

HEADWAY

ONLINE NEWSLETTER

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ISSUE #93, Fall 2024

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Regaining Independence & Joy After Brain Injury: Michelle Rhoads' Survivor Story

by Sarah Kilch Gaffney

A longtime lover of horses, Michelle Rhoads went for a trail ride on her property with her horse, Hannah, one afternoon in September 2023. They had a great ride and were on the way back to the barn, relaxed and enjoying the sounds of nature, when something startled Hannah, and Michelle was thrown to the ground.

Michelle awoke later with Hannah gone. She had been carrying her phone on her body instead of her saddle bag, so she was able to call her husband, Dave, who then called for an ambulance. Michelle felt like something was very wrong, so she tried to stay as still as possible while she waited to be extricated the half mile by medical ATV and then be transferred into an ambulance. Several friends came over to look for Hannah, who was found munching on grass out in the woods. At the trauma unit, Michelle learned she had a lot of bruising, but no broken bones, and she also had a concussion. She shudders to think what might have happened if she had not been wearing a helmet that day.

Though Michelle had experienced concussions before, this one was different. Instead of bouncing back after a few days' rest,

Michelle's entire life was turned upside down. She thought she would be out of work for a week, but it would be nearly a year before she was able to return to her teaching job working with students with disabilities.



Michelle Rhoads and "Hannah"

Now, as Michelle nears the one-year anniversary of her injury, she wishes she had had a better idea of what lay ahead when she was first hurt. "I wish I had been told that there really is no calendar, no date, no check list, no time line," she said. "You're building a new normal as you go, and I'm almost a year out and I still don't know what normal is anymore."

During her many months of recovery, Michelle has had a number of supports in her corner that have made a huge difference. "No one has supported me more than my husband," she shared. "Dave is my rock, and he has been beside me the entire time." Michelle also had tremendous support from her sister, Sue, who she has grown much closer

with over the last year, and her best friend, Liz, was also right by her side through the ups and downs of her recovery. Michelle also had an incredible team of medical and rehabilitation

---Continued



Michelle & Dave

what's going on in your brain, and you have all these questions. Support groups are amazing." In addition to peer support, Michelle also found creative outlets to help in her recovery. When she was still facing challenges with her brain injury symptoms but decided she couldn't just sit around anymore, Michelle decided to learn how to crochet. She found someone in her town who could teach her one-on-one, then she joined a crocheting group, and eventually she learned to knit as well. Michelle's sister, Sue, even took up crocheting around the same time to help provide Michelle with better support. Michelle loves to crochet little wreathes and leave them on people's cars at the grocery store—a bright spot of joy in their day—and she has now made baby blankets, sweaters, vests, and more.

After her success with fiber arts, Michelle was eager for additional creative outlets. She signed up for a paper quilling class at her local library and ended up loving it.



"I needed to find things that I could do with my hands that didn't require a lot of thought process and that I could do while I was sitting. Knitting, crocheting, and paper quilling helped me feel productive, and the classes helped me step outside of my comfort zone," Michelle shared. "It was scary, but I needed to get out and do something," she added.

Advocacy is another effort Michelle has embraced in the many months

specialists working with her, and she found that participating in brain injury support groups was extremely helpful.

"I wish I had known about brain injury support groups earlier because brain injury can be so isolating. You are stuck home, you can't drive, you don't really know

since her accident. When she returned to school this past winter to work on a Certificate of Advanced Graduate Studies, Michelle found that she had to advocate for herself and her needs within the academic environment. She learned about the Americans with Disabilities Act (ADA) and educational accommodations, she started working with Vocational Rehabilitation for support as she prepared to re-enter the workforce and return to teaching, and she has honed her self-advocacy skills. She has also become a vocal advocate for helmets. "I am now on a mission," Michelle said, "I want to scream it from a mountaintop: wear your helmet!" She added, "We need more education about helmets. I want laws to be followed regarding helmets, I want parents to know the risks when their children participate in activities and don't wear a helmet, and, in general, I'm just trying to spread the word about how important helmets are."



This past June, Michelle participated in BIANH's Walk by the Sea. Liz and another friend walked with her, and it was her first long walk without trekking poles or a cane. "I felt a powerful sense of independence that I hadn't really felt before, and I think being around all the different people with all their different stories, seeing the success stories, and seeing the people who were pushing through—knowing that we were all pushing hard—was very moving."



Though Michelle has not ridden Hannah since the accident, she believes it will happen. "I haven't ridden her again yet, but I will. The courage to get back on will come with time and healing."

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PRESIDENT'S MESSAGE:

Back To School - Back to Baselines*by Jonathan D. Lichtenstein, PsyD, MBA*

School is back in session, which means that concussions will soon be on the rise. A major public health concern, 2-3 million youth concussions occur annually in the United States alone. For teens, most occur in school or recreational sports. While concussions can carry serious consequences, when properly planned for and managed, they typically resolve completely with no long-term or residual effects. Proper care and management is the key. This is why all 50 states in the United States have laws that govern returning to play for student-athletes following a concussion.

Sadly, the US has already endured two adolescent deaths in high school football this preseason. While none of those have occurred in New Hampshire or Vermont, it simply doesn't matter. One death is too many. Concussions are going to happen in the course of playing collision sports, but the benefits of such activities (e.g., exercise, cardiovascular health, social engagement, leadership skills, etc.) far outweigh the risks as long as the management is done properly.

A big part of the late summer and early fall for student-athletes is baseline neurocognitive testing. Introduced in the late 1980s, the objective assessment of cognitive/thinking skills that are known to be adversely affected following concussion, has been part and parcel of concussion care ever since. Neuropsychological assessment is commonly referred to as the cornerstone of concussion management. The most widely used computerized screening tool in this serial testing process is ImPACT. Despite the intense undertaking of testing hundreds of student-athletes every summer and fall, school districts take on this challenge because of the value that neurocognitive assessment adds to

concussion management and the return to play decision-making process.

Unfortunately, ImPACT's business model has become less accommodating to schools. As such, many have looked for alternatives or simply dropped neurocognitive testing altogether. I fear this is a grave mistake. Without these data, athletic trainers, school nurses, and athletic directors are left with very few objective tools to determine ongoing challenges that a student may be having following a concussion. Relying upon student self-report to determine readiness to return is a flawed methodology, especially for athletes who are known to under-report their symptoms in an effort to return to the field of play. And who would blame them? They are only now learning to self-advocate for what's best for their brains. They are not expected to have digested, understood, and interpreted the vast literature on concussion management. They are too naïve to understand the complexities and politics involved in international position statements, FDA approvals, industry determinations, and warring factions within medical disciplines.

Let's embrace what has been working to enhance the safety of our students. Let's adequately fund athletic programs so they are not forced to make concussion management decisions based on cost rather than what's best for their student-athletes. Let's get with the program for our kids and for their health.

EXECUTIVE DIRECTOR'S MESSAGE

Centers for Medicare and Medicaid Services Officially Recognizes Brain Injury as a Chronic Condition*by Steven D. Wade, Executive Director*

In a victory for the brain injury community, the Centers for Medicare and Medicaid Services (CMS) has recognized traumatic brain injury (TBI) as a chronic health condition.

CMS has added TBI to its list of chronic conditions for chronic special needs plans (C-SNPs) through its Medicare Advantage program effective for the January 2025 plan year. The Brain Injury Association will continue to fight to expand coverage for all types of brain injury with the ultimate goal of greater coverage across all forms of public and private insurance.

"We are thrilled that CMS agrees with our stance that brain injury is a chronic health condition, and has provided official recognition," said Rick Willis, President and CEO of the Brain Injury Association of America. "This is an important first step in our fight to expand coverage for brain injury beyond acute care and helps us to make our case that brain injury should be treated by healthcare providers as a chronic condition like heart disease or diabetes."

The addition of TBI to the list of chronic conditions was included in a rule published in the Federal Register earlier this year. Getting official recognition of TBI as a chronic condition from

CMS is a significant step forward and provides validation that brain injury should be more broadly recognized as a chronic condition.

Earlier this year, BIAA published a position paper calling for CMS, along with the Centers for Disease Control and Prevention (CDC), to designate brain injury as a chronic condition. Formal recognition, the paper states, has the potential to provide several advantages for people with brain injury, including the allocation of additional public health resources to focus on the lifelong effects of brain injury as well as health insurance plans, primarily Medicare and Medicaid, providing additional benefits and other supports as they do for other chronic health conditions. The greatest benefit, however, would be an increase in public awareness of the long-term effects of brain injury that affect the estimated 5 million Americans with a brain injury-related disability.

BIAA is working to equip affiliates such as BIANH with the tools they need to articulate how healthcare needs to change in order to reflect this recognition, including making sure that providers start treating TBI as a chronic condition.

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

The 18th ANNUAL NEW HAMPSHIRE CAREGIVER'S CONFERENCE

Caregiver's Conference * November 13, 2024



Wednesday, November 13, 2024
8:00 AM to 4:00 PM

Courtyard Marriott/Grappone Conference Center
Concord, New Hampshire
www.coalitionofcaring.org
Online Registration: <https://rb.gy/lmwcs1>



Keynote Speaker: Susan McKeown, APRN(ret), CPS, MFA

Introducing the Balance Wheel and Determining What Areas of Life Might Need Some Attention

18TH ANNUAL CAREGIVER'S CONFERENCE

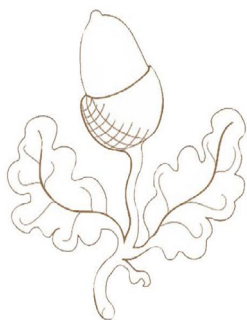


This year's Keynote Speaker, Susan McKeown, recognizes the challenges of caregiving, yet realizing how implementing self-care, expressing gratitude, and building healthy relationships at home and work can affect the energy and attitude necessary to live a full life even when very different from the life you imagined.

Susan worked with families as a pediatric nurse practitioner for over forty years and as a Certified Prevention Specialist, educating and advocating on issues of mental health and substance misuse. She is the author of two books on healthy relationships, marriage, and parenting.

Visit her website beyondthefirstdance.com for more information and to sign up for her blog.

To Register: **Online Registration:** <https://rb.gy/lmwcs1>



UPCOMING VIRTUAL BRAIN MATTERS

Friday, November 8, 2024

Behavior Changes Following Brain Injury: Considerations for Families

Presented by Toni M. Curry, PhD, NCSP, Dartmouth-Hitchcock Medical Center

Cost: FREE

Time: 12:00—1:00 PM

Behavior change following moderate and severe traumatic brain injury (TBI) is common, and can contribute to significant stress for individuals and their families. The kinds of behavior changes and how long they persist depend on multiple factors including injury location and severity, as well as an individual's access to adequate support and interventions in the time following an injury. This presentation will create an opportunity for discussion around why changes in behavior occur and how to decrease the likelihood of challenging behaviors during the recovery process. Specifically, participants will learn how to identify factors that make challenging behaviors more likely and how to use this information to promote positive behavior change over time. Participants will also gain knowledge around resources they can turn to for additional support.

To register go to:

<https://bianh.networkforgood.com/events/76972-behavior-changes-following-brain-injury-consideration-for-families>

For more information, contact Gina England—gina@bianh.org — www.bianh.org



Mindset Online

Connect with peers and expert facilitators to cultivate emotional well-being and resilience

FREE 6-week online programs for people with brain injury & caregivers!



Group Discussion

Enhance mental flexibility, positive thinking & community connection.

45-min Zoom classes



Yoga & Discussion

Build strength, balance, and mind-body connection.

75-min Zoom classes



On Your Own

Mindfulness tools for sleep, stress relief, and self-compassion.

On-demand



Sign up: www.loveyourbrain.com

Contact: mindset@loveyourbrain.com

Brain and Spinal Cord Injury Advisory Council Appointment

The Brain and Spinal Cord Injury Advisory Council is welcoming applications for appointment to the Council.

The Council meets quarterly, virtually along with hosting two annual public hearings on the unmet needs for stakeholders (survivors, family members, caregivers, friends, services agencies) of brain and/or spinal cord injuries.

Based upon the information gathered at the public hearings the Council is responsible for submitting a report to the Governor and the Legislature that contains findings and recommendations on how New Hampshire can better meet the needs of individuals with brain and/or spinal cord injuries.

For additional information, contact Ellen at Ellen@bianh.org or 603-496-0475

NORTH COUNTRY INDEPENDENT LIVING - 30 YEARS PROVIDING SERVICES!



Garry & Patsy Sherry

Where does the time go? How can this be that North Country Independent Living has celebrated THIRTY Years? How did this story begin?

As told by Patsy Sherry:

In the early 1980's my husband Garry was working at a large facility for the treatment of adults with traumatic brain injury. He became frustrated at the difficulties inherent in large programs with their inability to truly integrate individuals into the community.

At the same time my family was becoming increasingly frustrated trying to find a place for my brother who had sustained a serious brain injury in 1983. We had many conversations about what we thought a program should be comprised of...home-like living, caring staff who treat people as individuals, and plenty of involvement in a small and accepting community where an individual can develop authentic rehabilitative experiences. And there were things we did not want...oversized administrative staff, outdated behavioral programs, heavy-duty institutional furniture, and large campus settings isolated from the community.

After much soul searching, we decided to develop our own program and run it the way we knew it should run--the way we wanted our own loved one to live. In 1994 we opened our first program. The homes are in our neighborhood. We focused on small, individualized programs with plenty of individual choices and a variety of community activities. We hired the quality of staff that we would want to work with our family: caring, bright, easy to have a good relationship with, who were looking for a place to build a career.

That was 30 years ago, and since that time, we have worked hard to establish a reputation of which we are immensely proud. While our program size has changed, our vision has stayed the same. We have provided quality individualized care to residents who are striving for autonomy while overcoming struggles and obstacles from traumatic brain injury, stroke, developmental delays, autism, and other neurological impairments. We pride ourselves on creating

individualized programs that assist residents to become as independent as possible while living in the least restrictive environment.

Thanks to our incredible staff, the NCIL residents are enjoying all aspects of community inclusion in the areas of which we live.

At NCIL we have approximately 100 employees working 24/7 to support, guide, and encourage individuals towards meaningful and productive lives. We hope that our community will continue to support and welcome these individuals as they work toward independence while being part of the community. The residents and staff can be found working and volunteering with delivering Meals on Wheels, participating in Valley Pride Day, the Vaughan Community Food Drive, Conway Fire and Rescue, and the Humane Society. Currently, individuals are working at Cranmore Mountain Resort, Grants Supermarket, Old Navy, Zeb's General Store, and many other locations surrounding our community.

We wish to shout out and thank NCIL employees, past present, and future for their dedication to this program and the positive impact they have made in so many lives. What began over 30 years ago as a mission to find quality care for a family member became what is now NORTH COUNTRY INDEPENDENT LIVING, an organization that provides quality care for so many residents throughout New Hampshire.

Patsy and Garry Sherry

For more information: view "Our Hometown"

<https://video.nhpbs.org/video/conway-garry-parsy-sherry-en38gu/>

-- video credit: Schuyler Scribner of NHPBS



ncil NORTH COUNTRY
INDEPENDENT LIVING

Providing an alternative to institutionalized and campus living for persons with an acquired brain injury and other neurological disorders

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

1-888-400-6245 (NCIL) • ncilnh.com • North Conway

41ST ANNUAL GOLF TOURNAMENT

The Association held its 41st Annual Golf Tournament on Wednesday, August 7th at Pembroke Pines Golf Course in Pembroke, New Hampshire. Once again, Northeast Rehabilitation Hospital Network was the Title Sponsor, Robin Hill Farm/Rehab Without Walls was the Host Sponsor, and Independence Care was the Presenting Sponsor at this year's tournament.

With the start of early morning cloudy skies and a bit dreary weather, 123 golfers began to check in, find their carts and hole assignments, practice a bit on the driving range, and share recent golf stories. 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.

The day ended with a delicious buffet lunch, awards, and hearing John Richards, Keynote Speaker, share his story of injury and recovery to the audience. John suffered a devastating brain injury due to a brain bleed while out for a bike ride in 2001. He was found unconscious and spent time in the ICU, inpatient rehab, and eventually returned home and continued outpatient rehab. He had a long road ahead of him, but he took it day by day. John currently works on special projects for BIANH, and he has been a BIANH board member for over 30 years. John has the deep perspective and knowledge of someone who has experienced brain injury as a professional, caregiver, and as a survivor.

Special thanks go to our Sponsors: Northeast Rehabilitation Hospital Network, Harvard Pilgrim, HUB International, Independence Care of Concord, North Country Independent Living, NeuroRestorative, Northeast Delta Dental, Robin Hill Farm/Rehab Without Walls, and WellSense Health Plan.

The tournament is the primary source of support for the statewide partnership between local New Hampshire Police Departments and BIANH to provide free youth bicycle helmets to vulnerable and at-risk youth that the local police come in contact with throughout the year. Through the funds

raised by this tournament, BIANH is able to provide free youth bicycle helmets and bike safety educational information to over 60 departments throughout the State of New Hampshire each year.

BIANH is very pleased to have had 3 police departments join in the tournament this year: Brentwood, Loudon, and Rochester Police Departments. We hope more departments will participate in next year.

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.

2024 Winners are:

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

2nd Place – *Independence Care Team 3*: Peter Sawyer, Anthony Sperazzo, John Zumbach, and Cam Patridge

3rd Place – *RHF/RWW Team*: Scott Mayo, Brian Hurd, Brody Hurd, and Dave Gill

Women's Closest to the Pin – Cathy McDonald

Men's Closest to the Pin – Dick Hicks

Women's Long Drive – Kris Scott

Men's Long Drive – Steve Brown

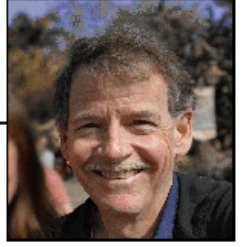
Air Cannon Shot Winner – Deb Crowley

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! Please join us for our next tournament to be held Wednesday, August 6, 2025, at Pembroke Pines Golf Course.



INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



Reflections on Suicide and Survival



September is Suicide Prevention Month.

Suicide is a topic that I dearly wish I was not so familiar with. In a couple of weeks, the calendar will remind me that it's been five months since the suicide of a beloved family member. It's been the longest five months of my life. Just thinking of spending the rest of my life without ever hearing

his voice again brings me to tears. Some days I am able to smile at fond memories with him, but on other days, I want to scream at him at the top of my lungs: "Didn't you ever think about what it would be like for us after you were gone ... that we would carry the pain of your choice forever?"

But I am not the judge of anyone. Not only am I a survivor of someone else's suicide, but I also survived my own two attempts at suicide. Both failed attempts — one by an intentional overdose, the other with a noose — happened while I was still in the throes of substance use disorder. Thankfully, both attempts failed. I have been a person in recovery for more than 30 years. Out of deep pain, a new life was born. This seems to be a common thread in my life as the same thing happened with my brain injury.

Time has a way of offering perspectives that can't be gained in any other way. When I look back at the early years after my brain injury, I see a very tough chapter in my life. I can also see that, like any chapter in a well-read book, the chapter came to an end and a new chapter began.

It was more than a year after my injury that I was finally told by a medical professional that I had sustained a traumatic brain injury. Until that time, I was told that I was living with the long-term effects of a significant concussion. I was also told that it was only a matter of time until I would be "back to normal."

To call that first year after my brain injury difficult would be an understatement. I was lost and confused, and people were walking out of my life with alarming frequency. Wrongly thinking that I was destined to live the rest of my life in this broken state, I contemplated suicide.

Looking at where I was back then — all pain and no hope — suicide seemed quite reasonable. I longed for the end of my inner pain. More than that, however, I knew that Sarah was suf-

fering. Her world, too, had forever changed. I saw the pain on her face, the confusion about what had just happened to the man she loved, and the concern as our life felt like it was falling apart. Though we had been together for many years before my injury, nothing could have prepared us for how difficult life would become. I wanted out.

Again, I found myself thinking about self-harm. Looking at my mental state through today's eyes, I understand why. I know today that what I really wanted was relief from the pain — the pain that I was feeling and the pain that I was causing. I believed I was a burden to ... everyone. I had lost perspective and hope. At Sarah's prompting, I sought help from a mental health counselor who specialized in working with people with brain injuries. I've learned that healthcare professionals can only help to the degree that we are honest with them. I was brutally honest with my new counselor, confiding that I had been contemplating suicide. She matched my honesty, telling me in no uncertain terms that if I was thinking about hurting myself, she was duty bound and morally bound to see that I was admitted to a facility with no doorknobs and no light switches.

She went on to make me promise her that if I had legitimate concern that I was unsafe, I would call her first, no matter the time of day or night.

What would have happened had my early suicide attempts been successful? It's easier to see what would not have happened. My sons would never have been born and I never would have met my soulmate, Sarah. Earlier this year, we welcomed two new grandsons into our lives, something that would not have come to pass had I not been alive.

I've seen both sides of the suicide coin, both as a surviving family member as well as an actual survivor. I have a deep empathy for those who think life would be better off without them, but I know that they are wrong. When you feel that way, you have no perspective; you are unable to understand that there are people who love you unconditionally and who would be shattered had you succeeded. I know today that suicidal ideation is a symptom of underlying challenges. It is a cry to be released from pain. But there is help. If you are thinking that the world would be better off without you, be open to the fact that you might be absolutely wrong and that there are people who love you.

My cherished family member, the one we lost earlier this year, he was loved by many people. And while most called him by his first name, I did not. I just called him Dad.

SEACOAST PATHWAYS



MANCHESTER PATHWAYS

GRANITE PATHWAYS IS PLEASED TO ANNOUNCE THE OPENING OF **MANCHESTER PATHWAYS CLUBHOUSE** FOR BRAIN INJURY SURVIVORS

JOIN US ON THURSDAY, OCTOBER 3 - 5:00-7:00 PM FOR OUR GRAND OPENING EVENT!

60 Rogers Street, Suite 204, Manchester, NH 03103

If you are seeking opportunities to be productive as part of your rehabilitation journey, the clubhouse may be a place for **you!**

Our daily program is a work-ordered day structure that encourages members to work together while doing tasks such as making daily lunches, using technology for marketing and social media, arranging social activities, and being involved in design, planning, and implementation of services.

Members identify goals that are incorporated in the daily work including improved daily functioning, and greater independence and self-sufficiency to return to work, school, and to be more successful at home and in the community.

Those with an acquired neurological brain injury, are independent in self-care and mobility, and possess a desire to help yourself and others are welcome to schedule a visit to learn more about us!

Prospective members need a referral completed by their clinical care provider and up-to-date medical documentation about your brain injury.

**We can now provide crucial support to those in the Manchester area through
Manchester Pathways Clubhouse**

Gina's brain injury and mental health recovery goals are being met thanks to Clubhouse supports. She feels more independent, and she is successful in a new job that is a great fit for her!



Cheri came to the clubhouse two years ago for socialization after her accident. She found that the work-ordered day engaged her intellectually and cognitively, and eased her anxiety.



WE LOOK FORWARD TO MEETING YOU!

Schedule a visit by calling or emailing us

Seacoast Pathways

Phone: 603-570--9804

Email: seacoastpathways@gmail.com

Monday-Friday 9:00-3:30 or Wednesday 9:00-4:30

Manchester Pathways

Phone: 603-263-1300

Email: manchesterpathwaysgp@gmail.com

Monday-Friday 9:00-4:00 or Wednesday 9:00-4:30


**NOTICE
OF
PUBLIC
HEARING**
**PUBLIC HEARING ON
UNMET NEEDS**
PLEASE JOIN US! - via Zoom 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 2, 2024

TIME: 6:00 pm – 7:30 pm

IN-PERSON LOCATION: Stroke Support Group Meeting
St. Joseph Hospital
Carl Amelio Room—Basement Floor
172 Kinsley Street
Nashua, New Hampshire

ONLINE REGISTRATION: <https://bianh.networkforgood.com/events/76112-public-hearing-on-unmet-needs>

Registration is required for anyone attending in person as well as via Zoom

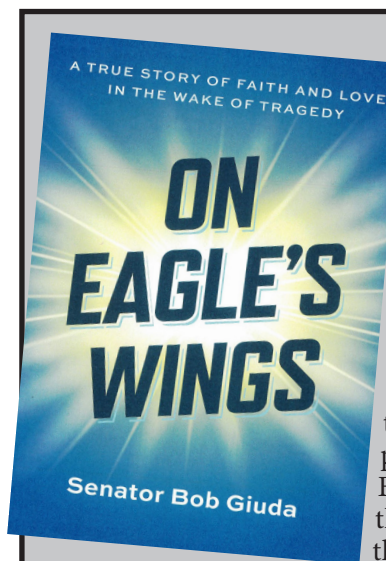
Pizza will be provided for those attending in person!

For more information or questions, please contact Ellen at (603) 834-9570 or ellen@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



Seemingly, things in Senator Bob Giuda's life were going according to plan, or so he thought. He was serving in New Hampshire as a State Senator, living and going about life as normal- until tragedy hit home. This powerful read is the insightful path to Bob's very personal, heart-felt journey in dealing with the love of his life being in a permanent vegetative state. On Eagle's Wings is a must-read that caught fire on the Internet through Facebook, reaching readers worldwide. People from

all over the world sent letters and messages to Bob after reading his posts. This encouragement is what led to the writings in these pages. Suffering was never meant to be done alone; this book will help you and encourage you on your own personal journey.

**MARK
YOUR CALENDAR!**

**41ST ANNUAL BRAIN INJURY
AND STROKE CONFERENCE**

TUESDAY: May 13, 2025
and
WEDNESDAY, May 14, 2025

Grappone Conference Center
Concord, New Hampshire



**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

**39TH ANNUAL
WALK BY THE SEA AND PICNIC**

SATURDAY, June 7, 2025
Hampton Beach State Park
Hampton Beach, New Hampshire



BIKE RODEOS THROUGHOUT NEW HAMPSHIRE

BRENTWOOD NATIONAL NIGHT OUT



National Night Out in Brentwood was a HUGE success this year. The community looks forward to this event every year. This year we were fortunate enough to partner with the BIANH who donated numerous helmets to give out to kids. They were also kind enough to come by and set up a table to help spread the word and get vital information to the public. To say this was also a huge hit, is an understatement. We appreciate the ongoing partnership and friendship we have with the BIANH. It was also a pleasure to participate in this years golf tournament! We look forward to future events with BIANH.



NORTHUMBERLAND POLICE DEPARTMENT

In June, Chief Pelletier and Officer Imperial of the Northumberland Police Department participated in a Bike Rodeo hosted by the town's Recreation Department. There, Chief Pelletier and Officer Imperial completed bike registrations to make sure the bikes were safe for the children to ride, checked helmets for fit, and had all age groups participate in a few obstacle courses. Ages ranged from approximately 4 to teenagers. Throughout the year, the Police Department has given approximately 35 helmets provided by the Brain Injury Association of New Hampshire!

Officer Jon Imperial



PLAISTOW BIKE RODEO

We want to thank everyone for coming to the Bicycle Rodeo hosted by the Plaistow Public Library.

This event went over bicycle safety for young children, an obstacle course, helmets were provided, and at the end, they had the opportunity to decorate them.

We want to thank the library for hosting, the Brain Injury Association of New Hampshire and Joe Mahoney from Kiwanis International for their donation of the helmets.



SOMEWHERE BETWEEN FULLY RECOVERED AND EXTREMELY CHALLENGED: THE MIDDLE PEOPLE

by David A. Grant, Jennifer Williams, and John Richards



Middle People are individuals who occupy a unique and often overlooked niche in the realm of personal experience. They exist in a space that is rarely acknowledged by the broader world, living in a delicate equilibrium between significant recovery and ongoing challenges that follow a brain injury. These individuals come from all walks of life, encompassing a wide range of ages, cultures, and backgrounds, each carrying their own distinct narrative of resilience, adaptation, and perseverance.

Their daily lives are a testament to the complexity of human endurance and adaptability. Middle People navigate their days with a remarkable blend of independence and a continuous need for varying degrees of support. This duality is not always visible to the outside world, making their strength and resilience all the more profound. They embody the very essence of courage, often dealing with subtle yet persistent challenges that require constant negotiation and adjustment.

The experiences of Middle People do not align neatly

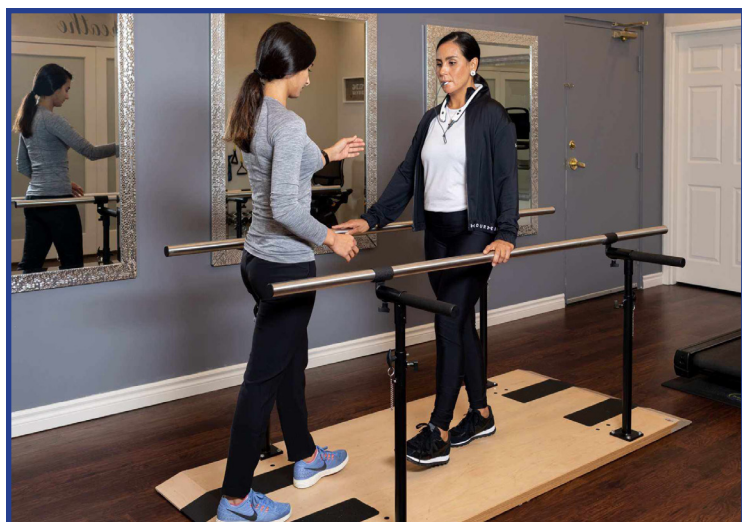
with conventional recovery narratives. They live in a world that is not black and white but filled with a spectrum of challenges and triumphs. Their stories are as diverse as their faces, reflecting a wide array of emotions, struggles, and successes. This diversity underscores the importance of recognizing and understanding the unique position they hold within our society.

Three middle people, the authors of this article, have been working together to try to support others who live in this range. We are all people who have some challenges after brain injury but are not challenged enough to require state or formal supportive services, and we have all gone on about our lives, making a living, maintaining loving relationships and having good, meaningful lives. But in spite of the good stuff, we all face our own challenges after the brain injury...physical challenges, memory issues, initiation challenges, executive functioning problems, etc....

Finding resources and ways to address these challenges is the goal of the Middle People Project.

If you or a loved one fits into the range of someone who has sustained a brain injury and who is recovered in some ways but is still challenged by the fallout or the sequelae (a condition which is the consequence of a previous disease or injury) of a brain injury, please see: www.middlepeopleproject.org.

BALANCE PROBLEMS AFTER BRAIN INJURY



Individuals living with a brain injury commonly report problems with balance. Between 30% and 65% of people living with a brain injury suffer from dizziness and disequilibrium (lack of balance while sitting or standing) at some point in their recovery. Dizziness includes symptoms such as lightheadedness, vertigo (the sensation that you or your surroundings are moving), and imbalance.

How difficult those balance problems are depends on several factors of the injury:

- How serious the brain injury is.
- The area of the brain that was injured.
- Other injuries involved – broken bones, cervical spine injury, and rib/leg fractures.
- Medications prescribed from the injury(ies) .

BALANCE

Balance is the ability to keep the body centered while sitting/standing. The ability to maintain balance is determined by many factors, including physical strength, coordination, senses, and cognitive (thinking) ability.

Most people can control their body movement within certain limits before losing their balance and needing to adjust their posture or take a step to keep from falling.

THE IMPORTANCE OF BALANCE

Poor balance causes a high risk of falling and having another brain injury or broken bone. Maintaining balance while sitting

and standing is important for all daily activities, including self care and walking. Poor balance can prevent someone from taking part in many types of activities such as sports, driving, and work.

DIAGNOSING BALANCE PROBLEMS

Many different kinds of health care providers may be involved in diagnosing and treating balance problems, including physiatrist (physical medicine or rehabilitation doctor), neurologists, otolaryngologists (ENT), and neuro-ophthamologists. The first place to start is by having a physician review medications, since this is a common cause of balance problems. Physical and occupational therapists may also help identify and treat balance problems.

COMMON CAUSES OF BALANCE PROBLEMS AFTER TRAUMATIC BRAIN INJURY

Medications: A number of commonly used medications can cause dizziness, lightheadedness, and decreased balance. These include some blood pressure medications, antibiotics, tranquilizers, heart medications, and anti-seizure medications. Ask the doctor if any of the medications taken can cause dizziness or balance problems. A change in medications or dosages may improve the problem.

- **Postural Hypotension:** A drop in blood pressure when standing or sitting up suddenly causes dizziness or lightheadedness. Be sure to report this to a doctor.
- **Vision Impairments:** Problems with eyesight. Eyesight is one of the key senses needed to keep balance. Eyesight problems such as double vision, visual instability, partial loss of vision, and problems with depth perception can make balance worse.
- **Vestibular Impairments:** Inner ear problems. The inner ear contains many tiny organs that help keep balance (called the vestibular system/labyrinth). The inner ear has three loop-shaped structures (semicircular canals) that contain fluid and have fine, hair-like sensors that monitor the rotation of the head. It also has other structures (otolith organs) that monitor linear movements. These otolith organs contain crystals that create the sensitivity to movement and gravity. If the vestibular system is damaged from a brain injury, it may cause problems with balance, dizziness, or a sudden spinning sensation. Three types of vestibular impairments are:

- **Benign Paroxysmal Positional Vertigo (BPPV)** is one of the most common causes of vertigo. With trauma, the crystals in the inner ear can be moved out of place, causing sensitivity to changes in gravity. BPPV is characterized by brief episodes of mild to intense vertigo. Symptoms are triggered by specific changes in head position, such as tipping the head up or down, by lying down, turning over or sitting up in bed, standing or walking.
- **Labyrinthine Concussion** or injuries to the nerve to the vestibular system are also causes

of vertigo and imbalance after brain injury.

- **Traumatic Endolymphatic Hydrops** occurs when there is a disruption of the fluid balance within the inner ear, possibly causing periods of vertigo, imbalance, and/or ringing in the ears that last for hours to days.
- **Sensory Impairments:** For example, nerves send messages to the brain that help keep balance. If these nerves are damaged from a brain injury, the brain may not get the message(s) it needs. The brain may need to rely more on eyesight and inner ear to keep the body in balance.
- **Brainstem injury:** A brain injury to the brainstem and cerebellum (parts of the brain that control movement) can make it hard for walking and maintaining balance.
- **Perilymph Fistula:** leaking of inner ear fluid into the middle ear sometimes occurs after head injury. It can cause dizziness, nausea, and unsteadiness when walking, standing, and when more active.
- **Mental health issues:** Sometimes people with brain injuries have anxiety, depression, or a fear of falling. These conditions can cause or increase balance problems. Doctors call this psychogenic dizziness.

TREATMENT OPTIONS

Balance problems can have many different causes, each one requiring a different treatment. Doctors, physical and occupational therapists, and/or other health care providers will help to provide treatment for these symptoms.

IMPROVING BALANCE

How quickly balance problems improve depends on the extent of injury and the health status before an injury. A condition such as BPPV may be treated effectively in one or two treatment sessions. Injuries that involve many types of impairments can take weeks, months, or years. Research shows:

- Most people living with a brain injury are able to walk independently within three months of injury. Although most can return to walking, many continue to have problems with moving quickly and with balance needed to return to high-level activities such as running or sports.
- With hard work, people living with a brain injury can continue to improve their balance for many years after injury but balance problems are still identified more frequently in individuals living with a brain injury.

THE TRUSTED CHOICE

Getting over a major medical crisis isn't easy, but a trusted provider can help ease the burden. At our hospital, we create rehabilitation programs that are specifically designed for each patient's needs, using advanced technology and innovative treatments to maximize recovery. It's why so many people and their caregivers choose us. And why we are the trusted choice of a growing number of medical professionals.

 **Encompass Health**
Rehabilitation Hospital of Concord
encompasshealth.com/concordrehab



SPOTLIGHT ON KREMPELS

Welcoming a New Leader and Gearing Up to Ride at Krempels on Saturday, October 12



Cariann Harsh Daley
MPA, MBA, Ed.M

The Krempels Brain Injury Center is excited to announce Cariann Harsh Daley MPA, MBA, Ed.M. as its new Executive Director, starting August 19, 2024. With a career spanning 25 years in neurodiversity and disability services, Cari brings extensive experience and a strong commitment to advancing Krempels' mission. Cari has a notable background in fundraising, strategic planning, and program development. Her career includes significant roles in growing organizations and improving services for individuals with disabilities.

After Cari earned an MBA focused on nonprofit management from Brandeis University, she developed the Massachusetts Division of Autism from the ground up, transforming it from an agency with no budget or clients to one with over \$12 million in annual funding, serving thousands across the Commonwealth.

After attaining a spot in the Bradford Fellowship, Cari received an MPA from the Harvard Kennedy School and went on to gain extensive experience in national disability consulting. Her work included a notable engagement with the Massachusetts Rehabilitation Commission and the Brain Injury Association of MA, where she reviewed brain injury services and engaged with stakeholders to enhance state support for those affected by brain injuries.

"We are thrilled to welcome Cari to Krempels," said Mark Mallioux, President of the Board of Directors. "Her proven leadership skills and dedication to our field will be invaluable as we continue to support individuals living with brain injuries and their families."

In her new role, Cari will work to strengthen the center's programs, support professional development, and ensure the organization remains responsive to the evolving needs of the community. Please join us in extending a warm welcome to Cari as she takes on this important leadership role at Krempels Brain Injury Center.

King Challenge 2024 Brings Major Changes

The King Challenge was created in 2011 by pro cycling legend and Brentwood, NH native Ted King and Arlon Chaffee of GRVL Cycling after Ted's father, Dr. Ted King Sr., survived a stroke and found community after becoming a Krempels member.



As career and family priorities shift with time, 2024 will be the last year of Ted's formal participation in the ride. We are so thankful to Ted for his role in creating and building the popularity of this now legacy fundraiser. Krempels will continue operating the ride annually and is excited to have Ted leading the ride this year once more and looks to have a tremendous fundraising year!

This year's ride includes scenic routes beginning and ending at Timberland's Stratham, NH campus. Three routes of varying lengths accommodate a wide range of cycling abilities and are E-Bike, Mountain Bike, and Youth friendly. Along the way, riders have access to course support and lively rest stops for re-fueling. Riders will be treated to delicious food post-ride, plus a beer garden featuring Maine Beer Co!

Families waiting on site while the ride is out can watch Krempels members riding adaptive cycles in the Doc King Adaptive Tour, use the climbing wall, or participate in the Kids Bicycle obstacle course (bikes provided...bring a helmet!)

Fundraising minimums have been set at easily attainable levels with special incentives along the way. The rides focus is on camaraderie, fall-foliage, and supporting an important cause...it is not a race!

To sign up and or contribute to an individual fundraiser or team for this event, go to www.kingchallenge.org.



WE'RE ALL IN THIS TOGETHER.



OUR MODEL

- | | |
|---------------------------------------|------------------------------------|
| Functional & Cognitive Skill Building | Social & Communication Skills |
| Mental Health | Physical Wellness |
| Community Connections | Creative Expression and Recreation |

In person Monday, Wednesday and Friday in Portsmouth, NH.
Online every Thursday

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.



SEE WHAT'S NEXT AND HOW TO BECOME A MEMBER TODAY AT
WWW.KBICENTER.ORG



DISABILITY RIGHTS CENTER

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



The 2024 New Hampshire General Election is on Tuesday, November 10th, 2024

10 Things Voters with Disabilities Need to Know

1) You Have the Right to Vote Independently and Privately

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

2) Someone Can Help You Vote

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

3) You Can Vote by Absentee Ballot

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

4) You Have the Right to an Accessible Polling Place

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

5) You Can Use the one4all Accessible Voting System

In NH, our accessible voting system is called the one4all and it consists of a tablet, keyboard, headphones, and printer. It is available at every polling place.. The one4all is not connected to the internet and it is secure. All registered voters of all abilities can use the system. A blind or vision impaired person can use the system independently. Assistance is not necessary to vote but help is available if needed. For a demonstration go to: www.youtube.com/watch?v=Fbf5qGAm5Y0.

6) You Can Register Anytime, Even on Election Day

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

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

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



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

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

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

9) You Have the Right to Complain About Voting Issues

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

10) Learn About the Candidates Before Election Day

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

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

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

Download DRC-NH 2024 Elections Update for important dates and information.

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

Sign-up for our monthly e-newsletter at
<https://drcnh.org/resources/publications-sign-up/>

*A new law requiring additional documents to register to vote does not go into effect until after the 2024 election.

HAVE YOU HAD A STROKE OR TRAUMATIC BRAIN INJURY?

PARTICIPANTS NEEDED! Information from this study will help us learn more about how adults learn language to hopefully improve future treatments for adults with acquired brain injury.

WHO IS ELIGIBLE?

- People recovering from left-hemisphere stroke or traumatic brain injury and have language difficulties (aphasia)
- No prior exposure to North Germanic languages (Norwegian, Swedish, Danish)
- History of left hemisphere stroke or traumatic brain injury
- 18+ years old
- Right-Handed



DESCRIPTION OF STUDY

One call to:

- Describe the study
- See if you are eligible
- Schedule a study visit

Two to Three study visits (<2 hours) in which you will:

- Have your hearing screened
- Complete tasks involving thinking, speaking, listening, and learning
- Be video recorded during the tasks so we can review your responses

INTERESTED?

Please contact DR. AMY RAMAGE at 603-862-2125 or LSLN@csd.unh.edu.





HEADSTRONG: A VIRTUAL SUPPORT GROUP FOR BRAIN INJURY SURVIVORS, FAMILY AND FRIENDS

Introducing a new online support group, through the Brain Injury Association of NH, for survivors and their caregivers.

- The second Thursday of each month from 12-1:00 PM.
- Participation is online using your computer, tablet, smartphone or telephone.
- Registration is required.

Please register online at <https://tinyurl.com/4m34m744> or email Ellen Edgerly at ellen@bianh.org to request a registration form.

--Questions: Email headstrongbianh@gmail.com for more information.

"A problem shared is a problem halved." Come share your challenges and your triumphs in a setting with others who truly understand!



Register

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

The 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.



**First Wednesday
of every month**

**10:30am-11:30am
Nutrition Group Room**

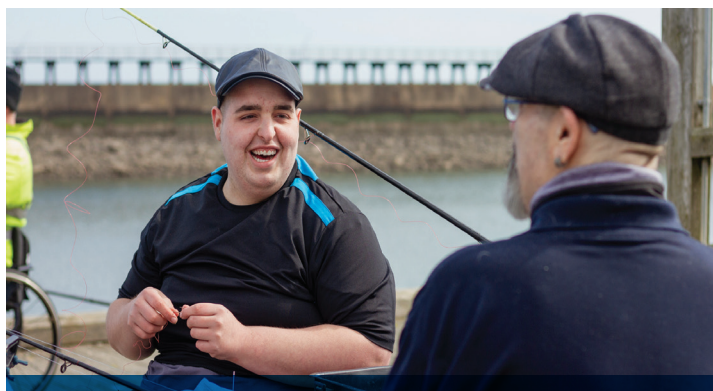


For survivors, families, and friends.

Call Ashley Dupell, MOT, OTR/L
Director of Therapy Operations
@ 603.226.9840 for more information.



Encompass Health Rehabilitation
Hospital of Concord is a Joint
Commission certified in Stroke
Rehabilitation.



Providing Community-Inclusive Cognitive Rehabilitation

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

All Programs Feature:

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

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RobinHillFarm.com

Choose Northeast Rehabilitation

You make the decision.
Together, we'll make the difference.

Inpatient
4 Inpatient Hospitals

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20+ Outpatient Centers

Serving the Greater Merrimack Valley, Southern NH, and Seacoast NH.

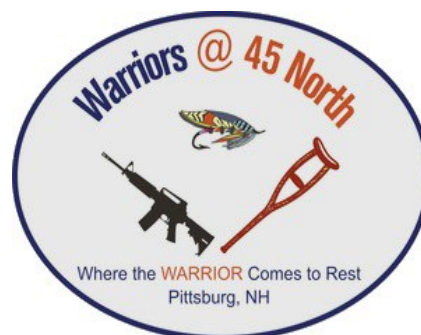
We are accredited by The Joint Commission and our four rehabilitation hospitals have earned Disease-Specific Care Certification in Brain Injury and Stroke rehabilitation.

For information, call
(603) 893-2900

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

Follow us on Facebook
@NortheastRehabilitationHospital

Northeast Rehabilitation Hospital Network



PO Box 132

Pittsburg, NH 03592

www.warriors45north.com

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

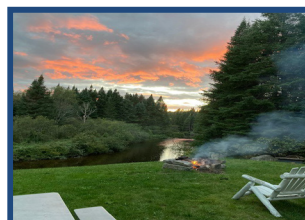
MISSION STATEMENT

*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: mmcssworrall@gmail.com

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

Email: warriorsat45n@gmail.com

Where the **WARRIOR** comes to rest

SUPPORT GROUPS IN NEW HAMPSHIRE

Revised September 2024 —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/zoom/register/tZ0lcOmvqT8vH9NeQ8v9Yokb_woX0tWWuvJC

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

Register at: <https://tinyurl.com/4m34m744>

Virtual Statewide BIANH Brain Injury Caregivers Support Group, Caregivers Only

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

Register at: <https://bianh.networkforgood.com/events/73040-virtual-statewide-brain-injury-caregivers-support-group>

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

IN PERSON SUPPORT GROUPS

Conway Brain Injury Support Group –Meets the 1st Monday of the month, 5:30 PM -7:30 PM
Journey Church, 15 Hutchins Drive, Conway, NH

Peterborough Brain Injury Support Group –Meets the 1st Tuesday of the month, 6:00 PM -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 PM -7:00 PM
KBIC, David Krempels Brain Injury Center, 100 Campus Drive, Suite 24, Portsmouth, NH

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

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

Keene Brain Injury Support Group – Meets the 3rd Tuesday of the month, 6:00 PM – 7:30 PM
Southwest Community Services, 63 Community Way, Keene, NH

If you have any questions, please email Ellen Edgerly at Ellen@bianh.org or call at 603-834-9570.
Visit www.bianh.org for any calendar changes.

APHASIA:

Nashua: IN PERSON—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: VIRTUAL Community Stroke Support Group, 3rd Tuesday of the month, 4:30 PM, Encompass Health (formerly Healthsouth)
Phone: (603) 226-9812—ON HOLD

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

Durham: IN PERSON UNH Occupational Therapy Department
UNH OT Stroke Survivor Group
Meets Tuesdays; 12:30—3:15 PM
Contact: Dr. John Wilcox, OTD
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: IN PERSON St. Joseph Hospital Stroke Support Group
Meets the first Wednesday of the month, 6:00 pm – 7:00 pm,
St. Joseph Hospital Inpatient Rehabilitation Unity Community Road
Email: gmmorris@covh.org

Portsmouth: IN PERSON 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

2024 MEMBERS AND DONORS

Thank you to all of our members and donors. This list reflects donations received from January 1, 2024 to present.

DONORS AND MEMBERS

Ammonoosuc Community Health Svcs.
Anonymous
Vicky Anderson
Eveleen Barcomb
Nicola Beauregard
John & Pamela Blackford
Stephanie Brooks
Steve & Kathy Caredo
Neal & Lynn Dini
Eastern Inter-Club Ski League
Heather Gilbert
Paul Giraldi
Darryl & Erin Hall
Scott Jeannot
Bruce & Marsha Johnson
Kiwanis Club of Concord
Joan Klefos
David Kutz
NH Driver Education Teachers Assoc.
Linda Phelps
Barbara Saunders

Southern NH USBC
Ed & Valerie Zablocki
Stanley Zube

**IN HONOR OF CAREGIVER'S
CONFERENCE**

Sean McKenna

**IN HONOR OF PETERBOROUGH
SUPPORT GROUP**

Elaine Sokoloff

IN HONOR OF JASON SCHRECK

June Rose

**IN HONOR OF VIRTUAL CARE-
GIVER SUPPORT GROUP**

James Fitzmeyer

**IN MEMORY OF DIANNE
BURELLE**

Gilbert Burelle

IN MEMORY OF LARRY MAJOR
Julie Stone**IN MEMORY KAREN MERROW**
Scott Merrow**IN MEMORY OF WILLIAM RC
MILNE, JR**

Erica Anthony
Denise Pike

**IN MEMORY OF ELDON MUN-
SON, III**

Ashley Munson
Munson & Associates, LLC

IN MEMORY OF LISA MUNSON

Richard Johnson
Joyce Wagner



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 -

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