

HEADWAY

ONLINE NEWSLETTER

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ISSUE #95, Spring 2025

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41st Annual Brain Injury & Stroke Conference

by Sarah Kilch Gaffney

BIANH's 41st Annual Brain Injury & Stroke Conference is happening Wednesday, May 14, 2025, in Concord, New Hampshire. Brain injury survivor and advocate Ali Rheume will deliver her keynote presentation, "Blank Paper," and other conference highlights include five tracks, special sessions on substance use & brain injury, and a survivor art exhibit. Session topics include neurologic music therapy, the long-term impact of trauma, improv for survivors, adaptive sports, and many more!

Before brain injury in 2016, Ali Rheume was a healthy, active twenty-eight-year-old working full-time as an elementary school physical education teacher. She loved coaching and teaching, and she was constantly on the go. That February, Ali was struck by a commercial-grade steel door, and her life changed in an instant. "I woke up the next morning a completely different person," Ali shared. "I experienced numerous concussion symptoms—nausea, headaches, delayed processing, stuttered speech, blurred vision, and more." Ali took the rest of the school year off from



Ali Rheume

her job to focus on recovering with a goal of returning in the fall, but when she tried to return to work months later, the chaos and sensory input involved in her job was overwhelming and overstimulating.

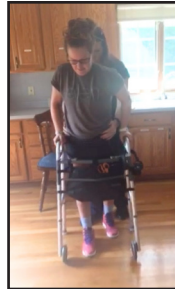
Then, in December of 2016, Ali suffered a second brain injury along with a severe medication reaction. All of this resulted in Ali being hospitalized at a level of 10% functioning. She could no longer eat, walk, dress or do nearly anything on her own. Ali spent the next year and a half cycling through inpatient hospitalizations, acute rehabilitation, and home care, before eventually transitioning to outpatient rehabilitation for years following. Through support from family, friends, and her community, Ali slowly regained function, but her life looked completely different than it did before the injuries.

During the long recovery, Ali began to seek out new purpose, and she also started to explore new rehabilitation options, including making art. "I was creative before the injuries," Ali noted, "but I did

---Continued

not really take the time to sit down and relax and paint. I didn't know I had that ability—for creativity, yes, but not for art.” She added, “Sustaining a brain injury made me slow down more, and I really started to investigate art.” Now, nearly 10 years after her initial injury, Ali has not only embraced art, but she is an award-winning artist and owns her own art business, Embracing Unique.

Using humor and vulnerability in her engaging keynote presentation, Ali hopes to share how she navigated the “blank slate” of brain injury, and how other survivors can too. Ali knows that discovering new purpose and figuring out a new identity can be very daunting for survivors, and while navigating the ups and downs of brain injury and finding purpose and motivation post-injury can be incredibly challenging, Ali is here to help. In her keynote, she will share her own journey, tips for navigating brain injury, and how creativity and art can help along the way.



We hope you'll join us on May 14th at the Grappone Conference Center in Concord, New Hampshire, to hear Ali's keynote, “Blank Paper,” and participate in great conference sessions at BIANH's 41st Annual Brain Injury & Stroke Conference.

To learn more about Ali and all of her incredible work, visit alirheau.me.com and find her on Instagram [@alison.rheau](https://www.instagram.com/alison.rheau). To learn more about the conference, download the brochure, and to register, click [here](#)

For questions about the conference, please contact Lori Sandefur at lori@bianh.org.

Looking back on her experience, Ali has a lot of wisdom to share. When you're facing down brain injury recovery, Ali encourages you to take your time. “Don't rush the process, because if you try to rush into what you want next, you may not be ready for it,” Ali shared. “It's better to take the time one step at a time and let yourself grow, learn, and develop at the rate that works for you. No one can go backwards; we can only go forwards,” she added. For caregivers and family members, she also noted, “It's really difficult to take care of yourself while taking care of someone else, but just because you didn't sustain the brain injury yourself doesn't mean you don't need support, too.” And the key for everyone? Communication. “No one can read anyone else's mind, and you need to talk about it—all of it, the good and the bad.”



Though she couldn't have imagined being where she is now before the injuries, Ali has embraced the changes and challenges, and she has found her way. She loves helping others along the road to recovery, and her joy and new purpose shine brightly every time she shares her story.



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PRESIDENT'S MESSAGE: *The Wheels Still Spin*



by Jonathan D. Lichtenstein, PsyD, MBA

I wanted to begin by providing an update on BIANH's Return To Learn After Concussion pilot program. I'm happy to report that we are making swift and steady progress on this project, which was funded by the Governor's office earlier this year. In collaboration with the Department of Education, the aims of this project are to provide education and resources to guide New Hampshire school districts towards compliance with the law and be on the cutting edge of return to learn practices. To reach these goals efficiently and effectively, we have partnered with Integration Sciences, a local firm that will be supporting the project with strategic and operational planning, project management, and technological guidance. Mark Belanger and his team are already deeply entrenched, moving forward with online course development and facilitating community engagement opportunities. We are excited to begin enlisting school districts at pilot site collaborators, while simultaneously building an engaging and interactive online concussion course for school personnel to use.

I wanted to close with two reminders:

- We are only a few weeks away from our 41st Annual BIANH Brain Injury and Stroke Conference in Concord. Our planning committee has done another remarkable job, creating an enlightening and varied roster of speakers and topics. Pulling off an event like this is no

small feat, and it requires the commitment of so many volunteers. We are fortunate to have such giving and capable members in our midst. Thank you to everyone who works so hard to make this conference a reality. And please register to join us on Wednesday, May 14th at the Grappone Conference Center!

- Our annual bicycle helmet give-a-way in collaboration with our state police departments is well underway. BIANH works with the Department of Safety to contact all police departments in the State of New Hampshire and offers to give about 21 helmets to any interested department. BIANH sorts and packages the helmets and asks the departments to come to the office to pick them up; this provides an effective one-on-one contact with each. Many of the departments hold bike safety weeks at local schools or bike rodeos in their respective townships and provide free helmets to children and young people who attend. BIANH also provides educational materials (simple elementary games, rulers, and pencils) to each department which, in turn, provides a simple method of marketing the Brain Injury Association. In 2024, BIANH handed out over 1,500 bike helmets to 65 different police departments. The number of police departments contacting BIANH and the number of helmets provided continues to grow each year.

EXECUTIVE DIRECTOR'S MESSAGE - *Join Us For Our Annual Walk By the Sea & Picnic*



by Steven D. Wade, Executive Director



Every year on the first Saturday in June, the New Hampshire brain injury community gathers for our annual Walk by the Sea and Picnic. Saturday, June 7th is the 39th year that we will all meet at Hampton Beach, at the State Park, South Beach Pavillion in Hampton, New Hampshire.

Teams compete for the most pledges raised, teams with the greatest number of walkers, and most creative team name. First place for funds raised last year went to the team *Major Trouble*, led by team captain, Samantha Martin. The team winning for the highest number of walkers was the *Robin Hill Farm* team, headed up by Claire Kearney. The team with the most original name last year was *Rolling Rufus and the Biped*s, led by Jennifer Spampanito.

Of special note is the Eldon Munson III Team Spirit Award. Named in honor of Walk by the Sea volunteer extraordinaire Eldon Munson, this award is presented

to the team with the most team spirit. The Team Spirit Award last year was presented to *Rob's Rapid Reelers* team, led by team captain Karen Mossey. Karen's team walks in remembrance of her son, Robert 'Rob' Browning, who participated in the first two walks.

We will have a new turn-around spot this year at the Lady of the Sea Monument/Memorial. It is located right at the center of Hampton Beach.

A picnic lunch will be served immediately following the Walk at the South Beach Pavillion. Even if you are unable to participate in the Walk, please consider joining us for the picnic. A beautiful beach is just a stone's throw from the picnic area.

Funds raised by the Walk help to support our brain injury prevention efforts and the supports and services that we provide throughout the year.

I hope you can join us for the Walk on Saturday, June 7th! Registration/check-in begins at 11:00; the Walk begins at 12:00 Noon.

41ST ANNUAL BRAIN INJURY & STROKE CONFERENCE - AT A GLANCE

Conference at a Glance

Level of Knowledge for Attendees: BEG - Beginner INT - Intermediate ADV - Advanced
 Topic is geared towards: PRO-Professional SUR-Survivor/Family ALL- Everyone
 Sessions approved by ASHA are highlighted in yellow

8:15 Welcome

8:30-9:30 Keynote - Ali Rheume, MS, Survivor - *The Blank Paper*

	<i>TRACK A -SLP</i>	<i>TRACK B</i>	<i>TRACK C</i>	<i>TRACK D</i>	<i>TRACK E</i>
Session I 9:40 - 10:40	<i>Supporting Young Adults with Acquired Brain Injury (ABI) in the Transition to Higher Education: Strategies for Success</i> Jacquelyn Moynihan, MS, CCC-SLP Meredith Maceachern, MS, CCC-SLP BEG/ALL	<i>A Home and Community Approach to mTBI/ Concussion Management</i> Lindsay Pieper, PT, DPT Rebecca Baker, MS, CCC-SLP Brianna Lambert, PT, DPT BEG/ALL	<i>Balancing Act: Mastering Vestibular Recovery Post Brain Injury</i> Michael Cyr, PT, DPT, NCS BEG/ADV/ALL	<i>Navigating the Path: Understanding New Hampshire's Brain Injury Case System</i> Lesley Blecharczyk BEG/SUR/FAM	<i>Trauma and the Long-Term Impact for Individuals with Brain Injury Part 1</i> Beverly Richardson, MEd, CSC Ben Martin, MSW, CSC ADV/ALL

10:40-10:55 Break-----Please visit Exhibitors -----

Session II 11:00- 12:20	<i>Language & Cognitive Screening in the Acute Care</i> Danielle Vilmain, MA, CCC-SLP, CBIS Abigail Gouthro, MS, CCC-SLP BEG/ALL	<i>The Use of Music in Neuro-recovery: Neurologic Music Therapy Principles & Application for ABI</i> Caitlin Hebb, MT, BC, NMT BEG/ALL	<i>Brain Injury Visual Assessment Battery for Adults: A Standardized OT Assessment for Visual Processing</i> Angela Butler, OTD, MS, OTR/L Michelle Dowling, OTD, OTR/L, CHT, CLVT BEG/ADV/PRO	<i>"Curtains Up!"; Use of Improv for Brain Injury Survivors</i> Kelly Redwine-Depierre, MS, OT, OTR, CBIS Craig Werth, Artist In Residence BEG/ALL	<i>Trauma and the Long-Term Impact for Individuals with Brain Injury Part 2</i> Beverly Richardson, MEd, CSC Ben Martin, MSW, CSC ADV/ALL
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12:25 - 1:30 Lunch---- Please visit Exhibitors-----

Session III 1:35- 2:35	<i>Dynamic Assessment and Treatment of Pediatric TBI in Acute Care</i> Sallyann Majoya, MS, CCC-SLP BEG/PRO	<i>Sleep and Stroke</i> Glen Greenough, MD, FAASM ADV/PRO	<i>How to Support Integrated Care for People Living with Substance Use and Brain Injury: You Know More Than You Think</i> Carolyn Lemsky, PhD, C.Psych, ABPP-CN BEG/ALL	<i>Survivor Panel</i> Sierra Longmoore Jennifer Williams Jim Scott Moderators: Nicola Be-auregard, PT, DPT, MSHA Nina Hopkins, OTR/L, NDT BEG/ALL	<i>Adaptive Sports: A Rehabilitation Tool at New Heights</i> Jessica Harney, DPT, PT, OT BEG/ALL
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2:35 - 2:55 Break-----Please visit Exhibitors -----

Session IV 3:00-4:00	<i>The Brain's Hidden Healing Power: Learning Without Knowing in Recovery</i> Amy Ramage, PhD, CCC-SLP Collean Combs, MS, CCC-SLP ADV/ALL	<i>Easily Missed but Not Forgotten Stroke Syndromes: A Charades-Based Presentation</i> Timothy Lukovits, MD BEG/ADV/ALL	<i>Substance Use and Brain Injury: Strategies for Community Intervention</i> Carolyn Lemsky, PhD, C.Psych, ABPP-CN BEG/PRO	<i>Resource Panel/The Clubhouse Model and Employment</i> Patten Lohmann Kelly Parsons BEG/ALL	<i>Nutrition Therapy Recommendations in Prevention and Recovery of Brain Injury and Stroke</i> Wendy Jeffco, MS, RDN, LD BEG/ALL
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SURVIVOR ART EXHIBIT AT ANNUAL CONFERENCE



SURVIVOR ART EXHIBIT

**TO BE DISPLAYED AT THE ANNUAL BRAIN INJURY AND STROKE CONFERENCE
WEDNESDAY, MAY 14, 2025
GRAPPONE CONFERENCE CENTER, CONCORD, NH**

The Brain Injury Association of New Hampshire is encouraging any individual living with a brain injury to display **up to two pieces** of their artwork at the annual conference in May 2025. Please review the criteria.

Parameters for this year's submissions include:

- Each piece must be matted and/or framed.
- Each piece should be no larger than 12" x 14".
- The back of each piece of artwork should be labeled with the artist's name, address, and phone number.
- Include a title for each piece, the name of the artist, and a short biography about the artist and/or their work.
- Exhibiting in this event is open only to brain injury survivors who are New Hampshire residents.
- Please provide a signed statement giving your permission to BIANH to display the art at the 41st Annual Brain Injury & Conference, held at the Grappone Center, Concord, NH

• Art media accepted includes:

- | | |
|--------------------|-------------|
| --Photography | --Paintings |
| --Etchings | --Jewelry |
| --Drawings | --Pottery |
| --Quilt/Fabric Art | |



Please deliver all pieces to the BIANH office at:
BIANH
52 Pleasant Street
Concord, NH 03301

Arrangements will be made to return artwork as soon as possible after the conference. BIANH is not responsible for loss or damage.

Please note: Entire display is limited to 30 pieces. BIANH Conference Committee reserves the right to select the 30 items of art for display.

For further information or questions please contact:
Nicki Beauregard - NBeauregard@elliott-hs.org
OR Nina Hopkins - snhopkins@comcast.net



**DEADLINE TO SUBMIT
ARTWORK is
Thursday, April 17, 2025**

for more info - www.bianh.org





JOIN US!

WALK BY THE SEA AND PICNIC

Saturday, June 7, 2025

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

Register: walkbythesea.org



For info or questions: renee@bianh.org
or call 603-225-8400



Come join our Walk by the Sea along Hampton Beach. It is the one time during the year when the whole brain injury community comes together to celebrate our accomplishments and share a fun day at the shore. This annual event helps us to continue our efforts to create more public awareness about the "silent epidemic" and ultimately fulfill our mission.

Create a team as a family, small group, or a large business team.

Prizes given to: the largest team, the most creative team name, the most money raised by the day of the Walk, and the team with the most energetic spirit.

Interested in sponsorships? We have several to choose from! Please call for more information 603-225-8400.



BRAIN MATTERS 2025

Wednesday, April 2, 2025 - 8:30—10:30 AM

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 guidelines • The most commonly observed cognitive deficits • Changes in communication skills • The primary rehabilitation goals in the acute (early) stages of recovery • Resources for family/caregiver support • Handouts that can be printed and reviewed for permanent access to essential information.

Thursday, May 1, 2025 - 3:00—5:00 PM

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.

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Friday May 2, 2025 - 12:00—1:00 PM

Virtual Training: Behavior Changes Following Brain Injury: Considerations for Families

Presenter: Toni M. Curry, PhD, NCSP, Dartmouth-Hitchcock Medical Center

Cost: \$25.00

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

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.

Tuesday June 10, 2025 - 8:30—10:30 AM

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 guidelines • The most commonly observed cognitive deficits • Changes in communication skills • The primary rehabilitation goals in the acute (early) stages of recovery • Resources for family/caregiver support • Handouts that can be printed and reviewed for permanent access to essential information.

Wednesday June 11, 2025 - 10:00—11:00 AM

Virtual Training: The Granite Pathways' Clubhouse Program – The International Clubhouse Model of Psychosocial Rehabilitation

Presenter: Kelly Parsons, Manchester Pathways Lead Wellness and Recovery Generalist

Cost: Free

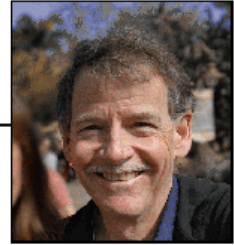
Register: <https://p2p.onecause.com/bm2025/home>

This presentation will provide an informative overview of the Clubhouse model of psychosocial rehabilitation, emphasizing its benefits in today's society. Originating in the 1930s, the model has supported individuals with mental health challenges in their recovery through meaningful work, relationship-building, and overcoming isolation. In 1985, the International Brain Injury Clubhouse Alliance was established to assist individuals with acquired brain injuries, further expanding the model's reach.

Seacoast and Manchester Pathways are among the few Clubhouses worldwide that serve individuals with both mental health and brain injury challenges. Employment is a key component of the Clubhouse model, offering independent, supported, and transitional job opportunities with assistance from staff members and New Hampshire Vocational Rehabilitation services. Members of the Manchester Clubhouse will assist in presenting this information.

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant



Healing Over Time: What Experience Taught Me

As I move through my fifteenth year as a brain injury survivor, I find myself increasingly grateful for the passage of time. I know things today--things that I was blissfully unaware of during my early years as a brain injury survivor. There is an inherent value to lessons learned by living them. For me, they seem to “stick” more than anything I read in books or online.

Today, I know that recovery from what the uninjured experience without consequence can take me, as someone in lifelong recovery, a bit of time. We recently moved through another holiday season. For most people, it’s a time for families to spend time together, perhaps a shared meal. But for those of us within the brain injury community, it can be a time of added stress. Even with the benefit of long-term experience and recovery, conversations can still leave me exhausted. As family gatherings are called just that, it’s only natural to be in the company of many people sharing and conversing at the same time. I sometimes have a challenge following a single conversation. Add to this multiple ongoing, concurrent, and varied conversations at once, and the effect can be akin to cognitive shutdown.

For the first few years post-injury, I knew none of this. In what amounts to a TBI oddity, I have close to no recollection of the year 2011, with only scant memories of 2012. Brain injury truth is indeed stranger than fiction!

Looking back to this past holiday season, I knew what to expect. I did my best to conserve cognitive resources, did a smidge better at honoring my limitations, and allowed myself to have fun. The key difference was that I knew it would take me time to recover. I can add a bit of a wildcard to this. I’ve also learned that recovery after pushing myself too hard is an unpredictable beast. It might take me a few days to get back to my baseline, but then again, it might take a couple of weeks. There is an immense amount of freedom in knowing this. I no longer second-guess myself like I did in the early years. I get what I get in terms of recovery.

Thankfully, I bounced back quickly. Was this because my recovery continues? Or is it because I am living more mindfully of my limits? Though I will never be able to say for certain, I suspect it’s a bit of both, and in this moment, I am okay with that.

And again, I find myself pondering that saying I heard early on in my journey—the one that says brain injury recovery is lifelong. For the first decade, unmissable milestones flew by. I learned to speak again. I was able to ever-so-slowly get back to work. I stayed working long enough to begin my retirement journey. My ability to read came back after a few years, something I remain profoundly grateful for.

But somewhere around a decade out, those milestones seemed to slow down and eventually stopped. What didn’t stop, however, was the accumulation of knowledge; and that increasing knowledge base means a better quality of life. A rising tide lifts all ships. When life gets better for me, it also does for my wife, Sarah. Those who love me see me struggle less, and their anxiety eases. So in its truest sense, the very act of continued learning and being able to convert that knowledge into management skills is also recovery.

Just last week, Sarah shared something that completely and utterly blew me away. “Your memory is better than it’s been in years,” she said in passing one day. My jaw visibly dropped. Those who know Sarah know that she is an overt speaker of the truth. She’s not a coddler, and I’ve come to depend on her perspective over the years. But getting better? My memory? Whoever would have thought that possible?

As I move mindfully and with as much grace as I can through year fifteen, I can look back on how much life has gotten better over time. This takes away my anxiety for the future. For a sixty-three-year-old brain-damaged guy, I seem to have found my way. And seen in this light, how can I not be grateful?

PATHWAYS CLUBHOUSE

MANCHESTER
CLUBHOUSE



SEACOAST
CLUBHOUSE

WELCOME TO THE GRANITE PATHWAYS' CLUBHOUSE PROGRAM, NOW WITH **TWO** LOCATIONS!

IF YOU HAVE A BRAIN INJURY OR MENTAL HEALTH DIAGNOSIS, YOU ARE WELCOME TO JOIN OUR SUPPORTIVE COMMUNITY!

What is a Clubhouse?

A Clubhouse is more than just a program—it's a supportive community where individuals living with mental illness or brain injury can rebuild confidence and find purpose. Here, you can take the next step in your recovery at your own pace, surrounded by people who believe in your potential.

By becoming a Clubhouse member, you gain opportunities to reconnect with friends, engage in meaningful work, pursue education and employment, and access the support services you need. Pre-employment and job search services are available to members of either Clubhouse. Develop transferable skills while participating in the work-ordered day, or let us connect you with New Hampshire Vocational Rehabilitation and work as a team to get you the job of your dreams.

Clubhouse is a place of renewal, designed for those whose lives have been disrupted and who seek encouragement from a community that believes in recovery and successful management of brain injury.

Join one of our Clubhouse programs and focus on your recovery—whether through employment, education, social connection, or overall well-being—at your own pace.

LOCATIONS:

Manchester Pathways
60 Rogers Street, Suite 204
Manchester, NH 03103

To learn more or schedule a visit, please call
603-263-1300

Email: manchesterpathwaysgp@gmail.com
Website: <https://www.manchesterclubhouse.org>

Seacoast Pathways
155 Brewery Lane
Portsmouth, NH 03801

To learn more or to schedule a visit, please call
603-570-9804

Email: seacoastpathways@gmail.com
Website: <https://www.seacoastclubhouse.org>



Seacoast Clubhouse and Manchester Clubhouse are open every weekday from 9:00 AM - 4:00 PM.

SAVE THE DATE - GOLF TOURNAMENT

42nd Annual Golf Tournament!



Wednesday, August 6, 2025

Pembroke Pines Country Club,
Pembroke, New Hampshire



Schedule: 7:30 AM- Registration & coffee
8:15 AM -Welcome and Rules of Play
8:30 AM -Shotgun Start
1:30 PM - BBQ Buffet dinner -

**Interested in being a Sponsor or providing
Raffle donations?**

**Contact: renee@bianh.org or
call 603-225-8400**



SPOTLIGHT ON KREMPELS BRAIN INJURY CENTER

KREMPELS CELEBRATES 25 YEARS OF IMPACT AND INSPIRATION IN 2025!



Pictured: Krempels members and staff pose to celebrate the center's 25th Anniversary of supporting survivors of brain injury.

For 25 years we've been: The 2001 Brain Injury Support Fund, The Krempels Brain Injury Foundation, Stepping Stones, Krempels Center. Now we're Krempels Brain Injury Center and one thing hasn't changed; we're here for you, we're here to stay, and "we get it!"

2025 marks 25 years that the Krempels Brain Injury Center has been a beacon of hope, resilience, and community for survivors of brain injury and their families.

"As we reflect on 25 years of service, we're inspired by the resilience and generosity of our community," said Krempels new Executive Director, Cariann Harsh Daley. "We are committed to building on our legacy, innovating our programming, and continuing to make a tangible difference in the lives of those we serve. We look forward to celebrating these initiatives and using this opportunity to continue spreading awareness about our crucial mission." Krempels is excited to mark this momentous occasion with several initiatives. In parallel with Brain Injury Awareness Month, celebrations kicked off in March with the first event, Light the Bridge, that took place on Mon-



Pictured: Jean Marie Detcher Memorial Bridge in Blue March 3rd, 2025.

day, March 3rd. It was truly a wonderful evening full of joy and reminiscence for over fifty Krempels members and their families, our founders, the staff, and the board. We were graciously hosted by Eastern Bank, and wish to thank them, all who attended, and offer special thank yous to Rick Dumont Images and Jean-Marie Detcher Photography for capturing the evening for us.



Rick Dumont, Krempels Founder David Krempels, his wife Mary, and Krempels members at the bridge lighting March 3rd, 2025.

On Wednesday, March 5th the Brain Injury Association of America, along with the Congressional Brain Injury Taskforce, hosted a Brain Injury Awareness Day on Capitol Hill in Washington, D.C. Krempels' Executive Director, Cariann Harsh Daley, was in attendance and met with members of Congress to share the needs and stories of survivors everywhere and advocate for federal recognition and support

On Tuesday, March 18th, Krempels partnered with Flatbread Company Portsmouth for a Community Bake Night fundraiser to support the center and create awareness during Brain Injury Awareness Month. **Flatbread donated \$1.75 for every small pizza and \$3.50 for every large pizza sold -- dine in and take out.** Proceeds from the event go to helping fund our attendance scholarships and programming for member survivors. It was a wonderful evening; thank you Flatbread Co!

In addition, Krempels staff attended the Brain Injury Association of Massachusetts Conference in Marlborough on Wednesday/Thursday, March 26 - 27.

Lastly, all will have the opportunity to join us for a momentous evening as we celebrate 25 years of transforma-

---Continued

tive work dedicated to supporting survivors and their families at our 25th Anniversary Celebration on Wednesday, June 11. This special dinner will honor the vision and commitment of our founders, acknowledge the leadership of key community figures, and celebrate the resilience of brain injury survivors who have made an extraordinary impact on our organization.

As we reflect on the successes of the past, we also look toward a bright future filled with expanded services and a new facility to better serve our growing community. Your participation in this event will play a critical role in helping us achieve these goals, as the funds raised throughout the evening are essential to advancing the Krempels mission and supporting the vital programs that make a difference in the lives of those we serve.

Highlights of the Evening Include:

Honoring Founders: Paying tribute to those who laid the foundation of our organization.

Award Presentations: Recognizing community leaders and survivors for their dedication and inspiring contributions.

A Look to the Future: Sharing exciting plans for expanded services and a new site for our growing organization.

Celebrating Resilience: Reflecting on the strength of individuals we serve and the communities standing beside them.

To anyone that has been supported by Krempels over the years, we wish to extend a heartfelt thank you for letting us into your new life after brain injury and we hope that we have played a part in helping you find your best life after brain injury. Truly, in remembrance of the 25 years past, and in excited anticipation for the next 25 to come, thank you!



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

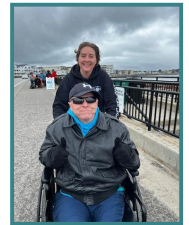


North Country Independent Living

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.

To Make a Referral:

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



DISABILITY RIGHTS CENTER - NOTHING ABOUT US WITHOUT US!

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



New Hampshire lawmakers regularly make decisions that impact the daily lives of people with disabilities, including funding for services, education, housing, healthcare and much, much, more.

Anyone can share their thoughts and experiences with the legislature. When a

bill is under review, committee hearings are held in both the House of Representatives and the Senate. You can participate by speaking at a hearing or by submitting written testimony. Below are step-by-step instructions on how to get involved:

First, Gather Key Information About the Bill:

Look the bill up on the [General Court's website](#).

- Note the BILL NUMBER.
- Note whether the bill is in the HOUSE or the SENATE.
- Note what COMMITTEE will be holding a hearing on the bill.
- Note what DATE the hearing is for the bill.

Having trouble navigating the State House website? Watch this video from our friends at Granite State Independent Living: <https://www.youtube.com/watch?v=yhxPeHXoXNg>

How to Sign-in or Submit Testimony for a Bill in the House:

- Go to the [Online Testimony Submission form](#)
- Enter your information as indicated on the online form.
- Choose the date of public hearing.
- Select the House Committee assigned to the bill.
- Select the bill you want to testify on.
- Indicate your position on the bill ('sign-in').
- Submit your testimony:
 - Option 1: Upload a PDF
 - Option 2: Type your testimony in the text box provided
- Review and hit the 'Submit' button.

How to Sign-in for a Bill in the Senate:

1. Go to the [Senate Remote Sign-in Sheet](#)
2. Select the date of the public hearing.
3. Select the Senate Committee.
4. Select the bill you want to weigh in on.
5. Indicate your position on the bill.
6. Review and hit 'Continue' button to submit your sign-in.

How to Submit Written Testimony for a Bill in the Senate:

1. Click the "[Email Entire Committee](#)" link - this should work if you use Outlook. If you use a different e-mail application, you might have to manually type the committee member's e-mails into your email.
2. Write and submit your testimony and send your email.

How To Watch Committee Livestreams:

Committee hearings are streamed live to YouTube

- [NH House of Representatives Committee Streaming](#)
- [NH Senate Livestream](#)

How to Identify and Contact Your Representative or Senator:

- [Who's My New Hampshire State Senator?](#)
- [Who's My New Hampshire House Member?](#)

How to Learn About Bills of Interest:

Many organizations provide legislative updates via email and social media. For example, both Granite State Independent Living and New Futures send weekly updates:

- Subscribe to GSIL's weekly "Advocacy Alert" [HERE](#)
- Subscribe to New Futures' 'This Week at the State House' emails [HERE](#)

Accessibility and the NH State House.

[New Hampshire General Court Public Notice Statement on the ADA](#): "The General Court of New Hampshire is committed to ensuring that all persons are treated with dignity, respect, and courtesy. The General Court of New Hampshire does not discriminate on the basis of disability in admission to, access to, or operation of its programs, services, or activities. The General Court of New Hampshire does not discriminate on the basis of disability in its hiring or employment practices...."

Questions, concerns, complaints, or requests for additional information may be directed to the New Hampshire General Court's ADA Compliance Coordinator:

Jennifer Becker
 General Court Administrative Office
 107 North Main Street, Room 113
 Concord, NH 03301, (603) 271-5685



Save the Date!!!

19th New Hampshire Caregiver's Conference
Friday, November 7, 2025
8:00 am – 4:00 pm
Grappone Conference Center, Concord, New Hampshire



Keynote Presentation

Caregiver Workshops

Resources

Exhibitors

Complimentary Massage & Reiki

Thanksgiving Luncheon and More!

For more information contact: Ellen at Ellen@bianh.org or visit the Coalition of Caring's website at www.coalitionofcaring.org

Facebook: <https://www.facebook.com/CoalitionofCaring/> Twitter

<https://twitter.com/coalitioncaring>

BRAIN AND SPINAL CORD INJURY ADVISORY COUNCIL

SURVIVOR SURVEY

The Brain and Spinal Cord Injury Advisory Council (BSCIAC) is charged pursuant to RSA 137:K with investigating the unmet needs of individuals with brain and spinal cord injuries through two public hearings held each year. This valuable information is compiled into an 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 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 Edgerly at Ellen@bianh.org.



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



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 questions 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.

For more info: <https://www.brainline.org/>

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.



JOIN US FOR PORTSMOUTH REGIONAL HOSPITAL'S STROKE CAREGIVER SUPPORT GROUP

DATE: LAST WEDNESDAY OF EVERY MONTH
TIME: 5:30-6:30PM

LOCATION

155 BORTHWICK AVE 3RD FLOOR
ROOM 351 (CONFERENCE ROOM)
PORTSMOUTH, NH 03801

FIND SUPPORT, HOPE, AND ENCOURAGEMENT AS YOU CONNECT WITH OTHER STROKE CAREGIVERS WHO ARE NAVIGATING SIMILAR SITUATIONS

FOR MORE INFORMATION CONTACT:
PRHPSTROKESUPPORT.NH@HCAHEALTHCARE.COM



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



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.



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.

603-845-9318
seniorservices@eastersealsnh.org



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

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

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

Please register online at <https://p2p.onecause.com/> 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



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.

Rehab Without Walls

Working together to provide the Neuro Care Continuum



ROBIN HILL FARM
Residential Supported Living Program

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

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

All Programs Feature:

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

Contact us for more information.

Main Campus
p) 603.464.3841
f) 603-464-3851
RehabWithoutWalls.com/RHF



RWW HOME AND COMMUNITY
Neuro Rehabilitation

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

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

We help individuals with a wide range of diagnoses including:

- Traumatic Brain Injury
- Acquired Brain Injury
- Post-Concussive Syndrome
- Spinal Cord Injury
- Parkinson's Disease
- Aneurysm
- Central Nervous System Tumors and Disorders
- Encephalitis
- Stroke
- Anoxia/Hypoxia
- Multiple Sclerosis
- Meningitis
- Complex Orthopedic Injuries

Contact us for more information.

New Hampshire Office
p) 603.239.3639
f) 603-239-3890
RehabWithoutWalls.com



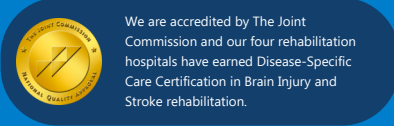
Rehab Without Walls is the only CARF accredited home and community neuro rehabilitation program in the state of New Hampshire.

Choose Northeast Rehabilitation
You make the decision. Together, we'll make the difference.

Inpatient
4 Inpatient Hospitals

Outpatient
20+ Outpatient Centers

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



For information, call (603) 893-2900 Visit us on the web at <http://NortheastRehab.com>

Follow us on Facebook @NortheastRehabilitationHospital



Where the **WARRIOR** Comes to Rest
Pittsburg, NH

PO Box 132

Pittsburg, NH 03592

www.warriors45north.com

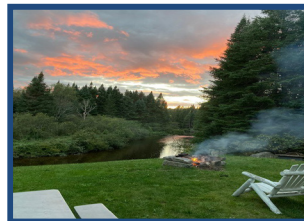
We are a non-profit organization—all donations are tax-deductible

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 March 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/meeting/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

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

Virtual Statewide BIANH Brain Injury Caregivers Support Group, Caregivers Only

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

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, 6:00—7:30 PM

Journey Church, 15 Hutchins Drive, Conway, 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

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

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

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

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:

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: 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: IN PERSON 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: 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

BRAIN INJURY CAREGIVER SUPPORT

Manchester: IN PERSON —2nd Wednesday of every month - 6:00—7:00 PM

Manchester Pathways Clubhouse, 60 Rogers Street, Suite 204, Manchester, NH

Or HYBRID—Zoom ID: 880 7009 6890 Password: 263519

Contact: www.braininjuryhope.org

2025 MEMBERS AND DONORS

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

DONORS AND MEMBERS

Anonymous
Carroll Burns
Eastern Inter-Club Ski League, Inc.
Darryl & Erin Hall
Patricia Putnam
Ed & Valerie Zablocki

IN SUPPORT - PUBLIC HEARING UNMET NEEDS

Jan Soderquist

IN SUPPORT OF VIRTUAL CAREGIVERS SUPPORT GROUP

Chuck Manning

IN HONOR OF GEORGE & CATHY BRYANT

People's United Methodist Church

IN MEMORY OF CHRISTOPHER BUCKNAM

Richard Bucknam
JC & JF Fisher, III
Leonardo & Elizabeth Nak
Matthew Sandler/Granite State Dispatch
Kathryn Wolcott

IN MEMORY OF DIANNE BURELLE

Gilbert Burelle

IN MEMORY OF ANNJEANETTE DOW

Margaret Lyons
Lorene & Chris Reagan

IN MEMORY OF GREG MAJOR

Aden & Julie Stone

IN MEMORY OF ELDON MUNSON, III

Ashley Munson

IN HONOR/MEMORY OF JOHN RICHARDS

Dave & Carol Bovee
Lisa DiMartino
Bobby & Karen Hayes
Steve & Ramie Lepler
Donald Lockwood & Joan Cormier
Shawn Paquette
Susan Sasser
John Schenk
William & Rhonda Schofield
Greggory Wade



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 _____