer's disease.

Caregivers attended morning and afternoon workshops that related to their lived caregiving experiences along with visiting a variety of exhibitors. A Thanksgiving luncheon was served and then delicious apple crisp and pumpkin pie desserts during the afternoon break.

Caregivers enjoyed complimentary reiki and massage therapy throughout the day. Coalition of Caring Planning Commit-

tee Member Rebecca Rule, Storyteller and Writer, kept the audience laughing throughout the day. The conference ended with a wrap up and raffle prize winnings.

Based on the feedback and evaluations received, the Coalition of Caring Planning Committee hosted a conference that provided caregivers an opportunity to find respite time for themselves, receive available resources, information, and an opportunity to network with other caregivers.

This conference was held because of their generous support of our sponsors. *Thank you* to the Presenting Sponsor, DHHS, Division of Long Term Supports and Services, The New Hampshire Family Caregiver Support Program and our hosts Brain Injury Association of New Hampshire, DHHS--Bureau of Developmental Services, and several other sponsors.



NORTH COUNTY INDEPENDENT LIVING -- PROUD!!!

We are excited to share several management changes at NCIL as we continue building a strong and supportive leadership team. **Camry S.** has stepped into the role of House Coordinator at the Intervale Crossroad Residence. She brings valuable experience as a former Direct Support Professional and is known for her compassion, dedication, and strong service delivery. **Ann G.** has transitioned from Intervale Crossroad to Cranmore View Residence as the new House Coordinator. Her knowledge of this role and has made for a seamless transition and she has been warmly welcomed by both the residents and staff. **Jessica D.** joins NCIL from The May Institute, where she served as the Program Coordinator. She holds a Master of Science in Rehabilitation Counseling and a B.A in Psychology. Jessica is now the House Coordinator at the Passaconaway Residence. The team has greeted her with enthusiasm and respect. **Kayla D.** has moved into a new position of Residential Supports/Weekend Coordinator. With her extensive knowledge of all the residents, she will be deeply involved in community participation and engagement. **Katie D.** has taken on the role of Program Director, overseeing all NCIL programs and services. Katie has a master's degree in Clinical Psychology, and a B.S. in Criminal Justice with a concentration in Forensic Psychology. She is also a proud veteran of the United States Marine Corps and is highly proficient in strategic planning, team building, leadership, and program development. **Gail P.** is

a registered nurse who has joined our nursing team with Maureen S., and together they will bring increased flexibility and support across the homes in Conway, North Conway, and Barrington.

Residents enjoyed a beautiful fall season with activities of apple picking, Jen's Friends Cancer Climb, Fryeburg Fair, viewing pumpkin people, corn maze, and the last of the outdoor concerts. Yoga will continue at the North Conway Community Center. The annual resident Christmas party was held in mid-December. Everyone enjoyed spreading holiday cheer.



The Barrington Residence welcomed Karen C. who is getting to know her community and enjoying the many activities in her new area. The Cranmore View Residence welcomed Makayla S. who is looking to build on her independence skills and community participation as well.



North Country Independent Living

2541 White Mountain Hwy, Building #3, North Conway, NH 03860
Website: ncilnh.com



Programs and Specialty Services

- Supported Apartment Living
- Supported Residential Care/Long Term Care
- Community Residence Program
- Day Support Program
- Behavioral Consultation
- Employment Services

Program Description

North Country Independent Living (NCIL), family owned and operated since 1994 understands the various needs for specialized services and programs. NCIL designs programs for each individual based upon their strengths, abilities, goals, and where they may be in the rehabilitative process.

We pride ourselves in creating compassionate, meaningful living situations that provide individuals the opportunity to regain a sense of self-esteem and the potential to become as independent as possible in the least restrictive environment, while enjoying all aspects of community inclusion. Our residences and individuals have been embraced by the local communities who view NCIL as a community partner offering volunteering, employment, and recreational opportunities for the people we serve. We are extremely proud of our reputation and the individuals that we are entrusted with.

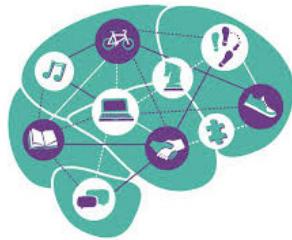
Referrals:

Freddi Gale, CBIS, Executive Director
603-356-0282
fgale@ncilnh.com



RESIDENT HIGHLIGHT:

Natalie has been a resident of NCIL for over a year and has settled comfortably at the Cranmore View Residence. She brings a bright, energetic spirit and enjoys all that North Conway has to offer--walking, hiking, apple picking, mini golf, Yoga, and partaking of the many activities, especially the Arcades of which she is clearly adept at winning prizes! She recently secured employment at the local Shaw's grocery store where she organizes shelves and lines up products for the best visibility for consumers. She has also done a wonderful job giving back to the community by donating her stuffed animals so that others can enjoy them. We congratulate Natalie for securing employment and continuing to work proudly toward her independence goals.



Brain Injury Association of New Hampshire

BRAIN MATTERS 2026

Friday, January 16, 2026 - 12:00-1:00 PM (EST) - **Cost:** \$25.00

Virtual Training: *Alternative Strategies to Medication for the Management of Anxiety and Overall Well Being*
Presenter: John Crampton PhD, Neuropsychologist

Register: <https://p2p.onecause.com/bm2025/event/01vtasmawb>

Dr. Crampton will provide an essential overview about Poly Vagal Theory, a non-medication alternative to managing stress after a TBI or Stroke. Examples of this approach to stress management include breathing exercises, visualization, and connecting with nature but a few. The science behind Poly Vagal Theory will also be discussed as it relates to the activation of the brain's parasympathetic nervous system.

Wednesday, February 11, 2026 - 8:30-10:30 AM (EST) - **Cost:** Free

Virtual Training: *Stroke and Brain Injury 101 - An Introductory Presentation on the Early Characteristics of a Stroke or Brain Injury*
Presenter: Gina England, MA, CCC-SLP

Register: <https://p2p.onecause.com/bm2025/event/02vtsbi101>

The Brain Injury Association of New Hampshire has created this webinar to help individuals navigate their way through the early days of a stroke and/or a brain injury. This webinar is designed for patients, families, and caregivers. The content of this two-hour webinar covers a basic introduction to the functions of the brain as it relates to the location of an individual's stroke or brain injury and the subsequent changes in abilities/behaviors that can be anticipated. Additional content that will be addressed includes the following: • General behavior management guidelines • The most commonly observed cognitive deficits • Changes in communication skills • The primary rehabilitation goals in the acute (early) stages of recovery • Resources for family/caregiver support • Handouts that can be printed and reviewed for permanent access to essential information.

Thursday, February 19, 2026 - 8:30-10:00 AM (EST) - **Cost:** \$25.00

Virtual Training: *A Return to Driving After Brain Injury*
Presenter: Amanda Scamman, COTA/L, CDI, CDRS, is a New Hampshire-licensed Certified Occupational Therapy Assistant, Certified Driving Instructor, and Certified Driver Rehabilitation Specialist

Register: <https://p2p.onecause.com/bm2025/event/02vtrdabi>

This presentation is designed for individuals recovering from a traumatic brain injury (TBI) and the professionals who support them. Returning to driving after a TBI does not have to be overwhelming, but it is essential to undergo a thorough evaluation to determine whether driving is currently a safe and appropriate goal. Depending on the severity and complexity of the injury, some people may need targeted rehabilitation or other interventions before they can safely resume driving. A Certified Driver Rehabilitation Specialist (CDRS) can guide you through this process, assess your readiness, and help create a personalized plan to work toward returning to driving.

Wednesday March 18 2026 - 3:00-5:00 PM (EST) - **Cost:** \$25.00

Virtual Training: *Safety in the Home Environment After a TBI or Stroke: A Resource Guide for Families and Professionals*
Presenter: Gina England, MA, CCC-SLP

Register: <https://p2p.onecause.com/bm2025/event/03vtsihe>

This webinar will focus on the cognitive, visual, physical, behavioral and communication challenges that frequently occur in the home environment after an individual's discharge from a supervised medical setting. Each challenge will be explored in the following ways: identification of the specific challenges, strategies to mitigate the challenges and finally, resources for families, caregivers and professional support staff. A digital handout will be provided to participants for future reference.

SAVE THE DATE - WALK BY THE SEA - 40TH YEAR!

The Walk by the Sea and Picnic will soon be here!

Begin now to form your team to join us in June.

If you are interested in sponsoring for our 40th year, please review below and contact BIANH.
to register: <https://p2p.onecause.com/40wbts>



Walk by the Sea to Support Individuals Living with Brain Injury

SATURDAY, JUNE 13, 2026

2026 Sponsorship Opportunities

Why should you be a sponsor?

This will be our 40th year hosting the Walk by the Sea and Picnic! It is a favorite time for brain injury survivors, family members, and the whole brain injury community to come together. Help us celebrate our 40th by providing a sponsorship. Your support will go a long way to help us continue to provide resources for individuals living with a brain injury.

T-shirt Sponsor - \$3500

(only one t-shirt sponsorship available)

Includes:

Logo on t-shirt

Signage at walk

Corporate representative to address participants

Prominent recognition in post-event newsletter

Free business card ad in post-event newsletter

Logo & link on Walk registration page

Walk Thank You Sponsor - \$1500

Includes:

Logo on t-shirt

Placement on thank you post card sent to all walkers post event

Prominent recognition in post-event newsletter

Logo & link on Walk registration page

Annual Picnic Sponsor - \$2000

(Sponsorship of post walk picnic lunch)

Includes:

Logo on t-shirt

Signage at walk

Prominent recognition in post-event newsletter

Free business card ad in post-event newsletter

Logo & link on Walk registration page

Parking Lot Sponsor - \$800

Includes:

Logo on t-shirt

Signage around parking lot area day of event

Recognition in post-event newsletter

Logo & link on Walk registration page

Morning Coffee Sponsor - \$750

Includes:

Logo on t-shirt

Recognition in post-event newsletter

Logo & link on Walk registration page

Signage at Coffee Area

Prize Sponsor - \$500

Includes:

Logo on t-shirt

Recognition in post-event newsletter

Logo & link on Walk registration page

Please contact BIANH for your sponsorship - renee@bianh.org or (603) 225-8400

ATTENTION SURVIVOR ARTISTS!



NOW ACCEPTING
SUBMISSIONS



Healing Through Art

Expo at Northeast Rehab Salem & Portsmouth



Photography



Painting



Drawing

Who Can Participate

ALL Brain Injury Survivors Living in NH/ME/MA

- Traumatic, Non-Traumatic & Stroke -

Now Accepting Artwork - Ongoing Submissions -

Artwork will be displayed for patients and visitors to enjoy and will be rotated every 2 to 4 weeks.

Submission Checklist

Each piece of submitted art must be:

- A photograph, painting or drawing
- No larger than 12" x 14"
- Matted, Framed or on a Canvas
- Labeled with your name

Email us to arrange a drop-off day and time*
ArtExpo@Northeastrehab.com

* Artists will need to sign a form saying it's okay to include their artwork in the exhibit. We'll work with artists to set up a time to drop off and pick up their artwork.

KREMPELS BRAIN INJURY CENTER

“Let’s Talk Radio” Podcast is back and Post Concussion Syndrome Pilot a big success in our 25th year!

The “Let’s Talk Radio” survivor produced podcast presented by Northeast Rehabilitation Hospital Network returns for Winter 2026, available on kbicenter.org and Spotify now. The new Post Concussion Syndrome Pilot is full!

Welcome to 2026! In 2025, Krempels was so proud and lucky to be able to celebrate its 25th Anniversary--2025 was more than a year of celebration--it was also a year of changes.

Krempels held its first ever fundraising Gala on June 11 which raised money to support free or low-cost attendance for survivors. The Gala will return in June 2026. Additionally, in response to the growing need, Krempels launched a free Post Concussion group on Tuesdays. Read more about that group below. The annual King Challenge transitioned to be “The Doc King Adaptive Tour” and for the first time was hosted at the Community Campus in Portsmouth. Of course, in 25 years changes must be expected. We at Krempels are so grateful that ours have only been for the best, and we look forward to what the next 25 years will bring!

Post Concussion Syndrome Group: This past fall we launched a new discussion-based group focused specifically on post-concussion syndrome (PCS). Staff from the Krempels Brain Injury Center covered topics such as fatigue and energy management strategies, sleep hygiene, emotional regulation, accessible recreation and leisure activities, stress management, and self-advocacy for accommodations. Individuals living with PCS were also invited to share their experiences with one another, providing space for emotional support and validation. One participant, who was five years post-injury, commented that the experience of understanding and acceptance they felt from peers and staff was more healing than any treatment they have received since their injury. They added, “Just the fact that a place like Krempels exists gives me more hope than I have had in a very long time.” Participation in the group was at capacity throughout, and overall, was a successful endeavor that will inform future efforts.

“Let’s Talk Radio” Podcast: Krempels is pleased to release episode four of the Let’s Talk Radio Podcast presented by Northeast Rehabilitation Hospital Network. This episode, “Let’s Talk About Communication” focuses on how communicating with others can and most often does change after a brain injury. The members explore strategies, myths, and facts, derived straight from their own experiences as survivors. To listen: www.kbicenter.org/letstalkradio or search “Let’s Talk Radio” on Spotify.

Upcoming in March: for the second time Krempels will light up the Memorial Bridge in vibrant blue for one night in Portsmouth to celebrate Brain Injury Awareness Month. Keep an eye on the website for dates and details about the bridge lighting reception. Krempels staff will also be traveling to Washington D.C. to participate in advocacy day with BIAA in the Capital.

As always, to learn more about Krempels Brain Injury Center or to inquire about participating in our program, please visit our website at www.kbicenter.org or call 603-570-2026.

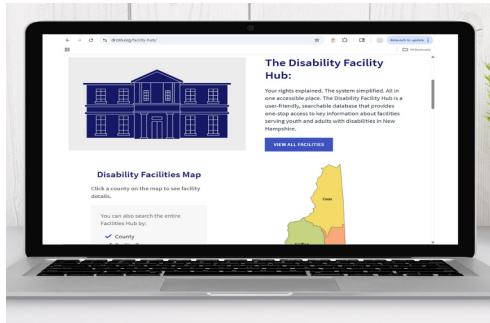


DISABILITY RIGHTS CENTER



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

At DRC-NH, we work towards a world where people with disabilities can live the lives that they choose free from abuse, neglect, and discrimination.



Our staff visit and investigate facilities across the state to make sure people are safe, treated with dignity, and have a voice when things go wrong. At any given time, we are engaged in multiple investigations that often lead to real, lasting change. Some of our work makes headlines. Much of our work happens quietly, one person, one facility, one policy at a time.

Do you live, work, or have a loved one in a facility?

We need to hear how facilities throughout the state (nursing homes, group homes, hospitals, residential schools, and other facilities serving children or adults) are treating people with disabilities:

- Are there staffing shortages at the facility?
- Do you have access to medications, food, clothes, and other necessary items?
- Do you have ways to communicate with friends, family and others?
- Are you being abused or neglected, including extreme isolation, lack of human contact, and/or over medicated?

You can report an issue directly to us at <https://drcnh.org/report-an-issue-institution/>

The Disability Facility Hub: Your rights explained. The system simplified. All in one accessible place. Our Disability Facility Hub is a first-of-its-kind tool that tracks and monitors facilities serving people with disabilities across the state. This searchable database increases transparency system-wide and provides critical information about facilities and the rights of residents, helping individuals with disabilities, families, and advocates push for data-driven, meaningful change.

A user-friendly, searchable tool that provides:

- Easy-to-understand information about each facility, including how many people it serves, photos, licensing look-up, and past reports (including police involvement).
- Clear explanations of the rights and legal protections residents have—customized for each facility.
- Resources and data for policymakers to support informed, data-driven decisions that protect the rights of people with disabilities and promote dignity for all.

Visit the Disability Facility Hub at: <https://drcnh.org/facility-hub/>

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 at <https://drcnh.org/e-news/>

CONNECTIONS ALL WAYS: BUILDING BRIDGES THAT HOLD, HEAL, AND LAST

A trusted resource for individuals and organizations who value a "whole-person" approach.



Our mission at Connection All Ways, founded by Julie Lago, LICSW, BT-CC, uses proven strategies to help individuals and teams identify opportunities, broaden their perspectives, and work together to achieve success by fostering a culture of collaboration, growth, accountability, and inclusion.

Our work is grounded in the intersection of disability and/or brain injury and mental health. We partner with individuals, teams, and organizations navigating complexity.

Our offerings include:

- **Interactive Trainings:** Providing engaging, hands-on sessions tailored to meet the unique needs of your team. Whether you're looking to enhance skills or improve teamwork.
- **Personalized Consultation:** Using tools and strategies to help companies and organizations foster a happier workforce and meet the needs of their clientele - all through my Whole Person Approach.
- **Speaking Engagements:** Bringing expertise to a variety of speaking formats including keynote addresses, panel discussions, webinars, and podcast appearances.

Upcoming Training: Bookends Therapy™ Certification

Our core training, Bookends Therapy™, is a clinically informed framework for professionals and caregivers who want to meet "whole person" needs. We are offering our Bookends Therapy™ Certification Virtual Training on February 3rd. This interactive training introduces participants to the Bookends Therapy model. Bookends Certified Professions are welcomed in accessing resources and collaboration within our growing Bookends Community. Learn more and register [here](#).

Stay Connected: Visit connectionsallways.com for more information, including helpful tips in our blog section or to schedule a personalized consultation. We also encourage you to follow us on Instagram, Facebook, and LinkedIn.



About Julie:

Julie A. Lago, MSW, LICSW, BT-CC brings over 25 years of experience to her commitment to supporting individuals with intellectual and developmental disabilities (IDD) and/or acquired brain disorders (ABD) and mental health needs. As the Founder of Connection All Ways and the creator of Bookends Therapy™, she bridges the gap between systems of care, prioritizing the needs of those we support. In her fulltime role, Julie is the Executive Director at the National Center for START Services at the University of New Hampshire's Institute on Disability, also serving as an Adjunct Professor in the UNH Department of Social Work.

BISHOP'S CHARITABLE ASSISTANCE FUND

If you are under 22 or over 60 years of age and in need of financial assistance the Brain Injury Association of New Hampshire may be able to help. Through a \$5,000 grant received from the Bishop's Charitable Assistance Fund (BCAF) eligible and approved applicants may receive up to \$500.00. Some of the items/services that we will consider funding are: rent, food, oil, home modifications, assistive technology, specialized equipment, medical/dental, and transportation. All approved requests are awarded one time only. Once BCAF funds have been dispersed, applications or requests for funds will no longer be accepted. Please contact the BIANH office for an application -- 603-225-8400.

SUPPORTED DECISION MAKING VS. GUARDIANSHIP

reprinted with permission from New Hampshire Family Voices

In New Hampshire, a person over the age of 18 is legally recognized as an adult, presumed capable of managing their own affairs including financial matters, medical decisions, voting, marriage, and other legal rights. This presumption of capacity remains the same for individuals with disabilities. However, when someone is unable to fully manage these responsibilities, some form of supported decision making may be needed to help them navigate choices while maintaining their independence.

Supported decision making is an alternative to guardianship that allows individuals to use trusted friends, family members, or professionals to help them understand situations and make informed choices without giving up their legal rights. It is an approach that promotes autonomy and self-determination, providing decision-making support without imposing long-term legal restrictions or loss of personal liberty.

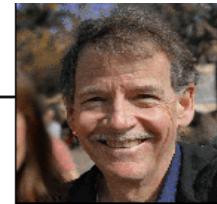
By contrast, guardianship is a formal legal process in which a court determines that a person lacks the capacity to make decisions independently. In such cases, a guardian is appointed to make some or all decisions on behalf of the person, known as the "ward." New Hampshire allows for either full or partial (limited) guardianship, depending on the individual's needs. When considering future planning, families should reflect on whether guardianship is truly necessary or if a less restrictive option - such as supported decision making, community support, or technology - could provide sufficient assistance while preserving the individual's rights and independence.

WHAT'S THE DIFFERENCE BETWEEN SUPPORTED DECISION-MAKING AND GUARDIANSHIP? reprinted with permission from NH Disability Rights Center Tool Kit

Supported Decision Making	Guardianship
You have the legal right to make your own decisions.	You lose your legal right to make certain decisions for yourself.
You make decisions with the help of people (Supporters) that you trust and choose.	The Guardian makes decisions for you. You are legally identified as their 'ward'.
You choose your Supporter or Supporters.	The court chooses your Guardian for you.
If you disagree with the advice of your Supporter, you don't have to follow it. You make your own decision.	You must do what your Guardian decides even if you disagree with their decision. Only the court can change a Guardian's decision.
You can change or end your supported decision-making agreement at any time.	Only the court can change a Guardianship order.
With the help of your Supporters, you develop the skills to more easily make your own decisions.	Your Guardian is not required to help you gain skills to make decisions yourself.

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant *Fifteen Years Out - Looking Back and Moving Forward*



Winter has never been my favorite season. I've said for years that I was misplaced at birth. Being a lover of warm, tropical weather while living in New Hampshire does present a challenge. This past November 11, the fifteenth anniversary of the accident that changed everything came to pass. I marvel that it's been a decade and a half since I was struck while cycling on Main Street in Salem.

I've had fourteen anniversaries before last November's milestone. One might think they are all the same, but this year was tough. Perhaps the toughest. While I am a brain injury survivor, I also live with treatment-resistant PTSD, the direct result of my accident. The weeks leading up to this month's anniversary were cruel. My PTSD manifests primarily in the form of night terrors. Not just a typical bad dream (I could only wish for those!), I wake often covered in sweat, sometimes yelling, sometimes sobbing. If it sounds dreadful, it's because it is. My heart breaks for my wife. I often hear her trying to pull me out of it, gently calling my name. "David, David... wake up." I open my eyes to see the concern in her eyes. I set a new personal best record for one night with three night terror events in a single night. No trophy for that one.

But that was then, and this is now. One of my most effective compensatory strategies is living in the moment, right here, right now. And thankfully, when the anniversary passed, so did the uptick in tough nights. As of today, it's been a full week of solid sleep, something I am profoundly grateful for. It's fun-

ny how perspectives change after brain injury. Having gratitude for something like simply sleeping, something I took for granted for years, is new. I never gave it a second thought. Now a week of sleep is like hitting the lottery!

Lots of time has been spent in inward reflection. A big part of me marvels that I'm still standing. But more importantly, I've proven to myself that I really can live a meaningful and mostly happy life with the challenges that I live with. Looking around the landscape of my life, everyone has something that they are dealing with. Everyone. I have my "stuff," and you have yours. It's part of being human.

When I look back over the years, had it not been for the injury, I would never have met some of the best friends I've ever had. The opportunity to share my life with others, offering realistic, meaningful hope, would not have happened. The life that I live today is not the one I ever expected. Never did I foresee my role as a disability advocate coming at me at light speed. But therein lies the mystery of life. Things befall us all. In my world, the big question is this: Will I let the experience defeat me? Looking back over the years, I'm quite content, happy even, with the amazing life that I live.

And now that the anniversary is behind me and I'm on solid ground again, it's time to keep living my best life. I have people who want me in their lives, people who need me, and most importantly, people who love me as I am.

BRAIN INJURY STATISTICS

Approximately every other person involved in the justice system has a brain injury.



55.9% Prevalence for women
55.2% Prevalence for men
60.25% prevalence in the overall offender population

The numbers of women who have brain injury inflicted by a violent partner are estimated to be staggeringly high--higher than NFL players or those who were injured in military service.

Domestic Violence Report, Vol 25, No. 3, February/March 2020

SERVICE MEMBERS AND VETERANS (SMVs) AND BRAIN INJURY

TBI is the signature wound of the Iraq and Afghanistan wars.

It is a significant wound for Vietnam Veterans.

Brain injury occurs as a result of general military duty.

Falls, motor vehicle collisions, assaults, and merely hitting your head against something all can lead to brain injuries.

DePalma, R.G., & Hoffman, S.W. (2018). Combat blast related traumatic brain injury (TBI): Decade of recognition; promise of progress. *Behav Brain Res*, 340, 102-105, doi:10.1016/j.bbr.2016.08.036

NEW BRAIN INJURIES IN THE U.S. EACH YEAR

Pediatric Traumatic Brain Injury → 5.2 million Emergency Department (ED), inpatient, and outpatient

Adult Traumatic Brain Injury → 12.6 million Emergency Department (ED) inpatient, and outpatient

Military Traumatic Brain Injury → 19,167

Stroke → 795,000

Brain Tumors → 90,000

Dementia/Alzheimers → 500,000 to 1 Million

THE RECOVERY KITCHEN



As we navigate life with a brain injury, we often learn that the way we do our everyday tasks changes. Things that used to be second nature become complex, challenging, or downright exhausting. For many of us, this is due to trouble with executive functioning, which includes things like sequencing, flexibility, and working memory.

Three everyday things changed significantly for me after my stroke: driving, grocery shopping, and cooking. I never realized how cognitively taxing these things were, or how much planning goes into just a few "small" things. I used to be the person who would casually walk through the grocery store and build my menu as I went. That quickly became a thing of the past. How do I feed myself when my brain gets so tired so quickly? Is it possible to cook healthy food in this new normal? Can I cook something safely?

Through trial and error, tracking ideas, my brain stopping mid-cook, and even trying meal kits, I finally realized what I need to be successful in the kitchen. For me, recipes need to have five ingredients or less, and no more than five (fairly simple) steps. I also need to have all of the necessary equipment and ingredients out on the counter before I start cooking. But most importantly, before I even decide what to make, I need to figure out exactly how much brain power I have to put into

this time in the kitchen. Even though I have found a couple of shortcuts to making lasagna, it still takes a lot of energy.

When we were discussing goals and ideas for The Middle People Project, we realized that many people living with brain injury have experienced the same challenges with cooking, and often turn to fast, unhealthy food just to get by. But we deserve good food. We deserve healthy food that tastes good. And so came the idea of Jenn's Recovery Kitchen!

Jenn's Recovery Kitchen, a recipe blog, will launch in January 2026. We will focus on recipes that are easier than what you might find in a regular cookbook. Each recipe will have a brain scoring system; one brain is as easy as we can make it, while four brains is for the really challenging recipes, such as lasagna. Each recipe will have practical tips for safety or making things even easier. We will also have general Safety & Tips, which can serve as a helpful reminder before you dive into cooking.

We also recognize that this resource can help anyone who may be neurodivergent or just find cooking challenging. If there is someone in your life who may find this resource helpful, please share it with them. We are so excited to share this project with you!

To learn more about The Middle People Project, please visit www.middlepeopleproject.org.

*Team MP: Jenn Williams, David A. Grant, Sarah Gaffney
This installment was written by Jenn Williams.*

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



SEACOAST BRAIN INJURY SUPPORT GROUP

**beginning Tuesday,
February 3, 2026**

**Meeting the 1st Tuesday of the month
12:00 PM - 1:00 PM**

NEW LOCATION

**HCA Healthcare, Portsmouth Regional Hospital
155 Borthwick Avenue, West Building, 3rd Floor, Room #351
Portsmouth, NH**

for additional information, please contact BIANH - mail@bianh.org or call 603-225-8400

A New Offering at Krempels Brain Injury Center

UNVEILING THE INVISIBLE: POST CONCUSSION SYNDROME

In this discussion-based support group, you will have the opportunity to share experiences and connect with other individuals living with PCS. Led by allied health professionals, the group will also cover important topics and strategies for navigating life after concussion. Key objectives of this group include:

- Feelings of validation and understanding
- Symptom management strategies
- Emotional support
- Sense of community and reduced feeling of isolation

This program is designed for individuals who want to better understand and manage PCS.

WHEN:
Tuesdays from 10/14 - 12/9
11 - 11:50AM (Group)
12 - 12:45 (Lunch)

WHERE:
Community Campus
100 Campus Drive
Portsmouth, NH

 **Krempels**
Brain Injury Center
New Life after Brain Injury

Contact Heidi at heidi@kbicenter.org to register.

easterseals
New Hampshire

Elevating seniors of all abilities.

Supporting health, safety, and independence for older adults with our Adult Day Programs and In-Home Care & Health Services.

For over 30 years, Easterseals NH has had the privilege of caring for thousands of New Hampshire's older adults and helping them live each day to the fullest. From adult day programs and in-home health services, we're ensuring that you and your family can make the most of every day.

Visit eastersealsnh.org/senior-services to learn more.

603-845-9318
seniorservices@eastersealsnh.org



1,050
NH seniors were given therapeutic care and in-home assistance through our programs and services in 2024.

86%
of Adult Day Program participants report feeling less lonely.

 **INDEPENDENCE
CARE**
Specialized Care In The Comfort of Home



Some of the service we offer:

- Personal Care
- Companion Care
- Light Housekeeping
- Shopping & Errands
- Appointment Escort
- Discharge Transition Care
- Medication Reminder
- Meal Preparation
- Letter Writing & Household Paperwork

...and more!

Whether you are recovering from an injury, surgery, or simply need help at home, our team is devoted to your wellbeing and recovery. Our caregivers are thoroughly vetted and trained to provide tailored and quality care.

GET IN CONTACT
Email us at: intake@independencercare.pro
or
Visit us at: www.independencercare.pro

10 Ferry Street, Suite 404, Concord NH 03301 • Tel: 603-283-7778 • Fax: 412-312-3828

NRH
Northeast Rehabilitation Hospital Network

COMPREHENSIVE BRAIN INJURY CARE

"Here I am. I can read. I can write. I'm eating a regular diet and I'm walking."

- Tom T.
Northeast Rehab Patient



"I have to give it to them... they're all so good. The entire team. They all cared so much."

- Jenna N.
Northeast Rehab Patient

The Joint Commission Disease-Specific Care Certification in Stroke and Brain Injury Rehabilitation
Certified Brain Injury Specialists on Staff
Advanced Technologies
Community Support and Resources
Patient and Family Education Programs

Four Convenient Acute Rehabilitation Hospital Locations


Salem, NH
70 Butler St.


Nashua, NH
29 Northwest Blvd


Portsmouth, NH
105 Corporate Drive


Manchester, NH
1 Elliot Way, 7th Floor

**20
Outpatient Clinics**
in Seacoast NH,
Southern NH &
Greater Merrimack
Valley MA

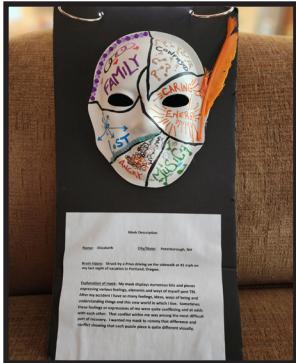


Visit us on the web at <https://NortheastRehab.com>

@NortheastRehabilitationHospital

For more information, call (603) 893-2900

@northeastrehab



THE MASKS WE WEAR

Concord Area Brain Injury Support Group Meeting held Tuesday, October 21, 2025
Granite State Independent Living (GSIL), 22 Chenell Drive, Concord, NH

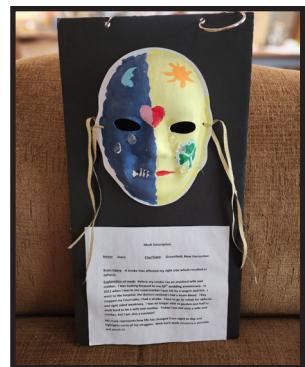
Our gathering in October was nothing short of extraordinary.

With help from a collection of expressive masks—each crafted years ago by brain injury survivors and lovingly preserved by the Brain Injury Association of New Hampshire, our group explored the many layers of identity, emotion, and experience. Every mask sparked a reaction: some reminded us of movie characters, others stirred deep emotions, and many resonated with the artist's own story. They became mirrors, conversation starters, and bridges between us.

Most powerful of all: voices emerged. Individuals who had never spoken in group before found the courage to share their stories. The room was filled with connection, empathy, and understanding.

It was our greatest meeting yet. Thank you to everyone who made it such an unforgettable night.

—Mikal & Linda



BIANH Board of Directors - 2025-2026

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SUPPORT GROUPS IN NEW HAMPSHIRE

Revised Winter 2026 —Times and places may change without notice—please call in advance

VIRTUAL SUPPORT GROUPS

The Brain Injury Association of New Hampshire will be hosting two monthly online support groups that will be held through the ZOOM Virtual Platform and six in-person support groups. All are welcome to attend.

Virtual Youth Survivors Network - For brain injury survivors age 16-25, From Maine, New Hampshire & Vermont

Meets the Second Wednesday of the month, 4:00 – 5:00 PM

Register at: https://us02web.zoom.us/meeting/register/tZ0lc0mvqT8vH9NeQ8v9Yokb_woX0tWWuvJC

Registration contact: Dylan Campbell: dcampbell@mpf.org

Virtual Statewide BIANH Brain Injury Caregivers Support Group, Caregivers Only

Meets the 4th Tuesday of the month, 6:30 – 7:30 PM

To Join Meeting: <https://us02web.zoom.us/j/84489789058>

IN PERSON SUPPORT GROUPS

Concord Brain Injury Support Group – Meets the 3rd Tuesday of the month, 6:30—7:45 PM Granite State Independent Living, 21 Chenell Drive, Concord, NH

Conway Brain Injury Support Group – Meets the 1st Monday of the month, 6:00—7:30 PM Journey Church, 15 Hutchins Drive, Conway, NH

Greater Atkinson/Derry Brain Injury Support Group - Meets the 2nd Tuesday of the month, 6:00—7:30 PM Community Crossroads, 8 Commerce Drive, Unit 801, Atkinson, NH

Keene Brain Injury Support Group – Meets the 3rd Sunday of the month, 1:30—3:00 PM Southwest Community Services, 49 Community Way, Keene, NH (use door facing the Food Co-Op Building)

Manchester Clubhouse Brain Injury Support Group – Meets the 3rd Wednesday of the month, 6:00 pm – 7:00 pm Manchester Clubhouse, 60 Rogers Street, Suite 204, Manchester, NH

Peterborough Brain Injury Support Group –Meets the 1st Tuesday of the month, 6:00—7:30 PM Monadnock Community Hospital, Conference Rooms 1 & 2—452 Old Street Road, Peterborough, NH

**NEW LOCATION & TIME starting Tuesday, Feb 3, 2026—Seacoast Brain Injury Support Group - Meets the 1st Tuesday of the month, 12:00—1:00 PM
HCA Healthcare, Portsmouth Regional Hospital, 155 Borthwick Avenue, West Building, 3rd Floor, Room #351, Portsmouth, NH**

If you have any questions, please contact BIANH — mail@bianh.org or call at 603-225-8400. Visit www.bianh.org for any calendar changes.

APHASIA:

Exeter: Aphasia Support Group for the Seacoast of NH
Meets the first Thursday of the Month, Meeting Time: 11:00 – 12:00 PM
Exeter Hospital, Conference Room 1 North, 5 Alumni Drive, Exeter, NH
Contact: Kate Phelps at 603-778-6548, kphelps@ehr.org

Nashua: St. Joseph Hospital Outpatient Rehab Clinic, 75 Northeastern Blvd, Nashua, 2nd Tuesday of the month, 4:00 PM —5:00 PM
Contact: Lesley Renzi
Phone: (603) 595-3076, ext. 63608

BRAIN INJURY & STROKE

Concord: Encompass Health Rehab Stroke Support Group, 1st Wednesday of the month, 10:30 – 11:30 AM, Encompass Health Rehabilitation Hospital at Concord.
Contact: Nick Allard, 603-226-9840

Dover: VIRTUAL Wentworth Douglass Hospital Stroke Support Group. 3rd Thursday of every month; 2:00-3:00 PM. Call or email Lindsey to receive the Zoom link.
Contact: Lindsey Wyma Phone: (603) 609-6161 x2731
Email: Lwyma@mgb.org

Durham: UNH Occupational Therapy Department, Hewitt Hall, Room 139, Durham, NH. Meets Tuesdays; 12:30—3:15 PM
Contact: Dr. John Wilcox, OTD for semester start up
Phone: (207) 314-3180 or email john.wilcox@unh.edu

Kennebunk, ME: Currently Suspended - 1st Tuesday of the month, 3:00 PM, Upstairs small conference room, RiverRidge Neurorehabilitation Center, 3 Brazier Lane, Kennebunk, ME—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: Jennifer Larro, Aging Resource Center Phone: (603) 653-3460

Nashua: St. Joseph Hospital Stroke Support Group
Meets the first Wednesday of the month, 6:00 – 7:00 PM
St. Joseph Hospital Inpatient Rehabilitation Unity Community Road
Email: gmorris@covh.org

Portsmouth: VIRTUAL Northeast Rehabilitation Hospital Stroke Support Group, Meets the Second Tuesday of the month, 4:15-5:00 PM. Registration at StrokeSupportGroup@northeastrehab.com

Portsmouth: Northeast Rehabilitation Hospital at Pease Stroke Support Group, Meets the Third Wednesday of the month, 4:00- 5:00 PM, Northeast Rehabilitation Hospital, 1st Floor, Pease, Portsmouth
Contact: Strokesupportgroup@northeastrehab.com

Salem: Virtual Northeast Rehab Mild Brain Injury Support Group; Meets the 2nd Wednesday of the month, 4:00 PM – 5:00 PM
Email: bcapobianc@northeastrehab.com to RSVP

BRAIN TUMOR:

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

CAREGIVER:

Portsmouth: Portsmouth Regional Hospital's Caregivers Support Group, Meets the last Wednesday of the month, meeting time: 5:00 – 6:00 PM, Main Hospital building, classroom 4, 333 Borthwick Avenue, Portsmouth
Contact: PRHPSTROKESUPPORT.NH@HCAHEALTHCARE.COM

Wolfeboro: Granite VNA, Caregiver Connection Series
Harmony Coffee House, 21 Central Avenue, Wolfeboro, NH
Meets January 12, February 9, and March 9. 10:00 – 11:30 AM,
Phone: 800-924-8620, ext. 85664

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Thank you to all of our members and donors. This list reflects donations received from October 1, 2025 to present.

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Gift Amount: \$1,000 \$500 \$100 \$50 \$25 Other \$_____

Gift Frequency: Monthly Quarterly Annual One-time Gift

What your donation can do -

\$25 purchase a bike helmet

\$50 help with grocery bills

\$75 help with 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 assistive technology needs

MY GIFT IS A TRIBUTE -

IN MEMORY OF _____

IN HONOR OF _____

Donate Online - You can easily donate online; go to www.bianh.org and use the DONATE tab.
 Bill Me - we will invoice you based on your gift frequency designated above.
 Check Enclosed

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Address, City, Zip _____

Email Address _____ Phone _____

YOUR DONATION IS FULL TAX DEDUCTIBLE.

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