

HEADWAY

ONLINE NEWSLETTER

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ISSUE #97, Fall 2025

Rescue in the White Mountain: Jacob Winn Story.....	Pages 1-3
President's Message.....	Page 4
19th Annual Caregiver Conference.....	Page 5
42nd Annual Golf Tournament (Follow Up).....	Page 6 & 7
Brain Matters Trainings.....	Page 8
Save the Dates.....	Page 9
Healing Through Art-Northeast Rehab Survivor Art.....	Page 10

Spotlight on Krempels.....	Page 11
National Night Out and Bike Helmet Distribution.....	Page 12-13
Brain & Spinal Cord Advisory Council Survey.....	Page 13
Disability Rights Center.....	Page 14
Insights.....	Page 15
Bishop's Charitable Fund.....	Page 17
Support Groups in New Hampshire.....	Page 19
Members and Donors.....	Page 20

Rescue in the White Mountains: Jacob Winn's Story

by Sarah Kilch Gaffney

At 26 years old, Jacob Winn has been an avid hiker for many years. Starting in high school, he and his dad Don began hiking all of New Hampshire's 4000-footers, a feat they completed in 2021. Jacob grew up in Manchester and then attended school at Colby Sawyer College, where he received his bachelor's degree in environmental studies.

As a young child, Jacob had a lot of perplexing health issues—he had a tendency to overheat, inability to sweat, headaches, and other strange symptoms. The doctors he saw had no idea what was wrong, so Jacob and his family managed his symptoms as best they could. One morning in 2008, when Jacob was nine years old, he was getting ready for school and had a bad headache, and then he told his dad it was the worst headache he'd ever had in his life.



Jacob Winn

Hitchcock, and a couple-week stay in the ICU, most of which Jacob has no memory of. Jacob had suffered a brain bleed caused by an arteriovenous malformation (AVM), which is where there is an abnormal connection between arteries and veins, and doctors placed a shunt in his brain.

Jacob made a rapid recovery, spending a few weeks at Spaulding Rehab in Massachusetts, where he has fond memories of fishing in the Charles River with his dad, then returning home for outpatient physical, occupational, and speech therapies. He regained his physical function quickly: the bleed happened in September, and by Halloween, Jacob was back riding a bike. His cognitive abilities and memory took a little longer, but soon returned to normal. His usual headaches disappeared, and he started to sweat normally as well.

His dad kept him home from school, and what followed was an ambulance ride, a medical flight to Dartmouth location, Jacob underwent proton beam radiation therapy.

py in 2009 and 2014, with regular MRIs every year to keep an eye on the AVM.

For all of his teenage years, the AVM was mostly a non-issue, and his only activity restrictions were no contact sports and to try not to overheat.

Over the years, Jacob and his dad tackled all of the 4000-footers in NH, and then began returning to their favorite hikes. Jacob also graduated from college, and he started at a position at the University of New Hampshire working in the NH Sea Grant program. In 2022, he had LINAC radiation, which was supposed to be more effective, but Jacob did not see the results he'd hoped for. "I wasn't experiencing a lot of symptoms," Jacob shared. "I had some minor left-sided weakness, but walking was fine, and if you looked at me, you couldn't tell."



Don & Jacob Winn

On June 1, 2024, Jacob and his dad set out to hike the Franconia Ridge Loop, a popular but challenging hike. It was a beautiful weekend and a perfect start to the hiking season. Temperatures were mild, and the two kept a comfortable pace with lots of standing breaks and hydration. "A couple miles in, I suddenly stumbled,"

Jacob recalled, "and then out of nowhere I realized I couldn't move my left arm or leg. I thought to myself,

I'm probably having a stroke, and then I let my dad know what was going on."

Though he didn't seem to be getting worse, Jacob and his dad realized the severity of the situation, especially given his medical history, and they called 911 to initiate a rescue. The 911 dispatcher triggered a stroke alert, and NH Fish & Game prepared to send a rescue team. Every year, the Winns purchase a NH Hike Safe card through NH Fish & Game, and for the first time, they desperately needed the services it covered. At first, they tried to move Jacob down the mountain some, but it quickly became clear that descending the mountain without the use of his left arm or leg would put everyone at greater risk, so they decided to sit tight and wait for the rescue team to arrive.

Landing a Black Hawk helicopter on the side of a mountain is no small feat. "At first, we could hear the helicopter in the distance, and then it went over us and I thought it had missed us. My dad climbed a tree with a red rain poncho to signal the helicopter, and when the helicopter circled back, they saw us. It was so loud inside—people looked really concerned, and it was scary, because I couldn't understand what anyone was saying." Jacob added, "Overall, I was so impressed with the search and rescue apparatus."

After they evacuated Jacob in the Black Hawk, his dad had to hike back down the mountain, but some kind folks from Fish & Game hiked with him so he didn't have to do it alone. At Dartmouth, a scan showed bleeding around Jacob's AVM, as suspected, but by then it looked like it had already stopped on its own. The doctors informed Jacob they did not believe the hike caused his AVM to bleed, it just happened while he was in a very tricky situation.

---Continued

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The next four days of monitoring were difficult for Jacob. “Sleeping was awful because they were doing 20-minute checks, I had muscle weakness, my foot wouldn’t stop shaking, and I was holding my left arm close to my chest. I remember thinking to myself, Am I going to be like this forever? Is this the way things are now? and that was really hard to think about.” After he was stabilized,



Don, Caroline, Jacob & Josh Winn

Jacob’s team debated whether to send him to inpatient rehabilitation or home. In part because of his incredible support system, including his mom being a nurse, Jacob was able to head home and start outpatient rehabilitation.

Though this was a much smaller bleed than Jacob had previously experienced, the recovery has been much slower. “Even though I am only 26, I’m still 17 years older than the first time,” Jacob pointed out. “No one wants to touch my AVM, and even radiation is risky because it makes the blood vessels weaker. I’m still dealing with spasticity, and my energy is still a lot lower, but I’m getting closer to normalcy now.” Though his doctors say there’s no reason he can’t go hiking again when he’s physically ready for it, Jacob is pacing himself. “The risks of the wilderness are heavy and real. I know that I was incredibly lucky. For now, I am spending more time outside, going for walks, and trying to remind myself how far I have come since a year ago.”

Jacob understands how challenging it can be to be a younger stroke survivor. “Seek out communities and people who have had similar experiences,” he recommended. “It can be very isolating, and talking to someone who has an idea of what you’re going through can be so helpful.” He added, “You have to be willing to adjust your own time line and expectations, too—it’s not that I am never going to be able to do this, I just maybe can’t do it right now.”

With brain injury, Jacob recognizes there’s a tendency to romanticize life before vs. after, but he tries not to think about it that way. “I know life wasn’t perfect before my most recent stroke, but there are things I’m doing now that I wasn’t before—I moved, I have my own place, and I have a great girlfriend. I am not where I want to be yet, but I’m grateful for where I am,” Jacob said.

In the aftermath of Jacob’s rescue, he and his dad started talking about how many people were impacted by different kinds of brain injury, and they started thinking about ways to help others. “Recovery looks different for everyone, but ultimately we’re all in the same boat,” Jacob said.

Jacob’s dad started researching local organizations serving brain injury survivors, and that was how he found BIANH.

Soon the AVM Avengers Team was raising money for the annual Walk by the Sea & Picnic. The team raised over \$10,000 for BIANH. Jacob’s dad spearheaded the effort, hosting a fundraising event at a local brewery, connecting with businesses, friends, and community members, and raising awareness around the challenges



of brain injury. Jacob was amazed at what they accomplished, and it was incredibly meaningful to be involved in the walk almost exactly one year after his stroke. “It was a cool thing to turn something that was so hard for my family into something good and positive.”

To learn more about NH Fish & Game’s Hike Safe card, click [here](#).



AVM Avengers at Walk by the Sea, June 2025

PRESIDENT'S MESSAGE: Protecting Our Student Athletes

by Jonathan D. Lichtenstein, PsyD, MBA



As we welcome students back to school and fall sports seasons begin, I want to write about something that affects many of our families: concussion safety for student athletes. Every year, thousands of young athletes in New Hampshire experience concussions from sports like football, soccer, and field hockey. While we can't prevent every head injury, we can make sure our kids get the right care when it happens.

A concussion is a brain injury that happens when the head or body gets hit or shaken. You might not see any cuts or bruises, but the brain has been hurt on the inside. For young people whose brains are still growing, proper care is especially important.

Many schools now use baseline testing of cognitive functioning. This is like taking a "before" picture of how a child performs in these domains, which are often compromised following concussion. Before the sports season starts, students are administered computerized neuropsychological testing that measures attention, memory, processing speed, and reaction time.

These tests are not scary, and they are not tests of intelligence. They do provide a helpful understanding of how each student's brain normally functions. If the child gets a concussion later, licensed healthcare providers with expertise in brain injury and cognitive assessment, such as neuropsychologists, can compare new test results to this baseline to see how the injury affected the student.

When a Concussion Happens

When children play sports, coaches and athletic trainers are trained to watch for signs and symptoms consistent with a concussion. These include headaches, dizziness, confusion, nausea, or just "not feeling right." Sometimes, these symptoms are first noticed in the day following the initial mechanism, making teachers, school nurses, and all community members part of the village that can help identify concussions in students.

In New Hampshire, our return-to-play law states that no student can go back to sports the same day of a suspected concussion. Before returning to gameplay, they must be cleared by a healthcare provider who understands brain injuries.

The Road Back to Sports

Getting back to sports after a concussion isn't just about feeling better. Students must follow a step-wise strategic process. The consensus statement from the most recent International Conference on Concussion in Sport (Patricios et al., BJSM 2023) suggests a 6-step graduated strategy.

1. Symptom-limited activity that does not worsen symptoms.
2. Aerobic exercise without more than brief/mild symptom exacerbation.
3. Individual sport-specific exercise without head impact risk.
4. Non-contact training drills, with integration to the team environment.
5. Full-contact practice and participation in normal training activities.
6. Return to sport.

Each step takes at least 24 hours. If symptoms come back at any point, the student must return to the previous step.

How Parents Can Help

Trust the process, even if your child says they feel fine. Sitting out can be challenging, but recovery is crucial before returning to contact risk. Ask questions about your school's concussion policies. Make sure coaches know about any previous head injuries. Most importantly, never pressure a young athlete to play through head injury symptoms.

Our student-athletes work hard and want to help their teams win. By adhering to State law and following best practices for return to play after a concussion, they are likely to miss less games while also protecting their future. By working together – schools, parents, coaches, and healthcare providers – we can keep our kids safe while they enjoy the sports they love.

Together, we're building a culture where brain safety comes first.

19TH ANNUAL CAREGIVER CONFERENCE - REGISTER TODAY!

The Coalition of Caring Planning Committee is pleased to announce.....

**The 19th ANNUAL NEW HAMPSHIRE
CAREGIVER'S CONFERENCE**



Keynote Speaker: Annie Kuster
Member of Congress 2013-2025

The Last Dance: Facing Alzheimer's with Love and Laughter

Friday, November 7, 2025
8:00 AM to 4:00 PM



Courtyard Marriott/Grappone Conference Center
Concord, New Hampshire
www.coalitionofcaring.org

Online Registration: <https://p2p.onecause.com/19acc>

42ND ANNUAL GOLF TOURNAMENT

The Association held its 42nd Annual Golf Tournament on Wednesday, August 6th at Pembroke Pines Golf Course in Pembroke, New Hampshire. Northeast Rehabilitation Hospital Network was the Title Sponsor, Robin Hill Farm was the Host Sponsor, and Independence Care was the Presenting Sponsor at this year's tournament.

It was a bright, beautiful morning as 89 golfers began to check in, find their carts and hole assignments, get caught up on the latest news, or tuck a raffle ticket into a gift bag in hopes of gaining a prize at the end of the day. After the Rules of Play were announced and an 8:30 shot gun start, the golfers raced off to their various holes for a fun day of golf.

At the ending of a delicious buffet, Veteran Jon Worrall, Keynote Speaker, shared his story of injury and recovery to the audience. After a long career in the military, including time in the Navy and the New Hampshire Army National Guard, Jon found himself retired at 55 while contending with physical, cognitive, and mental symptoms in the aftermath of injuries sustained during a roadside bombing in 2004. Jon has had over 20 surgeries and deals with PTSD and traumatic brain injury symptoms (his beloved service dog, Charlie, helps him manage the frustrations that accompany these symptoms).

In the summer and fall, you'll often find Jon on his 10.5 acres of land on a trout stream in Pittsburg, NH, not far from the Vermont and Quebec borders. Warriors@45 North began in 1986, which provides care and rest for military members (Active Duty, Guard, Reserve, Retired, and anyone who has served) through outdoor recreation and time in the north woods. The camp is a place where veterans and other military members can come to rest, spend time outside, and participate in different activities like fishing, hunting, paddling, boating, ATV rides, and time at the shooting range. Now in its 18th season, Warriors has served over 300 veterans. (www.warriors45north.org).

We also enjoyed the company of Miss New Hampshire Teen Volunteer, Isabel Dwyer. Isabel is currently a senior at Bishop Guertin High School. As a competitive cheerleader, Isabel suffered her second concussion that left her with months of headaches, sensitivity to sound, and depression. "The physical pain healed faster than the emotional toll" Isabel recalls. Her grades suffered and she experienced bullying because of the concussion. That experience showed her how important it is to educate athletes on recognizing the signs of a concussion and advocating for themselves.



Steve Wade & Isabel



Isabel Dwyer

Now, Isabel serves as an ambassador for the Hope Survives, Concussion Awareness Now, and the Concussion Legacy Foundation. She has also met with her state representatives to support the reauthorization of the TBI Act (RSA 137: K) which sets up a formal support system for people living with traumatic brain or spinal cord injuries.

Through her community service initiative, Stop the Collision: Concussion Awareness, she advocates for better education, stronger protections for student-athletes, and empowering teens to advocate for their own health and not pushing through.

We thank our Sponsors! Northeast Rehabilitation Hospital Network, HUB International, Independence Care of Concord, North Country Independent Living, Northeast Delta Dental, Robin Hill Farm/Rehab Without Walls, and Warriors@45 North.

Through the funds raised by this tournament, BIANH provides free youth bicycle helmets and bike safety educational information to over 60 departments throughout the State of New Hampshire each year. We were honored to have four departments represented at this year's tournament: Brentwood, Epsom, Loudon, and Rochester.

The tournament also supports the NH THINKFIRST program. This brain injury prevention program features young individuals who are living with a brain injury. The speakers tell their stories at middle and high schools, focusing on how one poor decision can change a life forever. This tournament would not be possible without the participation and generosity of all of our sponsors, players, and donors.

2025 WINNERS ARE:

1st Place – Leone Team: Richard Leone, David Leone, Kristine Scott, Vince Dwyer

2nd Place – Palmieri Team: Mike Palmieri, Abe Anderson, Dennis Witham, Paul Olock

3rd Place – Rochester PD Team: Mike McQuade, Ryan McQuade, and Stephen McPherson

Women's Closest to the Pin – Kat Petts

Men's Closest to the Pin – Vince Dwyer

Women's Long Drive – Marjorie Drake

Men's Long Drive – Frank Maurier

Putting Contest Winner – Deb Crowley

50-50 Winner – Bryan LaFlamme

Finally, we wish to say thank you to the staff at Pembroke Pines, our Golf Committee members, numerous prize raffle donors, and many volunteers for making the day so successful!



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>

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(603) 893-2900



@northeastrehab



BRAIN MATTERS 2025

Monday, September 29, 2025 - 9:00-10:30 AM- EST -- Cost: \$25.00

Virtual Training: Sexual Education and Intimacy After Brain Injury
Melissa Bliss, MS OTR/L, Assistive Technology Specialist with Maine CITE

Register: <https://p2p.onecause.com/bm2025/home>

Brain injury and stroke can lead to changes in cognition, sensation, libido and the ability to move, which can complicate physical and intimate relationships. Altered sexual functioning and social communication may prompt people to seek adaptive means to participate in sex and intimacy. We all deserve access to accurate sexual health information and supportive resources for this basic human need. This presentation will explore: • Barriers to learning about and participating in sexual expression and intimate relationships after brain injury • Resources available to communicate sexual health information to people with various brain injury symptoms • Some resources and assistive technologies that enable people affected by brain injury to fulfill their needs for intimacy.

Wednesday October 8, 2025 - 3:00-5:00 PM -- 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/home>

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 guide lines • 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.

Wednesday November 5, 2025 - 8:30-10:30 AM -- 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 Cost: Free

Register: <https://p2p.onecause.com/bm2025/home>

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 guide lines • 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.

SAVE THE DATES! UPCOMING EVENTS



Save the Date

**Wednesday,
May 13, 2026**
Grappone Conference Center
Concord, NH

42nd Annual
**Brain
Injury &
Stroke
Conference**

The Brain Injury Association of New Hampshire will be holding its 42nd Annual Brain Injury and Stroke Conference on Wednesday, May 13, 2026, at the Grappone Conference Center in Concord, New Hampshire. This annual conference is dedicated to further improvement of education and information for any brain injured survivor, family member, or professional who is interested in expanding their resources about brain injury or stroke.

We are opening the opportunity for interested speakers and presenters who share the same commitment in excellence who would consider partnering with us for this one-day conference. Presenters should be comfortable in public speaking format to audiences of survivors, family members, and medical professionals/therapists. Sponsors and exhibitors will also have the opportunity to display their services throughout the day. The conference has an average of 230 attendees.

Please go to our website (www.bianh.org) and click the link to begin the process for Call for Papers. We are accepting forms now through December 15, 2025.



JOIN US!

WALK BY THE SEA AND PICNIC

Saturday, June 13, 2026

Check In Begins at 11:00 AM

Walk Begins at 12:00 Noon

Hampton Beach State Park (South Beach) -- Campground & Pavilion
Route 1A (Ocean Boulevard), Hampton Beach, NH

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 FALL 2025: 25TH ANNIVERSARY CELEBRATION, ADAPTIVE CYCLING, AND A NEW POST CONCUSSION SYNDROME GROUP!

Now over halfway through our 25th year, anniversary festivities will continue into fall with two October events at Krempels Brain Injury Center: the Doc King Adaptive Tour, and the Friends of Krempels Fall MASKerade. Also starting on Tuesday, October 14 and continuing until Tuesday, December 9, Krempels is excited to offer a new support group specifically for individuals living with Post Concussion Syndrome (PCS).

Post Concussion Syndrome (PCS): In this new discussion-based support group, you will have the opportunity to share experiences and connect with other individuals living with PCS. The group is led by allied health professionals and will cover important topics and strategies for navigating life after concussion. This program is designed for individuals who want to better understand and manage PCS. Key objectives of the group will include: feelings of validation and understanding, symptom management strategies, emotional support, and building community/reducing feelings of isolation. This group will meet on Tuesdays from 11:00 - 11:50 AM and enjoy a group lunch from 12:00 - 12:45 PM. For more information or to register contact Heidi at heidi@kbicenter.org or call the main line at 603-570-2026.

The Doc King Adaptive Tour: For the past 14 years the King Challenge ride has raised funds in support of Krempels and was hosted in Stratham, New Hampshire, by pro-cycle racer Ted King. Now in our 15th year, the Doc King Adaptive Tour will become the main attraction and focus of this annual October event on Sunday, October 19th, and be hosted at Krempels on the Community Campus in Portsmouth. The DKAT is a .5 mile closed course in which people with disabilities can ride adaptive three-wheeled cycles in a safe and controlled environment. Krempels Program Director Erin Fairhurst says, "The DKAT has been part of the King Challenge since day one and was previously reserved just for Krempels' member brain injury survivors. With our partner Northeast Passage, we're excited to invite anyone with disability to experience the joy of adaptive cycling for year 15." Registration has been lowered to only \$40 for 2025 and more details about the ride and how to register can be found on www.kingchallenge.org.



Friends of Krempels Fall MASKerade, presented by RAWZ: Krempels is excited to host our generous friends and other supporters at The 801 event space on Friday, October 24, in Portsmouth for an evening of fun, friends, and fundraising. Krempels Brain Injury Center provides its services regardless

of an individual's ability to pay. Krempels relies heavily on private donations, foundation support, and community partnerships. The funds raised at this fundraising evening's silent auction are critical to supporting reduced-fee and free attendance waivers for survivors who otherwise would not be able to participate. Krempels is proud to offer this option to those who need it and is deeply thankful to our donor attendees for their ongoing commitment to supporting Krempels and our members. We'd also like to extend a special thank you to our presenting sponsor, the Scott Family via RAWZ Natural Pet Food.

As always, to learn more about Krempels Brain Injury Center please visit our website at www.kbicenter.org.



Live your best life
after brain injury.

See what's next and how to
become a member today at
www.kbicenter.org



"WE GET IT"

Who knows better what it's like living with a brain injury than someone already living with a brain injury? For 25 years, our community has offered opportunities for members to support and advocate for one another, as well as share strategies. This is a community that values each individual and can be a place of hope, joy and connections for you.

OUR MISSION

To improve the quality of life of people living with brain injury through evidence-based programming, shared experiences, and support in a welcoming community.

WHERE

In person Monday,
Wednesday and Friday
in Portsmouth, NH

Online every Thursday



WANT TO LEARN MORE?

Scan below or call
603-570-2026



NH POLICE DEPARTMENTS -- NATIONAL NIGHT OUT AND BIKE RODEOS



NOTTINGHAM NATIONAL NIGHT OUT

The Nottingham Police Department thank you for your contributions of helmets, educational pamphlets, pencils, rulers, and various items that we received from your organization this year as well as several years prior! We were able to hand out several helpful tools and educate the citizens of Nottingham on how to better prevent traumatic brain injuries for people of all ages. Our National Night Out event on Tuesday, August 5th was a perfect way to get a chance to speak with and get to know our citizens, as well as familiarize themselves with BIANH. We again are grateful we have organizations like BIANH and many others which helped to make our event in Nottingham a memorable one!

Lt. Mike McNeil



BRENTWOOD NATIONAL NIGHT OUT

National Night Out in Brentwood has become a yearly tradition, along with many communities across NH and the country. It's a time where our community members get to spend time with Law Enforcement and see them as the neighbors that we truly are. For the past two years, the BIANH has generously supplied us with helmets to distribute to the children in our community. We are pleased to report that we had no helmets left over, and we are confident they will be well used. Partnering with the BIANH has helped us ensure the community is safe while engaging in fun outdoor summer activities! We look forward to a continued partnership and a safer community!

Chief Justin Doty



LOUDON NATIONAL NIGHT OUT

What is National Night Out? National Night Out is an annual community-building campaign held on the first Tuesday of August that aims to enhance relationships between neighbors and law enforcement, fostering safer and more connected communities. It encourages neighbors to get to know each other and connect with our local first responders.

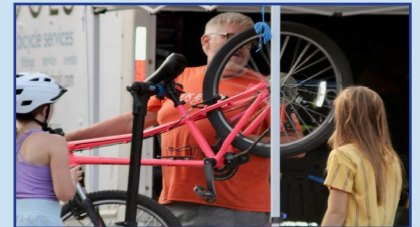
A big thank you to everyone who participated and attended our first National Night Out held on Tuesday, August 5, 2025. We had multiple organizations and agencies participate. We appreciated the many bike helmets and educational bike safety materials that were provided free from the Brain Injury Association of New Hampshire. Thank you! *Janice Morin, Loudon PD Admin. Assistant*



NH POLICE DEPARTMENTS -- NATIONAL NIGHT OUT AND BIKE RODEOS

TOWN OF PLAISTOW BIKE RODEO

A huge thank you to everyone who joined us for Friday's Bike Rodeo! Bikes were inspected, helmets were given out, and the kiddos had a blast learning new skills on our safety course—including practicing their hand signals. We're so grateful to our community for making this event a success and look forward to hosting it again next year! We were very appreciative of Brain Injury Association of NH for donating helmets to the Plaistow PD for the second year, which helped new riders stay safe and other children that were ready to upgrade to a new size helmet be ready to keep rolling. -- MPO Anthony LaRosa



Brain and Spinal Cord Injury Advisory Council (BSCIAC) Survivor/Family Survey

The Brain and Spinal Cord Injury Advisory Council is charged pursuant to RSA 137: K with investigating the unmet needs of individuals with brain and spinal cord injuries through holding two public hearings annually.

It is important that the council hear from survivors and family members of brain and spinal cord injuries regarding the unmet needs and supports in the community.

As a result of you completing this survey, your experiences will be compiled into the annual report which will be sent to the Governor, the Speaker of the House, the Senate President, the Commissioner of Health and Human Services and other stakeholders.

This short survey will take the place of the spring public hearing.

Please complete the survey at: <https://www.surveymonkey.com/r/2025BSCIAC>

Thank you for taking the time to complete this important survey. If you have any questions or concerns, please contact Ellen at Ellen@bianh.org.



Thank you.
Mikal
Mikal Payne, Chair
Brain and Spinal Cord Injury Advisory Council

Know Your Rights

IEP vs 504

Individualized Education Programs or IEPs are developed under the Individuals with Disabilities Education Act (IDEA), a federal law specific to the education of students with disabilities.

IEPs are used when a student requires specialized instruction.

Student must fit one of the 14 disability eligibility categories.

The IDEA grants specific procedural safeguards that must be upheld.

Parents are part of the IEP team.

IEPs follow a specific format including evaluation timelines, goals, and objectives.

IEPs require documenting measurable growth.

Generally, applies to public schools.
May apply to non-public schools under certain circumstances.

The Office of Special Education and Rehabilitative Services (OSERS) at the Department of Education administers the IDEA and IEPs.

Section 504 plans are authorized under Section 504 of the Rehabilitation Act, a federal civil rights law that protects all people with a qualifying disability from discrimination based on their disability.

504 plans are used when a student needs accommodations or modifications to programs and facilities.

Section 504 has a broader definition of disability.

Section 504 contains some limited due process rights.

No parental input is required to develop or implement a 504 plan.

504 plans are usually written documents but do not have to follow a specific format.

Assures that a student will have equal access to public education and services.

Generally, applies to all schools that accept federal funding (public, private, religious).

The Office of Civil Rights at the Department of Education administers Section 504 of the Rehabilitation Act and 504 plans.

No cost to parents
Designed to meet the individual student's needs

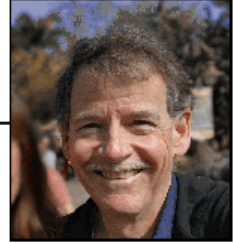
Require a qualifying disability –
qualifications differ

Based off of an evaluation of the student –
specific requirements differ

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant

The Greatest Teacher of My Life



To say that 2025 has been a year of challenges would be an understatement. I lost nearly half the year, sicker than I've ever been in my life. And it's not a stretch to say that without AI, there's a good chance I wouldn't have lived to see my next birthday.

Only those closest to me knew how sick I was. Unable to tolerate food, I dropped to my seventh-grade weight of 157 pounds. Clothes hung off me like sails on a calm sea. Bouts of tachycardia (a racing heart rate) lasted for hours and landed me in the ER twice in May. Sitting on my couch with a heart rate of 150+ was exhausting. The brain fog made "brain injury brain fog" look like a day at the beach. Fatigue and dizziness defined nearly every day. At one point, I even told my wife Sarah, "If I don't wake up tomorrow, I'm okay with it."

My life had caved in, and the medical professionals I saw couldn't pinpoint a cause. I was steadily declining and powerless to stop it. Then, in a moment of clarity, I knew I had to self-advocate for my very existence. Oddly enough, I found myself grateful for being a brain injury survivor.

After my brain injury in 2010, the medical system failed repeatedly. A neurologist told me I'd be fully recovered in 90 days, then extended the timeline to five years. A neuropsychologist insisted recovery was essentially over after one year. Later, a different neurologist dismissed my PTSD as simple sleep apnea and prescribed a CPAP machine as a cure for night terrors. None of them were right. But I hold no resentment. Their failures taught me to trust my instincts, reach out to community, and never give up. Some call it resilience. I call it stubbornness.

Fast forward to this year, and the story repeated itself. My PCP sent me to a cardiologist who was stumped. A suspected POTS diagnosis led to a specialist, who dismissed me for scoring 28 instead of the "gold standard" 30-point rise in heart rate upon standing. A gastroenterologist brushed off my concerns altogether. Once again, Sarah and I found ourselves with life as we knew it slipping away and no answers in sight.

But I kept searching. Professionally, I'm a power user of ChatGPT. Out of desperation, I dumped my entire medical history, symptoms, and details into a conversation. Within a minute, GPT suggested a possible diagnosis and recovery path. Of course, I'm not dispensing medical advice, I'm only sharing my experience.

GPT's conclusion stunned me: I likely had a systemic bacterial infection compromising my autonomic system. Before this year, I didn't even know what the autonomic system was, much like I'd never heard the term "Traumatic Brain Injury" before 2010. GPT recommended an over-the-counter treatment, a few

lifestyle changes, and a reminder to consult a qualified medical professional.

I took action. Within three days, the worst of my symptoms were gone. Full recovery took months, but I count myself completely healed. Without the skills I gained as a brain injury survivor, I might not have survived at all.

Last month, I summited three mountains in New Hampshire, a personal best. I'm back on my bike, riding 15–25 miles daily. Next month, I plan to hike my first-ever 4,000-footer. At nearly 64 years old, I've never felt such gratitude for simply feeling good.

In August, while sitting on a granite ledge at 3,000 feet, I pulled out my phone and asked GPT a question I already knew the answer to: Could my condition have gotten worse until it proved fatal? The answer: Absolutely. Without intervention, a very likely outcome could have been a myocardial infarction, also known as a heart attack.

In 2010, I sustained a brain injury. In 2025, the survival skills I gained because of that injury gave me a new lease on life. Seen from this perspective, it's hard not to be grateful. My injury, once my greatest challenge, became the greatest teacher of my life.

THE TRUSTED CHOICE

The nation's largest system of rehabilitation hospitals and the trusted choice of medical professionals.



Rehabilitation Hospital of Concord

encompasshealth.com/concordrehab



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



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.



Severe Brain Injury Family Education Guide

The Disorders of Consciousness Hub

Disorders of Consciousness (DoC) like coma, vegetative state, and minimal conscious state, can be difficult to understand. Many families may ask: *Why isn't my loved one waking up?*

The Disorders of Consciousness Hub will help to answer those question as well as many others related to the injury, diagnosis, prognosis, resources available, and care of your loved one after severe brain injury.

This guide is for families who have a loved one who has experienced a severe brain injury that has resulted in a low level of arousal, responsiveness, and awareness of self and others.

BENEFICIARY DESIGNATIONS CAN HELP FULFILL YOUR CHARITABLE PLANS



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

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

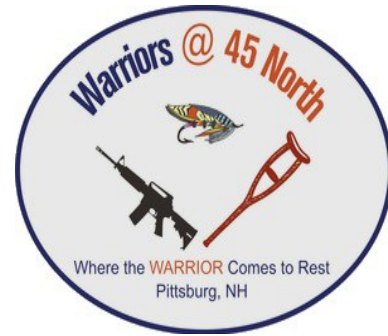
Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

Email _____

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



PO Box 132

Pittsburg, NH 03592

www.warriors45north.com

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

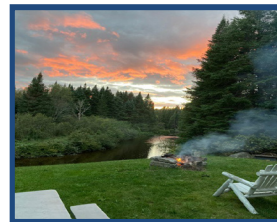
MISSION STATEMENT

*Getting Veterans together in a relaxing environment utilizing outdoor activities to assist in the healing and bonding process.
Being with others who understand, relate, and have your back.*

We invite all Warriors to join us at the Northern Goat Locker for fishing, shooting, hunting, and most importantly

RELAXATION!

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



We have many activities available including:

Hunting • Boating • Fishing • ATVing
Snowmobiling • Shooting
and so much more

Contact:

MMC(SS) Jon Worrall, USA RET
(603) 566-8450

Email: mmcsworrall@gmail.com

HM3 Patrick Phillips, USN RET
(603) 331-2993

Email: warriorsat45n@gmail.com

Where the **WARRIOR** comes to rest



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

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

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.

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



Contact Heidi at heidi@kbicenter.org to register.



MENTAL HEALTH & WELL BEING

SUPPORT GROUP

---Learn to take charge of your mental well being---
---Connect and support with peers---

**COME AND JOIN THE NEW
SUPPORT GROUP MEETING - BEGINNING IN JUNE**

Third Wednesday of the Month

6:00 PM - 7:00 PM

Manchester Clubhouse

60 Rogers Street, Suite 204, Manchester

For More Information: Kelly Parsons - 603-263-1300

The Brain Injury Association of New Hampshire and the Manchester Clubhouse are partnering together to overcome challenges, build resilience, foster a positive mental well being. Reach out and seek the support you deserve!

Pizza will be available for anyone attending in person. If you plan to attend, please register:
<https://p2p.onecause.com/mhsg2025>



SUPPORT GROUPS IN NEW HAMPSHIRE

Revised Fall 2025 —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/join/join?secret=80tWWuvJC>

Registration contact: Dylan Campbell: dcampbell@mpf.org

Virtual Statewide BIANH HeadStrong: A Virtual Support Group for Brain Injury Survivors, Family Members & Friends

Meets the second Thursday of the month, 12:00 – 1:00 PM

To Join Meeting: <https://us02web.zoom.us/j/82052614067>

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 Tuesday of the month, 6:00—7:30 PM

Southwest Community Services, 63 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

Seacoast Brain Injury Support Group - Meets the 1st Tuesday of the month, 6:00—7:00 PM

Krempels Brain Injury Center, 100 Campus Drive, Suite 24, Portsmouth, NH

If you have any questions, please email Ellen Ederly at Ellen@bianh.org or call at 603-834-9570. 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: Ashley Dupell, 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: gmmorris@covh.org

Portsmouth: VIRTUAL Northeast Rehabilitation Hospital Stroke Support Group, Meets the Second Tuesday of the month, 4:15-5:00pm, 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

2025 DONORS

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

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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 _____

Email Address _____ 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