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HEADWAY
ONLINE NEWSLETTER

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ISSUE #101, Fall 2026

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RUNNING THE LONG RACE: LORNA ILLERBRUNN'S CAREGIVER JOURNEY

Before Lorna Illerbrunn met Garrett in 2013, she swore she would never date someone else in the Army or another pilot, especially not an Apache helicopter pilot. Garrett surprised her, though. He asked what would best support her crew and followed through on that support. He was funny and kind, and the two got to know each other as they walked a loop on base in Jalalabad, Afghanistan, over several months gradually developing more and more affection for each other. They married two years later in 2015, and their son, Tucker, was born in 2016.



Garrett, Lorna, & Tucker Illerbrunn

During her 20 years in the National Guard, about half of those with New Hampshire, Lorna was a Black Hawk pilot flying medevac missions and she retired in 2020. Garrett was an Apache pilot with the 82nd Airborne Division. With both Garrett and Lorna serving as pilots in the military, deployments were a regular part of their life, and when Garrett deployed to Iraq in the summer of 2023, it was business as usual. That December, however, Lorna received the call that turned her life upside down.

On Christmas morning 2023, Lorna learned that Garrett had been severely injured in a drone attack at Irbil Air Base in Iraq. Garrett had suffered a devastating penetrating head injury and had been evacuated to Baghdad. Garrett was still alive, but that was about all they could tell her. As both a medevac pilot and civilian nurse, Lorna's head spun with questions and scenarios.

Since his injury, Garrett and Lorna have faced enormous challenges. Garrett was in a coma, then transferred from Germany to Walter Reed National Military Medical Center in Maryland, followed by multiple rehabilitation units. Garrett has extremely limited use of his arms and no use of his legs, and he has undergone numerous surgeries and experienced many medical complications since his injury. He is not able to functionally move, and he is reliant upon

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others to complete all of his activities of daily living. He is verbal, and his comedic personality still shines through, though his cognitive capability is limited. Now that Garrett is officially retired from the Army, Lorna and Tucker have moved back to New Hampshire, and Garrett is receiving care in a medical facility in Boston, but they are unable to bring him home yet, which is challenging for everyone.





"My goals for Garrett have changed," Lorna shared. "It went from what is the fullest recovery he can make, to what's in his best interest for quality of life. I have hope in one hand and acceptance in the other. He wants to come home, and I am trying to make that happen, though I don't know exactly what that will look like."





Over the last few years, Lorna has learned that caring for a loved one with a severe brain injury "is a marathon, not a sprint, and you have to pace yourself." She added, "There is no manual, and you have to get comfortable asking for help, and you have to find your village. You also have to let go of other people's opinions and find the right way to walk the path for you. I thought I knew myself, but when you go through something like this, you learn to know yourself on a much deeper level. When things are stripped away, you learn what's most important."









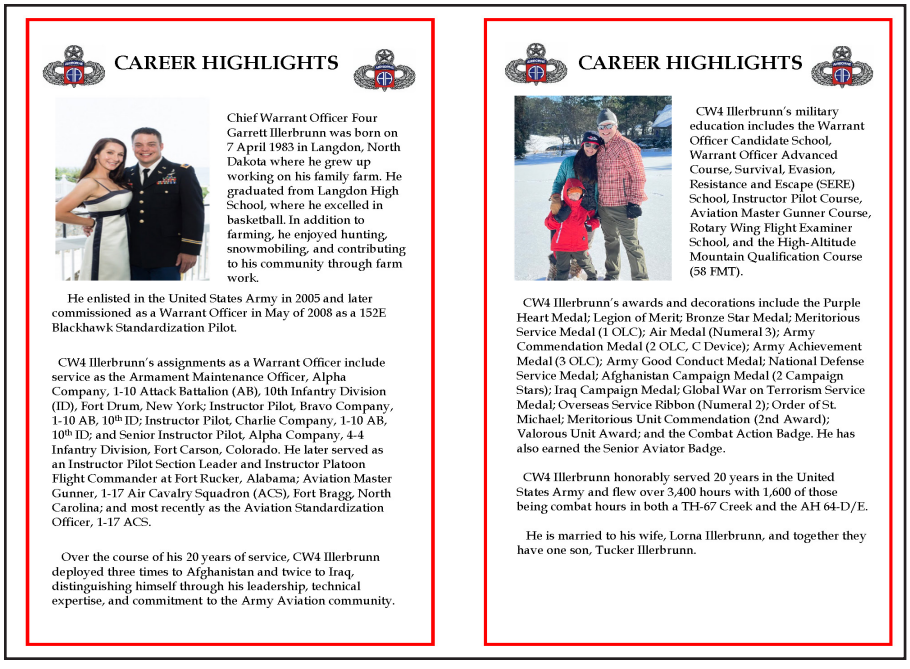
Becoming a caregiver has not meant that Lorna has abandoned her own life. "You have to make room for your own dreams and thoughts of thriving and living your life, and you can still find joy and laughter in this new life," she said. "You have to allow yourself some things that are just for you and bring you light. The family is an ecosystem—everyone has to sacrifice, but for it to be sustainable, you have to take care of yourself."

While no one would describe the Illerbrunns' journey as easy, there were some aspects of her situation that Lorna believes made things easier for her than they might have been. She understood the military and medicine, and she also had a solid foundation in meditation and yoga. Since Garrett's accident, she has also pursued connections with other caregivers, including becoming a fellow with the Elizabeth Dole Foundation, and she continued her education and career development, recently becoming a nurse practitioner after many years as an RN.

Parenting Tucker through this journey has also been challenging. "Functioning as a single parent, you don't have a partner to lean on, but we've been fortunate for our village stepping up for both of us." She added, "From the beginning, I chose to be honest with Tucker and to not be ashamed or embarrassed. We go into the kingdom of the sick and realize that by sharing what's going on in our lives, we can bring awareness to it and also share with others that they are not alone in their experience."

For other brain injury caregivers, Lorna shared that adjusting her own expectations has been immensely helpful. "You are not the you that existed before this happened. You need to give yourself grace and compassion as you would give to someone else," she said. "Be kind to yourself and don't expect yourself to be a robot who does all the things all the time. It's just not possible."

---Continued



CAREER HIGHLIGHTS

Chief Warrant Officer Four Garrett Illerbrunn was born on 7 April 1983 in Langdon, North Dakota where he grew up working on his family farm. He graduated from Langdon High School, where he excelled in basketball. In addition to farming, he enjoyed hunting, snowmobiling, and contributing to his community through farm work.

He enlisted in the United States Army in 2005 and later commissioned as a Warrant Officer in May of 2008 as a 152E Blackhawk Standardization Pilot.

CW4 Illerbrunn's assignments as a Warrant Officer include service as the Armament Maintenance Officer, Alpha Company, 1-10 Attack Battalion (AB), 10th Infantry Division (ID), Fort Drum, New York; Instructor Pilot, Bravo Company, 1-10 AB, 10th ID; Instructor Pilot, Charlie Company, 1-10 AB, 10th ID; and Senior Instructor Pilot, Alpha Company, 4-4 Infantry Division, Fort Carson, Colorado. He later served as an Instructor Pilot Section Leader and Instructor Platoon Flight Commander at Fort Rucker, Alabama; Aviation Master Gunner, 1-17 Air Cavalry Squadron (ACS), Fort Bragg, North Carolina; and most recently as the Aviation Standardization Officer, 1-17 ACS.

Over the course of his 20 years of service, CW4 Illerbrunn deployed three times to Afghanistan and twice to Iraq, distinguishing himself through his leadership, technical expertise, and commitment to the Army Aviation community.

CAREER HIGHLIGHTS

CW4 Illerbrunn's military education includes the Warrant Officer Candidate School, Warrant Officer Advanced Course, Survival, Evasion, Resistance and Escape (SERE) School, Instructor Pilot Course, Aviation Master Gunner Course, Rotary Wing Flight Examiner School, and the High-Altitude Mountain Qualification Course (58 FMT).

CW4 Illerbrunn's awards and decorations include the Purple Heart Medal; Legion of Merit; Bronze Star Medal; Meritorious Service Medal (1 OLC); Air Medal (Numeral 3); Army Commendation Medal (2 OLC, C Device); Army Achievement Medal (3 OLC); Army Good Conduct Medal; National Defense Service Medal; Afghanistan Campaign Medal (2 Campaign Stars); Iraq Campaign Medal; Global War on Terrorism Service Medal; Overseas Service Ribbon (Numeral 2); Order of St. Michael; Meritorious Unit Commendation (2nd Award); Valorous Unit Award; and the Combat Action Badge. He has also earned the Senior Aviator Badge.

CW4 Illerbrunn honorably served 20 years in the United States Army and flew over 3,400 hours with 1,600 of those being combat hours in both a TH-67 Creek and the AH 64-D/E.

He is married to his wife, Lorna Illerbrunn, and together they have one son, Tucker Illerbrunn.

It's been an immensely challenging couple of years for the Illerbrunns, with a lot of unknowns and a still uncertain future, but Lorna is trying hard to live by her own advice. Travel is something that has always sustained her, and for her birthday this year, she is going to run the Athens marathon in Greece as both a celebration and a challenge. In a serendipitous coincidence, the race, which has always been on her bucket list, is taking place on Lorna's 50th birthday. "The metaphor of it being a marathon isn't lost on me," she said, "and I'm really looking forward to it."

Learn more about the Elizabeth Dole Foundation here.

PRESIDENT'S MESSAGE -



Every Concussion Walks Through the School Door

by Jonathan D. Lichtenstein, PsyD, MBA

Ask most people to picture a kid with a concussion and they'll picture a football helmet, or maybe a soccer header gone wrong. Those injuries are real, but they are a small slice of the picture.

A 2024 study from Children's Hospital of Philadelphia looked at more than 1,100 children ages 5 to 12 who had been diagnosed with a concussion. Nearly 70 percent of those injuries had nothing to do with organized sports. Kids fell off bikes and playground equipment. They slipped on ice, collided with a sibling, got hurt in car crashes. Even among teenagers, when sports participation peaks, emergency department data show roughly a third of concussions happen away from the field.

That matters because most of what we've built around concussion was built for athletes. There are sideline protocols and athletic trainers. The eight-year-old who hit her head at a trampoline park on Saturday has none of that. She shows up Monday with a headache and a teacher who may not know anything happened. The same CHOP study found that kids hurt outside of sports tended to reach a specialist days later than their sports-injured peers.

New Hampshire has already taken an important step. Under RSA 200:63, passed in 2020, every school board in the state must adopt a concussion and traumatic brain injury return-to-learn policy. It covers every student, not just those on a team roster.

A policy on paper is only a start, though. The idea I'd ask every educator and parent to hold onto is this: once a student with a brain injury sets foot on school grounds, it becomes a whole-school issue. The teacher who notices a student squinting at the board. The nurse who fields the afternoon headache. The counselor who sees grades slipping three weeks later. Each of them has a part in that child's recovery.

Often the help is simple. Shorter assignments, rest breaks, extra time on tests, a quieter place to eat lunch. Made early, these small changes can keep a short-term injury from turning into a long academic slide.

What we need now is a culture of concussion that fits the kids who get them. That means training staff beyond the athletic department, making it easy for families to tell the school about an injury that happened at home, and treating a concussion from the sledding hill as seriously as one from a varsity game. Any child who needs support after a brain injury should find a whole school ready to give it.

EXECUTIVE DIRECTOR'S MESSAGE -



Summer/Fall 2026 News/Update

by Steven D. Wade, Executive Director

Congratulations to Dr. Jonathan Lichtenstein, BIANH President and Chair of our Board of Directors.

Jonathan has been promoted to Associate Professor in Psychiatry, the Dartmouth Institute, and Pediatrics. Jonathan is a Pediatric Sports Neuropsychologist, with particular expertise in concussion management, performance validity testing in children, and neurocognitive outcomes following brain injury. He has devoted his professional life to promoting the health of vulnerable youth with developmental and brain-based disorders. We are indeed fortunate to have Jonathan as the current leader of BIANH.

The BIANH Board have welcomed three new members of the Board who were elected at our annual meeting:

-Janice Comtois, NeuroRestorative
-Katie Del Rio, North Country Independent Living
-Parmi Saini, Rose Meadow Group

New Hampshire Brain & Sprinal Cord Injury Advisory Council

BIANH board member Alana Cullen has been appointed by the Board to represent BIANH as a member of the NH Brain and Spinal Cord Injury Advisory Council. This is a position designated in the state brain injury Statute 137-K. Alana is Executive Director of Robin Hill Farm/Rehab Without Walls.

Money Follows the Person Program

The New Hampshire Division of Long Term Supports and Services awarded BIANH a $277,095 contract to provide transitional case management services to individuals determined to be eligible for the Money Follows the Person Program. The contract was recently approved by the New Hampshire Executive Council. The Money Follows the Person (MFP) program is a federally funded Medicaid initiative that helps people move out of nursing homes or other long-term care facilities and back into their local communities.

BIANH Board of Directors - 2026-2027

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Michael Palmieri

Executive Director
Steven D. Wade

PUBLIC HEARING



PLEASE JOIN US - virtual or in person

Survivors, family members, caregivers, friends, and service agencies are encouraged to attend this Public Hearing to provide personal and professional input for unmet needs for individuals living with a brain injury or spinal cord injury.

The information provided at the hearing will be submitted in a report to the Governor and the Legislature in order to provide recommendations to better meet those needs.

DATE: Wednesday, October 21, 2026

TIME: 5:00 - 6:00 PM

IN-PERSON LOCATION: Dartmouth Hitchcock Medical Center
1 Medical Center Drive
Main Entrance - Auditorium C & D
Lebanon, NH 03756

As you enter the building turn to the right; Auditorium C & D are located at the end of the first hallway.
Pizza will be provided for those attending in person.

VIRTUAL LINK: https://us06web.zoom.us/j/84022032956?pwd=w8nx8dFGicPL617UYa7UoZKgXfSZqQ.1

Registration is required for anyone attending in person as well as virtually

For more information or questions, please contact Erin at (603)225-8400 or erin@bianh.org

Public announcement provided by:
New Hampshire Brain & Spinal Cord Injury Advisory Council

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

Co Host:
PathWays of the River Valley
654 Main Street, Claremont, NH 03743
603-542-8706

Brain Injury Association of New Hampshire

BRAIN MATTERS 2026

Monday, November 9, 2026, 8:30 - 10:30 AM EST
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,
Cost: $25.00 or FREE to all survivors and family members.
Please note that refunds will only be issued for cancellations that are received 48 hours prior to the training.

Register: https://p2p.onecause.com/bm2025/event/vtbi101

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, December 10, 2026, 9:00 AM -12 Noon, EST
Virtual Training: ***Managing Post TBI Challenging Behaviors Through Cognitive Reconnections***

Presenter: Gina England, MA, CCC-SLP
Cost: $25.00 or FREE to all survivors and family members.
Please note that refunds will only be issued for cancellations that are received 48 hours prior to the training.

Register: https://p2p.onecause.com/bm2025/event/vtmtbicr

This presentation will focus on the post TBI cognitive deficits that are most likely contributing to challenging behaviors and will offer participants suggestions and strategies on how to neutralize the behavioral responses of the survivor due to deficits in executive cognitive skills (memory, attention, safety awareness, problem solving etc.). Illustrative case histories will be incorporated to demonstrate how the right strategy can effectively assist the survivor to moderate their own behavior through improved cognitive functions. A comprehensive digital handout will be provided that includes a summary table, for future reference, illustrating:

-- A specific challenging behavior
-- A specific cognitive deficit that is likely contributing to the behavior
-- Specific strategies to employ when the challenging behavior occurs

University of New Hampshire
College of Health and Human Services
UNH IRB 2024-145

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We are collecting language samples from augmentative and alternative communication (AAC) users in order to develop an automatic analysis system. This system will help AAC users and clinicians to better monitor and enhance AAC interventions in the future.



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- ◊ Complete five 1.5-hour sessions over three months, involving various language activities like describing pictures or repeating sentences.
- ◊ Complete two online surveys and give us feedback in a brief interview.

Do I have to come in person?

- ◊ No. Sessions are remote or in-person at UNH Durham depending on your preference.

Will I be compensated for my time?

- ◊ **Yes!** Every participant in this research study, including AAC users and communication partners, will receive up to a $150 Amazon gift card for their participation.

Who can participate?

- ◊ AAC speakers and a communication partner (such as caregiver, friend, or speech-language pathologist) participate in the research study as a pair.
  - ⇒ *AAC speakers should be:*
    - ✓ 5 years or older and use a high-tech communication device.
    - ✓ Able to access at least 50 selections (e.g., words, pre-programmed sentences).
    - ✓ Able to follow instructions and prompts from communication partner.
  - ⇒ *Communication partners should be:*
    - ✓ 18 years of age or older.
    - ✓ Able to read & use a standard computer screen & high-tech AAC system.
    - ✓ Able to follow instructions in English.

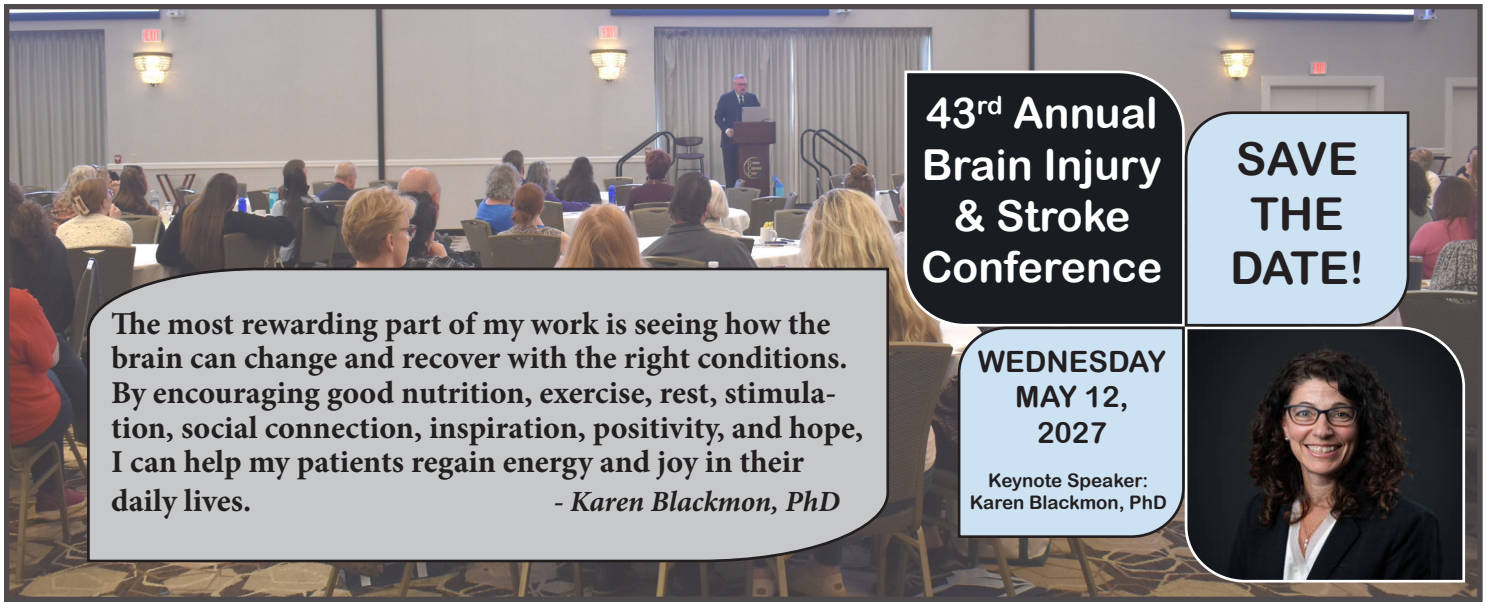
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QR code

Link
https://unh.az1.qualtrics.com/jfe/form/SV_8dGnPBgpXqFkPly

You can also reach out to Dr. Kay Chen at unh.aaclab@unh.edu

2027 ANNUAL BRAIN INJURY & STROKE CONFERENCE



Karen Blackmon is an Associate Professor of Psychiatry at Geisel School of Medicine at Dartmouth, Co-Chair of the World Health Organization Dementia Assessment Workgroup, and Science Committee Chair of the International Neuropsychological Society. Her research focuses on healthy aging in rural and limited resource settings. She is a Principal Investigator on the NIH-funded Brain-START project, which is validating new digital cognitive assessments for dementia detection, as well as the Wellcome Leap-funded Brain-Resilience-Kenya study, which employs a mixed-methods approach to identify biopsychosocial factors underlying at-risk and resilient cognitive aging. Her clinical efforts aim to streamline early detection, pre-diagnostic care pathways, and brain health lifestyle change for people with cognitive decline. She welcomes the opportunity to network with people who have interest in global brain health, resilient aging, and neuropsychological assessments.

BECOME A SPONSOR OR EXHIBITOR at the 2027 BRAIN INJURY & STROKE CONFERENCE

Wednesday, May 12, 2027 - 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 *Headway* fall issue (deadline for graphics: Aug 30, 2027)
- 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)

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 ad in *Headway* fall issue (deadline for graphics is Aug 30)
- Full page ad about your program included 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 $600

- 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

If you are interested in being a sponsor for our Annual Conference in 2027, please contact BIANH: mail@bianh.org

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Northeast Rehab Therapists Participate in Nationally Recognized Specialized Stroke Rehabilitation Training

by Tricia Desrocher, PT, MS, Certified Stroke Rehabilitation Specialist
VP Northeast Rehabilitation Hospital Network

Northeast Rehabilitation Hospital Network kicked off Stroke Awareness month by hosting Neurorecovery Unlimited's May 2026 CSRS (Certified Stroke Rehabilitation Specialist) training certification at its Salem, New Hampshire, Butler Street location. CSRS is the only nationally recognized stroke certification for Occupational and Physical Therapists. Northeast Rehab is one of only 12 locations chosen to host a 2026 training. During the training, attendees learn the underlying science and best intervention techniques for stroke rehabilitation. Sixty-five dedicated PTs and OTs, including 19 Northeast Rehab employees, worked with nationally recognized therapists and educators, J.J. Mowder, Steve Page, and Angie Reimer, who team-taught this 3-day, intensive hands-on neurorehabilitation training.

"We were honored to host this certification and bring this highly sought after training to New Hampshire, giving PTs and OTs the opportunity to advance their specialty training in Stroke Rehabilitation" said Keith Poulin, MSPT, Senior Director of IP Rehabilitation and Care Coordination and NRHNs Stroke Core team co-leader.

"Leadership and our Stroke Core Team are committed to continuously advancing patient care practices and creating career growth opportunities for our teams. Partnering with these instructors was inspiring for everyone who participated. It's remarkable to see how quickly our therapists have incorporated these new, innovative techniques and skills to help their stroke patients make additional progress."

At the completion of this intensive training participants take a test to earn their CSRS certification and the distinction of including the CSRS nationally recognized designation alongside their other professional credentials. Participants also participated in a one-day online training prior to the 3-days in person.

"The care we provide can be life changing when a patient is facing the challenges of an injury or illness such as a stroke," said Charles Champagne, CEO, Northeast Rehabilitation Hospital Network. "We have been helping stroke patients rebuild their lives for more than 40 years. This is possible because of the dedication of our teams and leaders who continuously seek to incorporate new techniques into each patient's unique care. There isn't a one-size fits all formula for stroke care. Every patient's situation is unique, and their care should be too. This training is one of the many ways we carry out our commitment to providing personalized patient care."

Northeast Rehabilitation Hospital Network is home to four acute inpatient rehabilitation hospitals and more than 20 outpatient clinics. The Network is accredited by The Joint Commission and all four hospitals have also earned the Gold Seal of Approval® for Disease-Specific Care Certification in Stroke Rehabilitation. The Gold Seal is a symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care. Certification recognizes health care organizations for their efforts in select disease-specific areas of care.

Northeast Rehab first earned The Joint Commission certification for its Stroke Program in 2007. Since then, the organization has achieved recertification at every subsequent survey. Surveys consist of a week-long onsite review at all four of Northeast Rehabilitation Hospital's inpatient facilities–Salem, Nashua, Manchester, and Portsmouth.





NORTH COUNTY INDEPENDENT LIVING -- FALLING INTO COOLER TIMES

This past summer was one of the warmest we have experienced in New Hampshire. Many residents visited the lakes and beaches or shared other activities to cool off, while outdoor concerts were more enjoyable in the cooler evenings.



The Barrington Residence folks had a surprise visit from the group Recycled Percussion as the group was walking for a cause with a friend who had sustained a brain injury. NCIL staff have followed Recycled Percussion and attended many of their concerts. Having the group stop by on their cross-country route was a real thrill for everyone as this was an unplanned event! The group is made up of thoughtful, caring people who consistently share their message of kindness, disability awareness, mental health, and giving back to others.

Many North Conway residents enjoyed an adventure to the top of Mt. Washington riding the Cog Railway. The weather was certainly cooler at the top than in the Valley! Residents and staff enjoyed the trip, but unfortunately, views at the top were clouded in.



Residents are looking forward to fall activities, including local fairs, corn maze, Halloween decorating, and the colorful foliage.

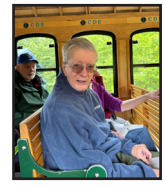
Resident Highlight:

Nick B. joined NCIL in 2021; he moved into a home with other residents of similar interests. Nick enjoys music, concerts, mini golf, bowling, and has participated with many volunteer organizations. This past summer, Nick participated in Tunnels to Towers which began as a result of the 9/11 tragedy. This 5K Walk/Run event raises funds to support the nation's fallen and catastrophically injured first responders, military heroes, and their families. Nick also delivers Meals on Wheels weekly for the local Gibson Center for Senior Citizens.

All of us at NCIL appreciate Nick for surrounding himself with positive influences within his community to help others. NCIL looks forward to continuing to provide necessary services for Nick and is committed to supporting him in living his best life and sharing great qualities within the surrounding community.

NCIL welcomes JJ and Joe C. who recently came to NCIL and are looking forward to exploring their new community while making new acquaintances.

Wishing everyone a vibrant fall!!

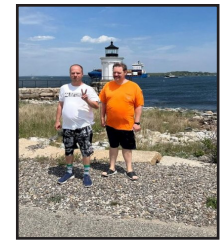






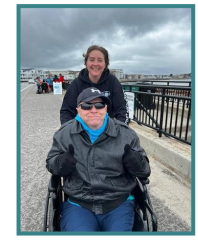






North Country Independent Living

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 situtations 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

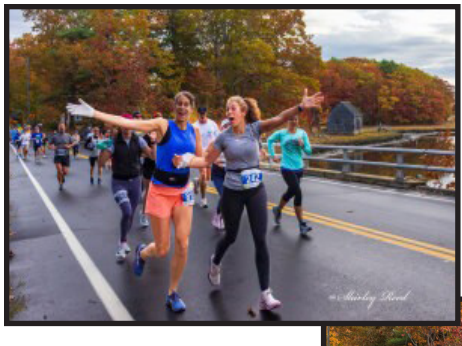
ncil NORTH COUNTRY INDEPENDENT LIVING

KREMPELS BRAIN INJURY CENTER

The Seacoast Half Marathon is celebrating its 21st annual run, and this year will be supporting Krempels Brain Injury Center Sunday, October 25th!

The Seacoast Half Marathon is more than just a race — it's a celebration of running along the stunning New Hampshire Seacoast and a heartfelt "thank you" to the community that has supported us. 100% of the net proceeds from the Seacoast Half Marathon are donated to a Seacoast-area nonprofit organization. This year, Krempels has been selected as the nonprofit beneficiary of the race proceeds. Annually the Seacoast Half Marathon is able to raise around $100,000 for the benefiting non-profit. Previous beneficiaries have included Birchtree Center, Mainspring, Gather, the Portsmouth 400 festival, Cornerstone VNA, Haven, Cross Roads House, Seacoast Mental Health Center, Chase Home, The Child Advocacy Center, and Families First to just name a few of the important missions that the race has supported.

Join us on Sunday, October 25, 2026, for the 21st Annual Seacoast Half Marathon. The scenic course winds through the historic coastal communities of Portsmouth, Rye, and New Castle offering stunning views of New Hampshire's Seacoast. In a race calendar crowded with corporate, for-profit events, the Seacoast Half is the only purely local, purely charitable race of its kind — and has raised nearly $2 million for worthy area nonprofits.



The course starts at the Portsmouth High School and is fast and mostly flat with a few rolling hills. It offers striking views of woodlands, salt marshes, the rugged coastline, working waterways, historic homes, and Portsmouth Harbor. Plus, every participant will receive a long-sleeve race shirt and a medal!



The race is always looking for volunteers to fill a variety of on- and off-course roles. There are plenty of options with different start times and lengths, so you can pick one that works best for your schedule. All volunteers will receive a Seacoast Half shirt, coffee, and other treats to start the day!

To volunteer, visit
https://www.seacoasthalfmarathon.com/Race/SeacoastHalfMarathon/Page/Volunteers

We hope you'll come out and support Krempels by participating in this legacy race. Registration is open now at www.seacoasthalfmarathon.com. Walkers start at 8AM and runners start at 8:30. See you there!

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.

Krempels
Brain Injury Center
New Life after Brain Injury



DISABILITY RIGHTS CENTER

Advocating for the Legal Rights of People with Disabilities

DISABILITY RIGHTS CENTER - NH

ELECTION DAY HOTLINE

603-410-5200

Because the disability vote matters.

Election Day is Tuesday, November 3rd.

You have the right to vote privately and independently. You have the right to an accessible polling location and accessible voting system. You have the right to get help with voting from a person of your choice.

Know your rights before you vote: drcnh.org/disability-issue-areas/voting/

If you run into accessibility issues at the polls or think your voting rights have been violated because of your disability, call our Election Day Hotline to speak with an attorney free of charge: 603-410-5200.

Accessible Voting is for Everyone

Accessible voting allows you to select your choices on a tablet instead of on paper (it is NOT an online system). After making your selections, simply print out a completed paper ballot and give it to the clerk to submit along with everyone else's.

By voting with the accessible system, you not only support the right of all voters to cast their ballots independently and privately but also help preserve and protect the rights of voters with disabilities.



We want to hear about your experiences using the accessible system: email or call us at mail@drcnh.org or (603) 228-0432.

BIKE HELMET DISTRIBUTION 2026

CHESTERFIELD POLICE DEPARTMENT

BIANH continues to provide bike helmets to several New Hampshire police departments across the state. The Chesterfield Police Department held their bike safety event earlier this year, and according to Officer Laskowski, they "were immediately inundated with kids looking for a helmet and were distributed in a flash."

The Chesterfield PD is grateful to partner with BIANH once again in providing this important equipment for youngsters.

- Officer Steve Laskowski







CONORD POLICE DEPARTMENT

The Concord Police Department distributed a large number of helmets to children at the Abbott Downing School in Concord. Parents and children enjoyed receiving new helmets and educational handouts. We want to thank the Brain Injury Association for providing necessary helmets for so many years.

- Officer Carl Notarangeli, Jr.





NEEDS ASSESSMENT SURVEY

State of New Hampshire
Brain & Spinal Cord Injury
Advisory Council
C/o Brain Injury Association of New Hampshire
52 Pleasant Street
Concord, New Hampshire 03301

BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

NEEDS ASSESSMENT SURVEY

The Brain and Spinal Cord Injury Advisory Council (BSCIAC) is conducting a yearly needs survey to assess needs for individuals living with a brain and/or spinal cord injury who reside in the State of New Hampshire.

We would appreciate your taking time to complete this survey.

https://www.surveymonkey.com/r/bsciac2026

MANCHESTER BRAIN INJURY CLUBHOUSE UPDATES

A PLACE TO BELONG, LEARN, HEAL, AND GROW

The Manchester Clubhouse is built around a simple idea: recovery is strengthened by community. In a welcoming, member-driven environment, people have opportunities to build confidence, strengthen relationships, develop practical skills, and work toward goals that matter to them.

Through the Work-Ordered Day, peer support, wellness activities, education, and community connection, members are invited to participate, contribute, and build skills—not simply receive services. That distinction is central to the Clubhouse approach.

Programming continues to expand in response to the interests and needs of members. Current and ongoing activities include computer literacy and technology support, assistance with benefits and applications, outreach, creative projects, wellness activities, social connection, and employment-focused support.

BUILDING SKILLS FOR WORK AND EDUCATION

Employment and education are important parts of recovery and independence. Manchester Clubhouse is expanding opportunities for members to develop the practical skills and confidence they need to move toward their goals.

One example is the Clubhouse resume-writing instructional meeting. The meeting provides step-by-step support with creating or updating a resume, identifying strengths and transferable skills, organizing work history, and preparing for future employment opportunities.

For someone returning to work after an injury, health-related interruption or extended period away from employment, the process can feel difficult to navigate alone. A supportive setting can make it easier to identify strengths, work through barriers, and take the next step.

WELLNESS AT THE CLUBHOUSE

Manchester Clubhouse also creates opportunities for members to explore wellness practices in a community setting.

On September 18, Hope Recovery's Wellness Program joined the Clubhouse for an ear-acupuncture wellness session and sound bath. The activities gave members an opportunity to experience complementary wellness practices while learning about approaches to incorporate into self-care routines.

The emphasis was on exploration and connection. Complementary practices were offered as wellness tools and remained distinct from medical or behavioral-health treatment.

WHAT THE RESEARCH SAYS

Research into ear-based and sound-based relaxation practices is developing. A 2021 systematic review and meta-analysis of 15 randomized trials involving 1,603 participants found that auricular stimulation was associated with lower anxiety scores compared with sham treatment. The researchers also noted variation among the studies and called for additional research.

A separate 2024 meta-analysis of 25 studies involving 1,909 participants reported a significant reduction in anxiety associated with auricular acupressure. Taken together, these findings provide a basis for considering ear-based practices as complementary wellness tools, rather than substitutes for established medical or behavioral-health care.

Sound-based relaxation practices are also being studied. A 2025 systematic review identified 19 clinical studies of singing-bowl interventions and reported potential improvements in anxiety, depression and sleep, among other outcomes. Earlier research was more cautious because of the limited number of studies and methodological limitations.

The evidence remains developing. For a Clubhouse community, the value of these activities can also be practical and immediate: creating structured opportunities to slow down, practice relaxation, and connect with other people.

FRIDAY SOCIALS: CONNECTION, FUN & COMMUNITY

Friday socials are a regular part of life at Manchester Clubhouse, creating an informal opportunity for members to connect, relax, and enjoy time together outside of the day's structured activities. On Friday, September 25, members gathered for an afternoon of karaoke and bingo. These recurring social activities help create the sense of belonging and connection that are central to the Clubhouse experience.

WHY COMMUNITY SUPPORT MATTERS

Programs and opportunities like these depend on resources. Community support helps Manchester Clubhouse maintain meaningful programming and purchase the supplies and equipment needed to keep members engaged.

Funding can support wellness programming, employment and educational activities, technology and computer resources, creative projects, meals and member activities, outreach materials, and other opportunities that strengthen community connection.

The broader Clubhouse model also has an expanding research base. Fountain House reports evidence associating Clubhouse participation with quality of life, self-efficacy, employment, and education outcomes, while more recent work has examined the role of Clubhouses in addressing loneliness. One Fountain House analysis found that 58% of members who initially reported high levels of loneliness were less lonely 12–18 months after joining a Clubhouse.

EVERY CONTRIBUTION BUILDS OPPORTUNITY

Manchester Clubhouse is a place where members can practice skills, discover strengths, develop relationships, explore employment and education goals, and experience the sense of belonging that comes from being part of a community.

Continued support allows those opportunities to become consistent programming—accessible, practical, and responsive to the people who walk through the Clubhouse doors.

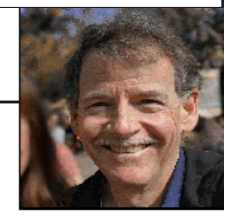
For Manchester Clubhouse, building recovery through community is not a slogan. It is the work: creating a place where people can participate, contribute, learn and move forward together.

"Building recovery through community is not a slogan. It is the work."

RESEARCH SOURCES

- Hu N, et al. (2024). Ear-Marking Relief: A Meta-Analysis on the Efficacy of Auricular Acupressure in Alleviating Anxiety Disorders. Complementary Medicine Research.
- Auricular stimulation for preoperative anxiety: A systematic review and meta-analysis of randomized controlled clinical trials (2021).
- Cai Y, et al. (2025). Therapeutic effects of singing bowls: A systematic review of clinical studies. Integrative Medicine Research.
- Stanhope J, Weinstein P. (2020). The human health effects of singing bowls: A systematic review. Complementary Therapies in Medicine.
- Fountain House. Brief Summary of Evidence Supporting Clubhouses (2022) and recent research briefs on clubhouse social practice and loneliness.

INSIGHTS



Life Perspectives From a Brain Injury Survivor David A. Grant

Happily Paying the Price

Over the last few years, the phrase "lived experience" has been gaining traction within the brain injury community. As I approach my sixteenth anniversary of my own brain injury, I certainly have banked a lot of lived experience.

If I only knew then what I know today, my early TBI life would have been infinitely easier. But it's called lived experience with just cause. While I have become a lifelong student of all things brain injury, life has been my biggest teacher.

Early on after my injury, for many years in fact, I really didn't fully understand how much my injury would affect my daily life. It was all new territory. Life was unfamiliar. Life was difficult. Life at times was unsustainable.

But every season of challenges brought with it new lessons. And as the years passed, I began to better understand what it meant to navigate life with an invisible disability.

Long fans of Disney World in Orlando, our first few vacations post injury ended in disaster. The time spent under the Florida sun was wonderful. At the time, it felt healing. It felt familiar. And it felt restorative.

But that quickly passed. I soon learned about post vacation brain injury hangovers. We'd fly back to New Hampshire and rather than feeling refreshed on the heels of a great vacation, the exact opposite happened. I was stuck with a level of exhaustion that I never experienced in my pre-injury life. But it was more than just being tired. I would lose my ability to speak without stuttering. My processing time slowed down to the speed of molasses. Brain fog came back with a vengeance. It was... horrible. It was also unpredictable. It could last for a few days or a couple of weeks. Such is the unpredictability of life after brain injury. But over the years, I learned that it always passed.



Earlier this month, I had the experience of a lifetime. My wife Sarah and I, along with many family members, took a trip to western Canada and Alaska. It was a true bucket list experience. We saw countless humpback whales, killer whales, and my all time favorite, sea otters. We took trips to two glaciers, paddled a canoe in glacial meltwater at the foot of one of them, and got up close and personal with the most amazing landscape of our lives. We visited places that we only dreamed about, adding Ketchikan and Skagway to our life list of places we've seen. By the time we were home, I had stacked eleven busy days together--days that often started well before sunrise and ended long after sunset.

All the while I knew that there would be a price to pay, but I came to this experience prepared for it. I was not blindsided by my post-trip exhaustion like I was early on. And as I've learned along the way, I eventually bounced back. This time it took a week and I had no regret.

But time has a way of being a teacher. As the years continued to pass, I developed a deeper understanding of what I was living with, not because of reading about life after brain injury. Rather, every year that passed meant that my lived experience broadened and deepened.

Today I know what I have, and I know that there are times that I'll pay a price for trying to do more than I was previously capable of. But today, I happily pay the price. I know that a period of recovery will be required and that I will eventually get back to normal--whatever normal is!

THE MIDDLE PEOPLE PROJECT

The Power of Faith

By Jenn Williams

Faith can feel like a big, intimidating word to some people. It implies religion, and in some instances, a loss of oneself. Faith, in its simplest terms, means believing in something, even when you can't see it or touch it. However, faith, in its many forms, can be hugely impactful to loving life with a brain injury. Note: I automatically typed "loving" instead of "living," which I think is better.

There is so much upheaval when we are newly injured, and we often experience some or all of the five stages of grief (denial, anger, bargaining, depression, and acceptance). An understandable experience when life has been flipped upside down in the blink of an eye. But faith allows us to focus on something outside of ourselves or even to believe there is a reason for what has happened. Sometimes that reason is immediately apparent. Other times, we discover it later in our recovery journey. These types of discoveries tend to lead us to some form of faith, even if that faith is believing that you have a higher purpose. For me, it was years into my journey as I realized how much I love to give back to the brain injury community.

So how do we find faith? The two biggest parts that I figured out on my own journey are surrender and acceptance. I know, those are two more scary words. These are not easy things!

Surrender comes down to releasing control. As much as we would like to, we cannot control everything around us. All we can control is how we respond to things. When we recognize this, we can find a little more peace and lightness in our day-to-day lives. Again, this is not easy, but allowing some surrender around the things we can't control can actually be very freeing. This creates a sense of faith that things will work out, even on the days that are filled with uncertainty.

Acceptance was, and still is, a huge part of my stroke recovery. It took me several years before I substantially grieved the loss of my old life and came to accept my new normal. To be clear, acceptance is not being passive. Acceptance is recognizing that something happened and that things are different. It means saying "Well, I can't chop my firewood anymore, but I can stack it." (One of my favorite John Richards stories.) It's making peace with the current circumstance. This results in faith that you are capable of adapting and growing, even in a time when it feels nearly impossible.

Faith by way of surrender and acceptance is not only powerful, but can represent true kindness to ourselves when we need it most. I recognize the circumstance, I release my need to control it, and I believe that everything will be okay.

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

Team MP: Jenn Williams, David A. Grant, Sarah Gaffney

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.

BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

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

BISHOP'S CHARITABLE ASSISTANCE FUND

If you are under 22 or over 60 years or 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.

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.

Rehab Without Walls
Working together to provide the Neuro Care Continuum

Rehab Without Walls®
Neuro Rehabilitation

Robin Hill Farm
Brain Injury Services
A Rehab Without Walls® Affiliate





ROBIN HILL FARM
Residential Supported Living Program

Robin Hill Farm provides licensed residential treatment specifically for adults with a brain injury. Based upon the belief that no two injuries are alike, we have developed a community-inclusive continuum of care for the past 40+ years. This concept allows us to offer the potential resident a program that reflects their individual needs, goals and capabilities.

We operate six Residential Supported Living Programs which allows us to offer individualized programs that match our resident's needs.

All Programs Feature:
- 24-hour support or supervision
- Intermittent nursing support and oversight
- Socially-based cognitive rehabilitation
- Individual rehabilitation plans
- Complete room and board
- Low-stimulus environment
- Transportation
- Shared and private rooms, or individual apartments
- Qualified Brain Injury Support Provider (QBISP) trained staff

Contact us for more information.
Main Campus
p) 603.464.3841
f) 603-464-3851
RehabWithoutWalls.com/RHF

RWW HOME AND COMMUNITY
Neuro Rehabilitation

Rehab Without Walls is a CARF accredited home and community neuro rehabilitation program that builds a therapy program around you. We deliver specialized neurological rehab therapies that moves individuals outside the walls of institutional settings and into their natural home and community environment through a continuum of care.

Not only is home and community neuro therapy medically necessary for patients who qualify for the program, but it offers a huge advantage in treatment.

We help individuals with a wide range of diagnoses including:
- Traumatic Brain Injury
- Acquired Brain Injury
- Post-Concussive Syndrome
- Spinal Cord Injury
- Parkinson's Disease
- Aneurysm
- Central Nervous System Tumors and Disorders
- Encephalitis
- Stroke
- Anoxia/Hypoxia
- Multiple Sclerosis
- Meningitis
- Complex Orthopedic Injuries

Contact us for more information.
New Hampshire Office
p) 603.239.3639
f) 603-239-3890
RehabWithoutWalls.com

Rehab Without Walls is the only CARF accredited home and community neuro rehabilitation program in the state of New Hampshire.

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@independencecare.pro
or
Visit us at: www.independencecare.pro

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

CONWAY
BRAIN INJURY SUPPORT GROUP



4th Wednesday of each month beginning January 2027

START DATE: Wednesday, January 27, 2027
TIME: 5:00 - 6:30 PM
LOCATION: still to be determined in Conway, NH area

Open to individuals living with a brain injury or stroke and family members/caregivers.
Free!
Come meet the new Support Group Facilitators!
Light refreshments will be available.

For more information, contact BIANH 603-225-8400 or mail@bianh.org

BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

SUPPORT GROUPS IN NEW HAMPSHIRE

Revised Fall 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 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://us06web.zoom.us/j/84489789058

IN PERSON SUPPORT GROUPS

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

Conway Brain Injury Support Group - 4th Wednesday of the month, beginning January 27, 2027; 5:00 - 6:30 PM
Location to be determined in Conway NH

Greater Atkinson/Derry Brain Injury Support Group - Temporarily on hold at this time.
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, 4:30- 5:30 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 Hosptial, Conference Rooms 1 & 2 - 452 Old Street Road, Peterborough, NH

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 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, 11:00-12:00 PM
Exeter Hospital, Conference Room 1 North, 5 Alumni Drive, Exeter, NH
Contact: Kate Phelps (603) 778-6548
Email: kphelps@ehr.org

Nashua: St. Joseph Hospital Outpatient Rehab Clinic
75 Northeastern Blvd., Nashua,
2nd Tuesday of the month, 4:00 - 5:00 PM
Contact: Lesley Renzi (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 Rehab Hospital at Concord.
Contact: Nick Allard (603) 226-9840

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

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

Kennebunk, ME: Currently Suspended - 1st Tuesday of the month, 3:00 PM, Upstairs small conference room. RiverRidge Neurorehabilitation Ctr., 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 Ctr; (603) 653-3460

Nashua: St. Joseph Hospital Stroke Support Group
Meetings first Wednesday of the month, 5:30 - 6:30 PM
St. Joseph Hospital Inpatient Rehabilitation Unity Community Road
Email: gmorris@covh.org

Portsmouth: VIRTUAL Northeast Rehabilitation Hospital Stroke Support Group, Meets the 2nd Tuesday of the month, 4:15-5:00 PM.
Registration: strokesupportgroup@northeastrehab.com

Porstmouth: Northeast Rehabilitation Hospital at Pease - Stroke Support Group, meets 3rd Wednesday of the month, 4:00 - 5:00 PM, Northeast Rehabiliation 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 - 5:00 PM
To RSVP Email: bcapobianc@northeastrehab.com

BRAIN TUMOR:

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

CAREGIVER:

Portsmouth: Portsmouth Regional Hospital Caregiver Support Group
Meets the last Wednesday of the month: 5:00 - 6:00 PM
Main hospital building, Classroom 4, 333 Borthwick Avenue, Portsmouth.
Contact: prhpstrokesupport.nh@hcahealthcare.com

BIANH Virtual Brain Injury Caregivers Support Group
4th Tuesday of the month
Time: 6:30 - 7:30 PM
Contact: (603) 225-8400
To Join Meeting: https://us06web.zoom.us/j/84489789058

2026 DONORS

Thank you to all of our members and donors. This list reflects donations received from January 1, 2026 to present.

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BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

ANNUAL FUND

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

Name_____

Address, City, Zip_____

EmailAddress_____Phone_____

YOUR DONATION IS FULL TAX DEDUCTIBLE.
OUR TAX ID IS 02-03976832 PLEASANT STREET - CONCORD, NH 03301 - 603-225-8400 OR 800-773-8400 - WWW.BIANH.ORG