

HEADWAY

NEWSLETTER



IN THIS ISSUE!

Elizabeth Kenney to Speak at 40th Annual Golf Tournament	Page 1
President & Executive Director Messages.....	Page 2
Elizabeth Kenney to Speak at 40th Annual Golf Tournament (cont'd).....	Page 3
40th Annual BIANH Golf Tournament	Page 4
Disability Rights Center	Page 5
37th Annual Walk by the Sea	Page 6
Walk by the Sea Photo Collage	Page 7
INSIGHTS: Life After Traumatic Brain Injury: A Journey of Resilience and Caregiving ..	Page 8
NCIL Proud!!	Page 9
Spotlight on Krempels	Page 10

Beauties Bowling for Brain Injury	Page 11
2023 Annual Brain Injury and Stroke Conference	Page 12
Annual Brain Injury and Stroke Conference Photo Collage	Page 13
“Motion is Lotion for the Brain”.....	Page 14
Dover, Portsmouth, Exeter, and Merrimack County Bike Safety	Page 15
Warriors @ 45 North	Page 16
Youth Survivors Network and Case Management	Page 17
Support Groups and Caregivers Conference SAVE THE DATES	Page 18
Support Groups in New Hampshire	Page 19
Members and Donors	Page 20

The *Headway* newsletter is NOW entirely online!

The *Headway* newsletter is now produced only in electronic form. If you would like to continue to receive our Headway newsletter issue electronically, please submit your email to mail@bianh.org.

Elizabeth Kenney to Speak at 40th Annual Golf Tournament

By Sarah Kilch Gaffney

BIANH will hold its 40th Annual Golf Tournament on Wednesday, August 9, 2023, at The Oaks Golf Course in Somersworth, NH. The tournament provides support for brain injured veterans and their families by helping veterans to access brain injury services in the civilian system of care and to expand upon the services provided by the Veterans Administration. The tournament also supports the NH ThinkFirst program, which helps prevent brain injury by featuring young brain injury survivor speakers telling their stories at middle and high schools around New Hampshire. Brain injury survivor and BIANH board member Elizabeth Kenney will speak at the tournament.

In 2006, Elizabeth Kenney was 26 years old and living in Washington, D.C., with her boyfriend, Aaron. One of her good friends had bought a house in Oregon, and several friends traveled there to celebrate over the 4th of July, including Elizabeth and Aaron.



After going out for drinks, the group decided to walk home. As they walked, a car came barreling down the sidewalk at 45 mph and struck them as they tried to get out of the way.

Elizabeth and Aaron were both badly injured. Elizabeth’s brain was bleeding in four places, her zygomatic arch was broken, her left arm was shattered into more than a hundred pieces, her left shin was broken, her right ankle was sprained, and her lungs were damaged, among other injuries. Thankfully, the accident occurred near a large hospital that was able to provide the level of care Elizabeth needed, and her providers put her into a medically-induced coma to keep her alive.

When she woke up from the coma, Elizabeth could only speak French (which she spoke almost fluently prior to the accident) and had a lot of trouble communicating

Continued on Page 3

2023-2024 BIANH Board of Directors

EXECUTIVE COMMITTEE

President

Jonathan Lichtenstein, Psy.D., MBA, Lebanon

Vice-President

Jeremiah Donovan, MBA, CBIS, Hillsborough

Treasurer

Michael Palmieri, Concord

Secretary

Heather Rousseau, New Boston

Family Council Representative

Diane Schreck, Nashua

Jeannine Leclerc, Keene

Survivor Representative

Paul Van Blarigan, Hollis

Professional Representative

Eldon Munson, Jr., Franconia

Immediate Past President

Robin Kenney, Ed.D., Peterborough

Executive Director

Steven D. Wade, MBA, Concord

BOARD OF DIRECTORS

Patricia Ciarfella, Center Ossipee

Tiffany Crowell, RN, Concord

Gina England, MA, CCC-SLP, Contoocook

Philip Girard, MS, Deerfield

Elizabeth Kenney, Peterborough

Lorene Reagan, RN, MS

Jonathan Routhier, Concord

Garry Sherry, MS, North Conway

EX OFFICIO

David Grant, Salem

John Richards, MS, MBA, Peterborough

Publisher/Editor

Renee Fistere

Design/Layout

Cantin Design, LLC

PRESIDENT'S MESSAGE

LOOKING BACK, LOOKING FORWARD

by Robin O. Kenney, Ed.D.



As my term as BIANH President concludes this month, I find myself looking back at the many issues we have faced as an organization during my four-year term, and especially to the 'elephant in the room' that posed the biggest challenge of all.

In March of 2020, an Ad Hoc group at the BIANH convened to discuss the implications of the new (and at the time, very much misunderstood) Covid-19 virus. On the date of our meeting, there were seven known cases in New Hampshire. By the following week, the nationwide shutdown was in place and everything about the way we were operating had to change.

As was the case with every organization in America, our board and staff ceased to meet in person and all connections and interactions were conducted via Zoom. In spite of the fact that we could not have done without these cyber space meetings, how sick of Zoom did we all become as the pandemic stretched into months and then years!

How did we continue to assist our clients? The old saying that 'necessity is the mother of invention' was never more real, and we sought out new and creative ways to protect and attend to the needs of our constituency – one of the state's most vulnerable populations. Of course, some of

the initiatives we had hoped to implement during this period had to be postponed or set aside in the service of our central mission, but I remain proud of the fact that we continued to put our clients' needs first and to prevail under extremely trying circumstances.

Today, the BIANH is even stronger and more vital because of the yeoman efforts of a talented and committed staff working under the leadership of Executive Director Steve Wade and his management team.

Looking forward, I am pleased to announce that Jonathan Lichtenstein, Psy.D. of Dartmouth Hitchcock Medical Center will have assumed the Presidency of the Board of Directors as of June 15. Jonathan is well regarded nationally for his wealth of experience in Neuropsychology, and will undoubtedly be a tremendous asset to the future of BIANH.

For my part, I will continue on the board in the capacity of Immediate Past President. I look forward to assisting with the implementation of the strategic plan we have developed as a roadmap forward. And I sincerely thank everyone who has helped and supported me in my efforts to be of service to this organization of which I am so proud.

EXECUTIVE DIRECTOR'S MESSAGE

Brain Injury, Assistive Technology, and Employment

by Steven D. Wade, BIANH Executive Director



In the fast-paced, ever-changing realm of technology, there are a number of accommodations in assistive equipment that enables a brain injured survivor to continue in his/her employment position. Learning to properly be trained to use the equipment allows the individual to maintain his/her status of employment or effectively achieve employment in a new position. The assistive equipment can range from simple, low-tech equipment to more complex, high-tech equipment.

There are numerous challenges that arise after a brain injury: physical challenges, cognitive, social, and emotional challenges. Individuals living with a brain injury may have difficulty remembering tasks, taking on different responsibilities, difficulty in maintaining an attention span, bouts of fatigue, or moments of confusion. With the help of assistive technology, an individual can "get back on his feet" and back in the workforce.

A vast array of resources about accommodations in Assistive Technology for individuals living with a brain injury can be found at: <https://aoddisabilityemploymentcenter.com> while a guide for prospective employers can be found at the website: <https://aoddisabilityemploymentcenter.com> - under "Resources" - [Considerations For Working With Individuals With Brain Injury A Guide For Employment Service Providers](#)

Contact your local vocational rehabilitation office. Their mission statement is:

The Bureau of Vocational Rehabilitation (VR New Hampshire) transforms the lives of Granite Staters with disabilities by helping them prepare for, obtain, and succeed in meaningful careers –all while helping New Hampshire businesses meet their workforce goals.

For more information:

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/about-vr/find-your-regional-office>.

They have the knowledge and expertise to work collaboratively with you in assessing your employment goals and dreams and supporting you to achieve them with expertise and assistive technology as needed.

Note: Thank you to John Richards for his help in developing this information and raising awareness about this issue.

Submission & Editorial Policy: HEADWAY is published by the Brain Injury Association of New Hampshire. The Editor invites and encourages contributions in the form of articles, special reports and artwork. BIA of NH reserves the right to edit or refuse articles submitted for consideration. The Association does not endorse, support, or recommend any specific method, facility, treatment or program mentioned in this newsletter. Please submit items to: Editor, Brain Injury Association of NH, 52 Pleasant Street, Concord, NH 03301. For advertising rates please call 603-225-8400.

Continued from page 1: Elizabeth Kenney to Speak at 40th Annual Golf Tournament

in English. She didn't recognize anyone, including her parents, her sister, or Aaron. She was at the hospital in Oregon for about a month before being airlifted back to New Hampshire to Crotched Mountain. Elizabeth doesn't remember a lot from those days, but she remembers not wanting to be there and wanting to go home. She was in a wheelchair and kept trying to get up before she could walk, and sometimes she would take her socks off, ball them up, and throw them at people—a fact that now gives her a good chuckle.

After being released from Crotched Mountain, Elizabeth went to live with her parents. "Both my parents' lives became centered around taking care of me," Elizabeth shared. "I couldn't live alone, and I wasn't very easy to live with. I made my mom cry most days, and I said and did horrible things, which I don't remember doing." Meanwhile, Elizabeth's entire life became therapy: physical, occupational, and speech therapies filled her days. "Recovery was really bad and tough, and there were times when this was not a life I wanted and I didn't want to stick around." Therapies and her family helped Elizabeth get through the hardest days, and eventually things did get better. Dance therapy was a powerful experience for her and anti-depressants helped immensely with her post-injury depression.

Now, 17 years after the accident that completely changed the trajectory of her life, Elizabeth is happy and living a full life. She lives in Peterborough with her husband Michael and their dog, Lulu. She volunteers at Monadnock Community Hospital in the

window shop, and she serves on the board of the Monadnock Developmental Services (MDS) and on BIANH's board, using her experience to advocate for other brain injury survivors. She's super close with her family, and she loves hanging out with her niece and nephew. Life is good.

"Finding your new normal is tough," Elizabeth said. "You're questioning yourself—is this me, is this my new normal? It's always moving and changing, and I've had to understand that I'm going to keep moving forward, while also accepting that the person I was before my injury is gone. I'm still me in the depths of me, but that person from before is gone." She added, "You have to swim through a lot of darkness to get to that new normal, but it's worth it." Elizabeth is also a big proponent of finding what works for each person. For her, music and dance were the at-home therapies that she found could really help ground her and lift her spirits when she was struggling. "Find something that helps you be yourself and works for you. That's going to look different for everyone."

Elizabeth is passionate about supporting other brain injury survivors. Life after injury is filled with challenges, and she knows that, in some ways, she is very fortunate. "People get dismissed and rejected, and I'm so lucky that my family was emotionally, physically, and financially there for me in every way. I have an amazing family, and I'm so grateful for them." For survivors new to the brain injury journey, she shared her advice to "Stick by the people who really love you and are really trying to help you. They will be your rock when you feel like you are drowning.

The strength of their love will help keep you alive."

Elizabeth will share her story at the tournament on Wednesday, August 9, and we hope to see you there! BIANH's 40th Annual Golf Tournament is generously sponsored by Northeast Rehabilitation Hospital Network, Independence Care, and Robin Hill Farm. To learn more and register to participate in the event, please click [here](#). Learn more about sponsoring the event [here](#). For additional information about the tournament, please call the BIANH office at (603) 225-8400.



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 NH may be able to help. Through a \$5,000 grant received from the Bishop's Charitable Assistance Fund (BCAF), Roman Catholic Diocese of Manchester, 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 Brain Injury Association of NH office for an application at 603-225-8400.





In celebration of our 40th Annual Tournament, we are providing golf shirts for all participants. Please register your team and shirt sizes BEFORE Monday, July 17, 2023!

To Register: <https://bianh.salsalabs.org/40golf/index.html>

PACKAGE 1: Registration, Shirt, and Buffet Lunch, and 15 Raffle Tickets—\$150/person or \$600/Foursome

PACKAGE 2: Registration, Shirt, and Buffet Lunch, 1 Cheat Bag; 15 Raffle Tickets & 15 50/50 Tickets
\$180/person or \$720/Foursome

Additional 50-50 and Raffle Tickets will be available for purchase on date of tournament

Contests: Men's/Women's Longest Drive; Men's/Women's Closest to Pin

Registration & Coffee—7:30 AM

Rules of Play—8:15

Shotgun Start—8:30

Buffet Lunch, and Awards 1:30 PM
with Speaker—Elizabeth Kenney, survivor

INTERESTED IN GOLF SPONSORSHIP?

Presenting Sponsor — \$5,000 (2 available)

- Two foursomes of golfers
- Display banner at event (sponsor provides banner)
- Event program advertising – premium location – front inside cover or back inside cover
- One-year representation on Brain Injury Association Veterans website as a supporter of veterans living with traumatic brain injury and link to your website
- 50 complimentary raffle tickets

Corporate Sponsor — \$3,500

- Foursome of golfers
- Full page advertisement in the event program
- One-year representation on Brain Injury Association Veterans website as a supporter of veterans living with traumatic brain injury and link to your website
- 25 complimentary raffle tickets

Team and Hole Sponsor — \$2,000 **OR**
Cart Sponsor — \$2,000

- Each of the above include:
- Foursome of golfers
 - Signage on the course
 - One-half page advertisement in event program booklet
 - Six-month representation on the BIANH website as a supporter of veterans living with traumatic brain injury and link to your website

Team Sponsor — \$1,500

- Foursome of golfers
- One-half page advertisement in event program booklet
- Six-month representation on the BIANH website as a supporter of veterans living with traumatic brain injury and link to your website

Other Sponsorship (please specify) — \$1,500

- ___ Closest to Pin Sponsor
- ___ Driving Range Sponsor
- ___ Longest Drive Sponsor

Each of the above include:

- Signage on course
- One-half page advertisement in the event program
- Two tickets to prize/awards luncheon

Hole Sponsor — \$750

- Signage on course
- One-quarter page advertisement in event program booklet
- Two tickets to prize/awards luncheon

Contact Renee Fistere—renee@bianh.org or 603-225-8400

DISABILITY RIGHTS CENTER



Disability Rights Center - NH
Protection and Advocacy System for New Hampshire
Advocating for the legal rights of persons with disabilities

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

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

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

We are authorized by federal law to investigate potential abuse or neglect of individuals with disabilities in facilities throughout the state including nursing homes, group homes, hospitals, residential schools, and other facilities serving children and adults with disabilities. This authority is triggered when we receive a report or determine there is probable cause to believe that abuse or neglect occurred. Upon opening an investigation, we are entitled to promptly access facilities, residents, staff, and records.

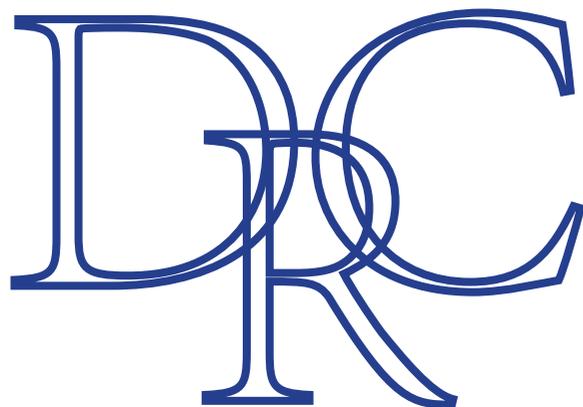
We can also monitor the rights and safety of people with disabilities, regardless of whether an incident of abuse or neglect has been alleged. This monitoring authority includes on-site access to facilities and programs serving individuals with disabilities, as well as the opportunity to speak with residents or staff.

Did you know:

- We pursue administrative, legal, and other remedies on behalf of individuals with disabilities who have experienced abuse, neglect, or other violations of their rights.
- Our staff visit around twenty (20) facilities throughout the state every month.
- In the past six (6) months, our staff drove nearly 5,000 miles while visiting facilities.

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 www.drcnh.org.



37th Annual Walk by the Sea

On Sunday, June 4th we celebrated our 37th Annual Walk by the Sea! About 275 individuals came out to Hampton Beach State Park to enjoy the day, show their support, and walk the 3 miles. Despite the fact that it was a windy and cool day it did not diminish the enthusiasm of those who turned out. BIANH President, Robin Kenney, welcomed everyone at the start of the walk and then introduced Miss New Hampshire, Brooke Mills, who sang the National Anthem and then officially started the walk. Upon their return to the pavilion walkers were treated to lunch and music while enjoying each other's company.

Thank you to all who participated and/or donated to this year's Walk: NH Concussion Center, our Morning Coffee sponsor; Dunkin Donuts, who provided the coffee and donuts; the Munson Family and NCIL for the rest stops and refreshments; to CareOne @ Lowell for their donation of water and snacks; to Rose Meadow Group, our Prize sponsor; to Robin Hill Farm for once again donating the delicious cookies; to Miss New Hampshire, Brooke Mills, for singing the National Anthem; to Jose Yatco for the music and photography; all of the volunteers who helped out at the event, and to NH State Parks for the event being held at Hampton Beach State Park. Because of all of you another fun day was had by all.

Once again teams competed for bragging rights in the categories of most original name, most pledge dollars, the greatest number of walkers and the Eldon R. Munson, III Team Spirit Award. And the winners are....

The most original team name:

Brain Waves – Kim Catania – Team Captain

The team with the most walkers:

Northeast's Rehab Rebels – Renee Duchemin – Team Captain

The team's that raised the most money:

1st Place – **NCIL's Indy's** – \$2,446.10 – Freddi Gale – Team Captain

2nd Place - **B3 - Beautiful, Brilliant, Bruised Brains** - \$1,290.65 – Elizabeth Landry – Team Captain

3rd Place – **Rob's Rapid Reelers** - \$1,005.00 – Karen Mossey – Team Captain

The Eldon R. Munson, III – Team Spirit Award

This year's winning team excels in both enthusiasm and dedication. They held multiple bake sales this spring and created a fundraising calendar with 30-days of raffle prizes. The team spirit they have displayed makes them a most deserving recipient of this year's Team Spirit Award. We are pleased to announce that this year's winner is:

NCIL Indy's – Team Captain – Freddi Gale

Thank you to all of our team captains, team members, individuals and donors who worked so hard to help us raise awareness and pledge dollars this year.

Be sure to go to our Walk by the Sea website at www.walkbythesea.org (click on **Gallery**) to check out this year's photos from the Walk.

Comments from one of our 2023 Team Captains

Thank you all beyond words.

The support you gave to me in signing up to walk. Shirts that are so emotional as so many cared. Those that didn't come I think 6 was weather. But getting wet. Over dressing. Was fine for me.

The caring staff. Snacks. Where it was held was perfect. My 5 grandchildren just having fun!

Saying hi to others as we walked.

Thank you Lori and others. So much. My Mass General doctor Sharon Whitney neuro-oncology wanted photos sent. She would have walked if closer. She loved them.

Thank you. I felt special. Like I matter

Robin



INSIGHTS

Life Perspectives From a Brain Injury Survivor, David A. Grant

Life After Traumatic Brain Injury: A Journey of Resilience and Caregiving



On November 11, 2010, life forever changed when I was struck by a newly licensed driver. I sustained multiple injuries that included a traumatic brain injury. While virtually everyone that I was close to at the time was affected, it's a sure bet that the rest of the world didn't skip a beat. After all, I was only one person of millions of others who sustained a brain injury that year. I did so in a small town in a small state. Life for the world at large went on uninterrupted.

As the years passed, life for those close to me also continued its inevitable forward march. Our children grew up, graduated, bought homes, and some even had children of their own. The fact that I had a brain injury in 2010 did nothing to slow the progression of life. Children age, and so do parents.

In 2019, I lost my beloved mom after an acquired brain injury. Her stroke happened a full year earlier. Her last year was relegated to a locked memory unit. Such was the impact of her brain injury. Fast forward to the present time, and another inevitability of life has come to pass as my dad recently started the final chapter of his life and is now under hospice care.

In the years since our lives changed back in 2010, I've had a front-row seat to life defined by the roles of caregivers and those who need their care. Though I am one of the lucky ones living a full and meaningful life since my brain injury, my wife Sarah keeps a justified watchful eye over me. Though my executive function is close to my pre-injury level, I have occasional bouts with questionable judgment calls. While we both hesitate to use the term caregiver, she deeply cares for me.

With the decline in Dad's health, my role has changed to that of his primary caregiver. Thankfully, it is a role that Sarah and I are both sharing and leaning into. But I have unseen challenges unique to being a brain injury survivor. I am prone to easy emotional overload, my memory often fails me, and my thoughts can be as scattered as a glass jar full of fireflies. And all of these challenges can come on a good day. Add in the stress of adding end-of-life care to it all, and it can be completely and utterly overwhelming.

But in what may sound like an odd thing to say, I am grateful that I am a brain injury survivor. You see, I've had well over a decade to develop and refine compensatory strategies that have not only improved the quality of my life but have made those closest to me less concerned about my ability to navigate life and all that comes to pass.

As we move through this current chapter of life, we are writing everything down that surrounds Dad's care. Medications, doctors' appointments, conversation notes with visiting nurses – you name it, and it's been written down. Prior to 2010, not much was noted in lists of notes, but we've had a decade+ to fine-tune that skill and to reap the benefits accordingly.

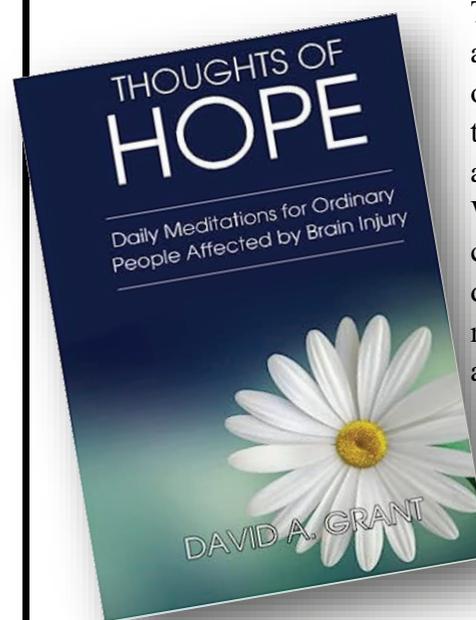
Self-care has never been more important. Over the last few years, I've deeply embraced mindfulness as a way of improving the quality of life. Staying present in the moment, especially during times with a future that is so

uncertain, has proven to be a lifesaver. All I need be concerned about is the present day, and if that is too much (and it often is), then I focus on my breath and bring myself back to the moment. Right here, right now, all is well.

To say that I am different now is an understatement, but not all the changes are bad ones. I have more empathy and compassion now than I ever did in my life before. I see life with a new clarity, for what it is: a precious gift. My stripped-down verbal filter has been such a gift. Never have I been more open with my feelings. Regularly, I tell Dad that I love him. He only recently started replying in kind.

While I am fully aware that we have a tough road ahead of us, I feel ready, ready to move through whatever comes next. But in the final analysis, I really only need to worry about making today a well-lived day. Tomorrow is none of my business.

Thoughts of Hope: Daily Meditations for Ordinary People Affected by Brain Injury—by David A. Grant



This 365-day meditation book is for anyone affected by brain injury! It offers daily guided thoughts of hope that can provide comfort and support as you navigate life after brain injury. Whether you're a brain injury survivor, caregiver, or family member, these daily readings are written with you in mind, and can help you feel uplifted and encouraged every step of the way.

David A. Grant is a freelance writer, keynote speaker and traumatic brain injury survivor based out of southern New Hampshire. He is the author of *Metamorphosis*, *Surviving Brain Injury*, a book that chronicles the first year-and-a-half of his new life as a brain injury survivor. His newest title, *The Chronicles of the Hidden Realm, Book One - The Chosen*, was released in 2018.

David is also a contributing author to *Chicken Soup for the Soul, Recovering from Traumatic Brain Injuries*. As a survivor of a cycling accident in 2010, he shares his experience and hope through advocacy work including public speaking as well as his weekly brain injury blog.

He is a regular contributing writer to Brainline.org, a PBS sponsored website. David is the founder of TBI Hope and Inspiration, a Facebook community with over 30,000 members including survivors, family members, caregivers as well as members of the medical and professional community. He is also the publisher of HOPE Magazine.

NCIL PROUD!!

This past spring saw so much activity within all the residences at North Country Independent Living. Fundraising for the annual Walk by the Sea had the residents and staff creating inventive ideas to involve our communities. The Barrington Residence kicked off by creating a raffle calendar in which individuals asked community members and businesses for donations of gift cards or services to create the calendar and then sold the calendars with the raffle prizes which were drawn daily. Thank you Penni, Barrington residents, and staff for this great wonderful idea. Another annual event was Bake Sales held at Circle K's in Farmington, Rochester, and Settlers Green in North Conway. Thanks again to Penni and Terrie who spearheaded this initiative along with staff and residents whose participation with their creative baking skills provided great community connections. While at the bake sales the interactions with meeting community members included introducing experiences, information sharing, and education on behalf of NCIL and the Brain Injury Association of New Hampshire.

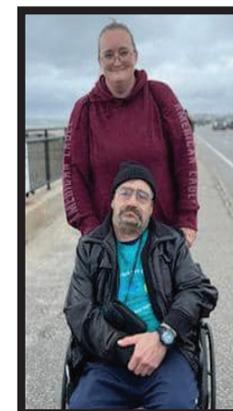
The Walk by the Sea held on Sunday, June 4th saw an overcast, drizzly day, but so much camaraderie was evident with the participation of many teams and individuals walking for brain injury. As Dr. Robin Kenney, President of the BIANH announced the start of the walk, NCIL was also recognized and proud to be the recipient of the Team Spirit Award! Comments made, "This year's winning team excels in both enthusiasm and dedication. They held multiple bake sales this spring and created a fundraising calendar with 30-days of raffle prizes. The team spirit they have displayed makes them a most deserving recipient of this year's Team Spirit Award." Following this award, it was later determined that NCIL was also this year's winner for raising the most money bringing in a total of \$2,446.10!

Continuing to be NCIL proud was the fact that Freddi Gale, CBIS, Executive Director of NCIL was presented with the Ellen Hayes Award for Outstanding Volunteerism. This award was presented at the annual Brain Injury and Stroke Conference held on Wednesday, May 10th, presented by Dr. Robin Kenney and John Richards.

May going into June seemed to be busy months with NCIL residents and staff participating with the annual Valley Pride Clean-up Day in the local surrounding areas with a community cookout following. Memorial Day had beautiful weather for outside cookouts as well. Going into June was the annual recognition luncheon which was held on June 13th at the North Conway Gibson Center to recognize the NCIL volunteers who participate with delivering Meals on Wheels!

This summer will see the outside activities gearing up once again, the Oxford Plains Speedway races start with many residents looking forward to this activity.

Have a wonderful safe summer!



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



SPOTLIGHT ON KREMPELS

Summer Happenings at KBIC

With Memorial Day now come and gone, so did the annual Cisco Brewer's Portsmouth 5K benefiting David Krempels Brain Injury Center (KBIC). For this year's run, mother nature gave her best impression of a mid-August day with scorching temperatures nearing 100 degrees, still air, and no cloud cover. Not the best day for a run! However, as always, KBIC was able to count on our dedicated supporters to show up, move out, and run for brain injury! Despite the heat, over 800 participants ran the race, and in the process raised over \$80,000 to support KBIC and our members this year alone. We couldn't be more grateful for their support. Thank you, runners!

With another successful Cisco 5k in the books, Summer Enrichment officially starts now at KBIC. With our interns off enjoying their summer breaks, it's time to keep the momentum of creating therapeutic and educational programs, and thanks to our fabulous enrichment guests, we'll do just that! Members can expect outdoor activities to abound like pickleball and disc golf, as well as artistic and educational programming, visits from wild animals and their handlers, movie review, and even a self-defense course just to name a few!

Summer and Winter enrichment periods are a vital part of the KBIC yearly schedule, and we need to extend a heartfelt THANK YOU to our enrichment partners while our interns are away. We couldn't do it without them!

With Summer in full swing now, some of KBIC staff's focus now turns to planning our next major event, The King Challenge. This year, our 13th annual, The King Challenge will be held on Saturday October 21st. Save the Date! This annual cycling event has offerings for the whole family and is a critical part of KBIC's fundraising calendar, having raised over 1.25 million to support our center over its twelve-year tenure. Cycler or not, we invite you to come down and enjoy the plethora of activities, the food, and most of all the comradery of those also so excited to be supporting brain injury survivors. Please visit www.kingchallenge.org for more information and we hope to see you there!



 **Krempels Center**
New Life After Brain Injury



“Beauties” Bowling for Brain Injury

Hosted by:
Brooke Mills
Miss New Hampshire



Save the Date!

Sunday, August 20, 2023

4:00—6:00 pm

Boutwell’s Bowling
152 North State Street
Concord, NH

\$40.00 suggested donation/player
Register: www.bianh.org

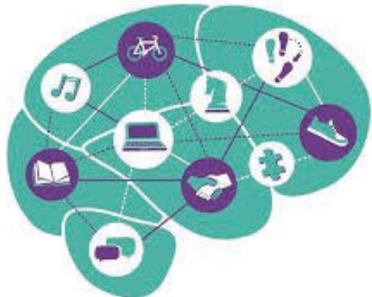
Registration Deadline—Thursday, August 17



Beauties Bowling for Brain Injury is a fundraiser to assist the Brain Injury Association of NH (BIANH) with their Concussion Program.

Currently, BIANH’s Program covers over 18,000 NH High School Students. Besides education & training, the program covers the baseline testing and expert review of the results.

We look forward to seeing you on the lanes!



VIRTUAL BRAIN MATTERS 2023

Registration will be available beginning in January for confirmed trainings.
Please visit www.bianh.org

August 30, 2023

8:30 am—12:30 pm— **Brain Injury 101**

Presented by John Capuco, PsyD

Cost \$25

<https://bianh.salsalabs.org/2023bi101a>

September 12, 2023

9:00 am—10:00 am — **Aging & Brain Injury**

Presented by Jonathan Lichtenstein, PsyD, MBA

Cost \$25

<https://bianh.salsalabs.org/2023abi/index.html>

September 19 & 26, 2023

8:30 am – 12:30 pm — **Brain Injury Fundamentals**

Presented by Erin Hall, MS, CBIST

Cost \$175

<https://bianh.salsalabs.org/2023bif>

November 1, 2023

8:00 am – 12:00 pm — **Challenging Behaviors through Cognitive Reconnections Training**

Presented by Gina England, MA, CCC-SLP

Cost \$25

<https://bianh.salsalabs.org/2023bif>

2023 Annual Brain Injury & Stroke Conference

On Wednesday, May 10th, the Brain Injury Association of New Hampshire held its Annual Brain Injury and Stroke Conference at the Courtyard Marriott and Grappone Conference Center in Concord. It was our second in-person conference since the pandemic!

The morning began with the Keynote “*Embracing Change*” with father and son Tod & Tim O’Donnell. They each shared their story regarding Tod’s injury and the important role that his family played in his recovery. In 2011, Tod O’Donnell lost consciousness while at home, and he hit his head on a bureau and bed railing as he fell to the floor. Tod shared during his presentation that “I would not have survived the brain injury without the support of my wife and kids.”

Tim, their youngest son and an Emmy-nominated filmmaker, directed a new documentary titled *The House We Lived In*, chronicling Tod’s brain injury journey. The film was made over the course of 10 years, and through the film, Tim takes a look at memory, family, and addiction, all while chronicling his father’s brain injury recovery. Their presentation was extremely powerful and well received. Many commented it was one of the best keynotes we have had!

The rest of the day was filled with equally exceptional presentations including a substance use disorder track, the latest trends in brain injury and stroke care, pediatric brain injury, virtual reality, craniosacral therapy, depression, suicide and concussion, and many other excellent topics.

As is customary, the winner of the Ellen Hayes award was announced and presented during lunch. This award is the highest honor the Brain Injury Association of NH bestows upon an individual or organization for their outstanding efforts in support of individuals with brain injuries. This year’s recipient was Freddi Gale, Executive Director of North Country Independent Living. Freddi’s volunteer work has had more of an impact on the success of the Brain Injury Association of NH than almost any other professional over the last dozen or more years. Her leadership, volunteer work and accomplishments truly exemplifies the spirit of the Ellen Hayes Award.

A special thank you to all of our presenters –Katya Bowen, MS, CCC-SLP, CBIS; Sandra Chandler, BS, SLP-A; Krystal Chase, LICSW, CBIS; Sarah Chevrefils, OTR/L, CBIS, NTMTC; Lisa Doyle, PT, DPT, MS, NCS; Kelly Redwine-DePierre, MS, OTR/L, CBIS; Sarah Durante, MD, FAAPMR; Shawn Eagle, PhD, ATC, CSCS; Peter Fifield, EdD, MLADC, LCMHC; Francesca Gilli, PhD, MS; Jay Lancaster, MS, CCC-SLP; Cheryl Lundgren, MS, CCC-SLP; George Matthews; Anne O’Donnell, MS, CCC-SLP; Amy Ramage, PhD, CCC-SLP; Donald Robin, PhD, CCC-SLP; Daniel Seichepine, PhD; Charles Douglas Simmons, PhD, OTR/L, FAOTA, FNAP; Michelle Smith, PT; Suzanne Vance, MS, RN, CPNP; Donna White, RN, PhD, CARN, CADC II, LACD I; and Hannah Zajac, PT, DPT, NCS. We would also like to thank all of our sponsors & exhibitors. Your support enables us to continue providing one of the largest and most comprehensive brain injury and & stroke conferences in New England.

We wish to thank the following Sponsors and Exhibitors for joining us:

Lead Sponsor: Abramson, Brown & Dugan

Supporting Sponsor: NH Bureau of Developmental Services

Sponsors: Encompass Health Rehab Hospital & Well Sense Health Plan

Exhibitors:

Assistive Technology – NH

Brain Injury Association of New Hampshire

CareOne at Lowell

Honorable Robert J. Giuda

David Krempels Brain Injury Center

Mobility Works

NeuroRestorative

New Hampshire Healthy Families

New Hampshire Vocational Rehabilitation

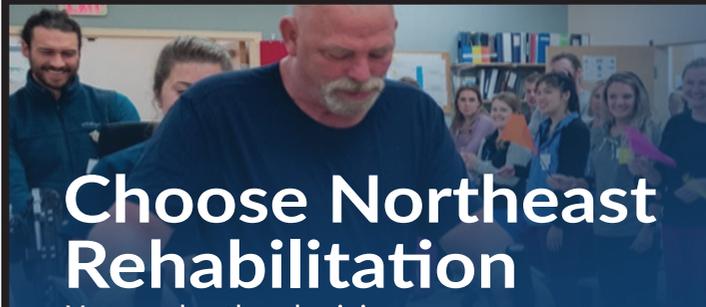
North Country Independent Living

Northeast Rehabilitation Hospital

Rehab Without Walls/Robin Hill Farm

Rose Meadow Group

St. Joseph Hospital Rehab Center



Choose Northeast Rehabilitation

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



Inpatient
4 Inpatient
Hospitals



Outpatient
20+ Outpatient
Centers



Home Care
In-Home
Services

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



Disease-Specific Care Certification
We are certified 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](https://www.facebook.com/NortheastRehabilitationHospital)



Annual Brain Injury and Stroke Conference Photo Collage



“MOTION IS LOTION FOR THE BRAIN”

By Dr. Denise M. Pickowicz, BS, DC, FIBFN-FN, CBIS, DACNB (Board Certified Chiropractic Neurologist, Fellow of the International Board of Functional Neurology, Certified Brain Injury Specialist and Owner of NH Concussion Center)



“Motion is lotion for the brain” is a phrase I once heard a doctor say at a neurology seminar and it has since stuck with me. It reminds me of the care we use when we apply lotion to our skin and the protective benefits of keeping the tissues soft and supple so new cells can be made and the signs of aging and roughness can be reduced. The benefits of physical activity on brain health are substantial and similar to this mental image in many ways. And, the best part is, much like applying lotion to the skin, you don’t have to be an expert to know how to do it, you just need to be consistent to see the health benefits. Daily movement such as taking walks, mopping or vacuuming your floors, shoveling snow, taking the stairs instead of an elevator, and especially performing cardio-type exercises, such as brisk walking, jump roping, running, and swimming, all count as motions capable of transforming your brain into a healthier, more well-oiled, or in this example “well-lotioned,” machine. If you are a brain injury survivor and are experiencing some physical limitations, any movement in your day is helpful and activities such as utilizing an FES Bike, doing rehab exercises with your provider, or utilizing a pool for physical training all add up to. Although it is fairly common knowledge that physical activity can reduce your risk of developing heart disease, stroke, and diabetes, as well as helping to lower blood pressure and weight, most individuals do not realize that by continuing to move, one can also improve memory, cognition, brain fog, mood, energy levels, anxiety, and even depression!

So, what happens to your brain when you exercise to give you these effects? With aerobic type activity, the heart rate in the body increases, causing more blood to course throughout not just muscles, tissues, and various organs of the body, but also to the brain. This flow of blood is important as it is responsible for carrying not just oxygen, but also vital nutrients necessary for promoting neurogenesis, or the birth of new brain cells, which is essential for brain function and healing. This circulation also assists in reducing inflammation that may be in the brain due to exposure to toxins in the environment, an individual’s diet, or even from a recent trauma such as a concussion or mild traumatic brain injury (mTBI). Regular exercise can also protect your brain from premature aging and neurodegenerative diseases. Longitudinal studies done on humans have demonstrated that regular exercise can increase the size of the hippocampus and prefrontal cortex, areas which are important for memory and attention, and which are both susceptible to decay from conditions like dementia and Alzheimer’s disease. Studies have also shown that every time you move your body, several beneficial substances called neurotransmitters (namely dopamine, norepinephrine, serotonin, and acetylcholine) responsible for decreasing feelings of anxiety and depression, are released. Lastly, exercise can even improve the health and function of the synapses between neurons allowing for better transmission and communication of these important cells so that our bodies can have better coordination and reaction times.

At this point, you may be asking yourself just how much exercise is enough to receive all these incredible health benefits? Research shows that most adults should get at least 30 minutes a day of moderate intensity physical activity, 5 days a week or 150 minutes weekly, in order to experience a positive impact on brain function. Keeping in mind that this also includes daily activities such as walking, cleaning, opting for the stairs instead of taking the elevator, or even your regular physical rehab program, might help to make this goal more attainable. If this still sounds daunting, working your way up to 30 minutes daily by doing even 10-minute increments, is still beneficial. And typically, when we start exercising and feeling better, we will naturally increase our activity levels without even realizing it. So, ask yourself, when will you start applying the “lotion of motion” to your brain to begin reaping these amazing health benefits and rewards? Don’t we all owe this to ourselves.

DOVER BIKE & ROLL

In Dover, the Woodman Park Elementary School participated in its annual Bike and Roll to School Day on May 3, 2023. The event emphasizes the importance of issues such as increasing physical activity among children, cyclist and pedestrian safety, building connections in the school community, and choosing alternative modes of transportation. In the attached photo, Dover Police Detective Molly Martuscello joins the group of children and parents at the start of the route. In addition to participating in the event, Dover Police helped monitor traffic and provided coverage at key intersection crossings, and were on hand with a supply of bicycle helmets for any participating children who were without or who

had improperly sized headgear. Helmets were made available through the generosity



of the Brain Injury Association of New Hampshire.



PORTSMOUTH RECREATION & SABR BIKE RODEO

On Saturday, May 20th, the Portsmouth Recreation Department and SABR organized their first bike rodeo on the grounds of Little Harbour School. The event was a real success with over 75 adults and kids participating in various activities run by volunteers. Kids decorated their bikes, had their tires checked for safety, and received free helmets which were provided by the Brain Injury Association of New Hampshire. Kids learned about traffic safety and applied their new skills during mini neighborhood rides led by Little Harbour PE teacher, Sean McGrimley, and SABR President Matt Glenn. Special thanks to the dedicated volunteers and to the local bike stores that donated raffle presents.



MERRIMACK COUNTY BIKE HELMETS

The Merrimack County Sheriff's office received a large number of bike helmets from the Brain Injury Association of New Hampshire. Several of the officers are able to freely pass out helmets to children and families in need of helmets as they are on patrols throughout the communities of Merrimack County. Deputy Brian DeFranzo gave helmets to this family and the children gave back big, happy smiles!



EXETER—3RD ANNUAL BIKE RODEO

The Exeter Police Department in partnership with Exeter Hospital held its 3rd annual bike rodeo on Saturday, May 13. A steady stream of children — about 75 in all — came throughout the morning. More than 60 free helmets were given out, thanks to donations from the Brain Injury Association of New Hampshire and the Injury Prevention Center at Children's Hospital at Dartmouth-Hitchcock (CHaD) Safe & Active Community Program. Detective Bruce Page, who also serves as the department's community resource officer, was busy overseeing the rodeo as he helps to organize it each year. The kids enjoyed maneuvering the obstacle course with some good safety tips from D.A.R.E. Officer Steve Petroski. They also had fun meeting up with McGruff, the Crime Dog, who made a special appearance, thanks to Seacoast Crime Stoppers.



Rose Meadow

Rose Meadow Garden
Rose Meadow Acres
Rose Meadow Farm

Now Hiring!!!

11-16 Residents per Program!

Meals Provided + Breaks Paid

Who are we? Rose Meadow consists of three assisted living programs in New Boston, NH. We are looking for passionate, devoted team members that encourage a comfortable and collaborative work environment. Please contact us if you are interested in a career in helping others and becoming part of our Rose Meadow family.

Available positions:

- Life Skills Facilitator (DSP)
- Licensed Nurse Assistant (LNA)
- Licensed Practical Nurse (LPN)

*Sign on bonus

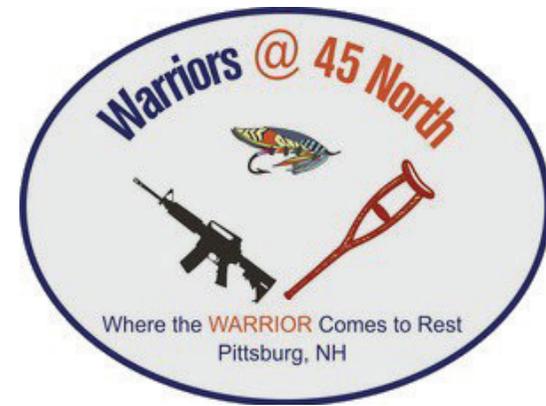
✓ Covid Vaccination NOT Required!

Residents Age Range 21-65yrs

Shifts available 7 days a week!
7a-3p/3p-11p/11p-7a

Work Close to Home!

Contact us:
603-487-3590 ask for Heather Theriault
www.rosemeadowgr
Facebook: @rosemeadowgroup
Instagram: rosemeadowgroup



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:

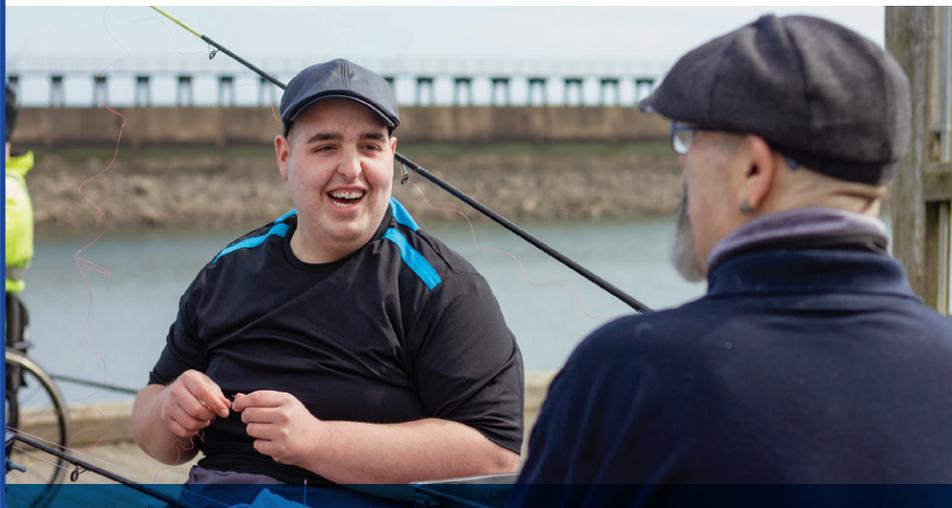
MMC(SS) Jon Worrall, USA RET
(603) 566-8450

Email: mmcsworrall@gmail.com

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

Email: warriorsat45n@gmail.com

Where the **WARRIOR** comes to rest



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

603.464.3841
RobinHillFarm.com

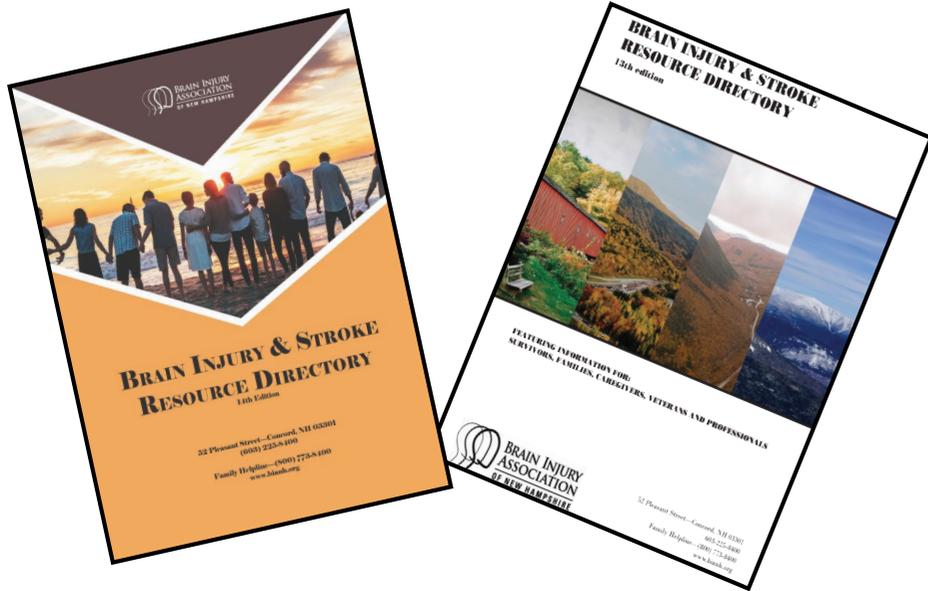
NEW DIRECTORIES and INFORMATION GUIDES!

The Brain Injury Association of New Hampshire has published the 14th edition of their Resource Directory.

We have also made available the Brain Injury Information Guide as a separate resource of information on the effects of and managing life after brain injury.

Call or email to request these directories to be sent to you

603-225-8400 or mail@bianh.org



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

YOUTH SURVIVORS NETWORK



Occurs on the second Wednesday of each month.

A virtual networking opportunity for youth and young adults (16-25) with acquired and traumatic brain injuries in Maine and New Hampshire to share their experiences and build a community of self-advocates.

If you have any questions, please reach out to dcampbell@mpf.org

Register Here

https://us02web.zoom.us/meeting/register/tZ01cOmqT8vH9NeQ8v9Yokb_woX0tWWuvJC



BENEFICIARY DESIGNATIONS CAN HELP FULFILL YOUR CHARITABLE PLANS



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

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

Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

Email _____

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

IN PERSON
PICNIC
CELEBRATION!

Peterborough Brain Injury Support Group
Join Us!

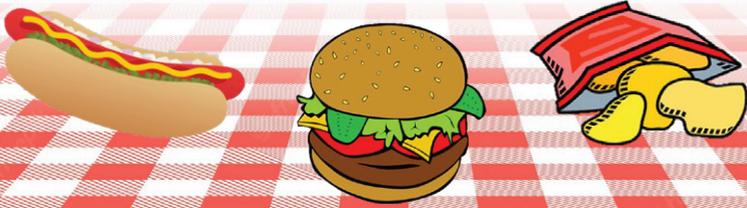
Date: Saturday, July 8, 2023 **Time:** 12:00 pm - 2:00 pm

Location: Edward McDowell Lake Picnic Area
Shelter #2 Down by the Lake
75 Wilder Street, Peterborough, NH

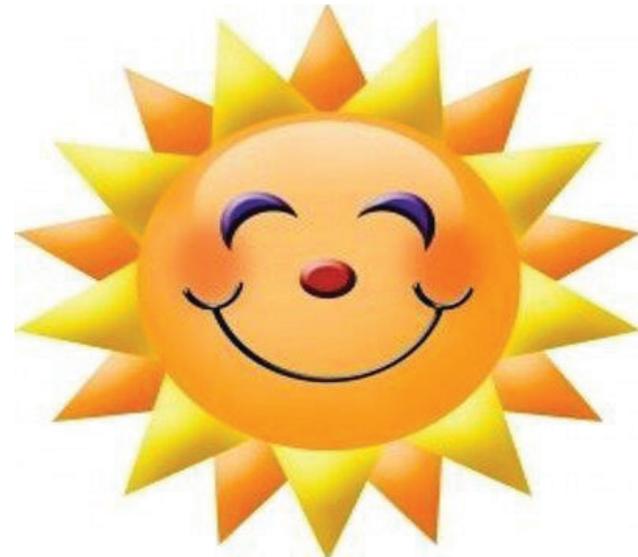
Directions: Take Union Street from downtown and turn right on Wilder Street then go to the end

Hotdogs, Hamburgers and Chips Provided
Pack your hat and sunscreen

Registration is required at <https://bianh.salsalabs.org/peterborough/index.html>
or call Ellen at 603.834.9570



Save the Date



Good Day Sunshine

What: BIANH Concord Support Group Start Up!
When: July 18, 2023
Where: Granite State Independent Living
21 Chenell Drive, Concord, New Hampshire
Time: 6:30pm to 7:45 pm

The Brain Injury Support Group in the Concord Area Is Going Live!

**Yes! You heard right. We Are Resuming Our Face-to-Face, IN-Person Meeting!
Pizza Will Be Served So Bring Your Appetites! We Are Looking Forward To
Spending The Evening With You!**

Registration is required at <https://bianh.salsalabs.org/concord/index.html>
or call Ellen at 603.834.9570

Save the Date!

**2023 Caregiver's Conference Connections:
An Online Listening and Learning Series**
Thursday, August 24, 2023, 6:00 pm – 7:30 pm

“Embracing and Overcoming Caregiver Compassion Fatigue”

Participants will Learn Practical Ways to Recharge and Refuel, Give Themselves Permission to Refuel, Provided with Free Resources for Caregivers to Explore and Have Permission to Have “Bad Days”.



**Guest Presenter Debi Bennis, Special Needs
Educational Consultant & Caregiver**

As a special needs mother, teacher, sibling to a person with a traumatic brain injury, caregiver to an aging parent, Debi has not only experienced Compassion Fatigue, but also seen the toll it can have on the devoted caregivers that make up the understaffed population of direct support providers.

Online Registration at www.coalitionofcaring.org

**Lead Sponsors: Bureau of Developmental Services, NBM,
New Hampshire Family Caregiver Support Program, WellSense Health Plan**

For more information contact: Ellen at Ellen@bianh.org, 603-834-9570 or visit the Coalition of Caring's website at www.coalitionofcaring.org

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

Save the Date!!!

17th New Hampshire Caregiver's Conference
Wednesday, November 8, 2023
8:00 am – 4:00 pm
Grappone Conference Center, Concord, New Hampshire

- Keynote Presentation**
- Caregiver Workshops**
- Resources**
- Exhibitors**
- Complimentary Massage & Reiki**
- Raffles**
- Thanksgiving Luncheon and More!**

**Lead Sponsors: Bureau of Developmental Services, NBM,
New Hampshire Family Caregiver Support Program,
WellSense Health Plan**

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>

SUPPORT GROUPS IN NEW HAMPSHIRE

Revised June 2023 —Times and places may change without notice—please call in advance

VIRTUAL SUPPORT GROUPS

The Brain Injury Association of New Hampshire will be hosting a monthly Brain Injury Caregivers Support Group online support group that will be held through the ZOOM Virtual Platform and four in person support groups, all are welcome to attend.

Virtual Statewide Brain Injury Caregivers Support Group, Meets the 4th Tuesday of the month, 6:30 pm – 7:30 pm
register at: <https://bianh.salsalabs.org/bicsg>

Virtual Youth Survivors Network - For brain injury survivors age 16-25, From Maine, New Hampshire & Vermont
Meets the Second Wednesday of the month, Meeting Time: 4:00 – 5:00 pm

Register at: https://us02web.zoom.us/meeting/register/tZ0lcOmvqT8vH9NeQ8v9Yokb_woX0tWWuvJC

Registration contact: Dylan Campbell: dcampbell@mpf.org

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

IN PERSON SUPPORT GROUPS

Peterborough Brain Injury Support Group –Meets the 1st Tuesday of the month, 6:00 pm-7:30 pm

Due to holiday, July's Meeting will be held on July 8th at Edward McDowell Lake Picnic Area

Monadnock Community Hospital, 452 Old Street Road, Peterborough, NH

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

Due to holiday, July's meeting will be held on July 11th

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

August meeting will be held on August 22nd, Support Group BBQ

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

No August Support Group Meeting

Granite State Independent Living, 21 Chenell Drive, Concord, NH

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

APHASIA:

Nashua: Currently suspended—for more information, call Laura St. Joseph Hospital Outpatient Rehab Clinic, 75 Northeastern Blvd, Nashua

Contact: Laura Fonden

Phone: (603) 882-3000 (x67530)

Contact: Lesley Hill

Phone: (603) 595-3076

BRAIN INJURY & STROKE

Concord: Virtual Community Stroke Support Group, 3rd Tuesday of the month, 4:30pm, Encompass Health (formerly Healthsouth)

Phone: (603) 226-9812

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: Lindsey.wyma@wdhospital.org

Durham: In Person UNH Occupational Therapy Department
UNH OT Stroke Survivor Group — SUSPENDED UNTIL FALL

Meets Tuesdays; 1:00 – 4:00 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, 3:00pm, 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: Shawna Malynowski, Phone: (603) 653-1117

Contact: Sarah Braginetz, Phone: (603) 650-5104

Contact: Aging Resource Center Phone: (603) 653-3460

Nashua: Currently Suspended— 1st Wednesday of the month, 6:00-7:30pm, 4th Floor, St. Joseph Hospital, 172 Kinsley Street, Nashua, NH

Contact: Patti Motyka

Phone: (603) 882-3000 ext: 67501

Salem: Virtual Northeast Rehab Mild Brain Injury Support Group; Meets the 2nd Wednesday of the month, 5:00 pm- 6:00 pm

Email: bcapobianc@northeastrehab.com to RSPV.

Salem: Virtual Northeast Rehab Stroke Support Group: Meets the 3rd Wednesday of the month, Meeting Time: 4:00pm-5:00 pm

Email: StrokeSupportGroup@northeastrehab.com to RSVP

BRAIN TUMOR:

Derry: Appointment Only Due to COVID-19.

Contact: Urszula Mansur

Phone: (603) 818-9376

2022-2023 MEMBERS AND DONORS

Thank you to all our members and donors!

(This list reflects donations received from January 1, 2023 to present)

DONORS AND MEMBERS

Anonymous
 Eveleen Barcomb
 John & Pamela Blackford
 John Capuco
 The CMH Foundation
 Bob & Missy Fellows
 Rosalie Johnson
 Mark Paquin

IN HONOR OF PAM DUBE
 GFWC-Amoskeag Community
 Volunteers

IN HONOR OF THE PAGE FAMILY

Tara Eggleston-Johnson

IN HONOR OF ROBIN KENNEY, Ed.D
 Michael Jourdan

IN HONOR OF JOHN RICHARDS

Dave & Carol Bovee

IN HONOR OF JASON SCHRECK

June Rose

IN MEMORY OF DIANNE BURELLE

Gilbert Burelle

IN MEMORY OF PAUL ANTKOWIAK

Paula Antkowiak
 Judith Dugan
 John & June Lahey
 Eugene & Diane McCarthy
 Frank & Shirley Pallaria, Sr.
 Ronald & Kristen Pascucci, Jr.

IN MEMORY OF LARRY DOIRON

Judy Patrick

IN MEMORY OF ELIZABETH KILEY

Carroll Burns
 Darryl & Erin Hall

IN MEMORY OF KAREN MERROW

Scott Merrow

IN MEMORY OF ELDON MUNSON, III

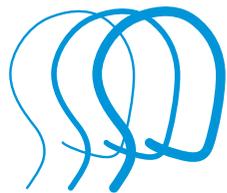
Douglas Kinter
 Dave & Gail Munson

IN MEMORY OF DAVID NELSON

William Prenovitz

IN MEMORY OF DEAN ZIMMERMAN

Robert & Annette Durbin
 Jean Farnum



**BRAIN INJURY
 ASSOCIATION**
 OF NEW HAMPSHIRE

ANNUAL FUND

Gift Amount: \$1000 \$500 \$100 \$50 \$25 Other \$_____

Gift Frequency: Monthly Quarterly Annual One-time gift

What your donation can do -

\$25 can provide a bike helmet
 \$50 help cover 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 computer needs
 \$1000 offers assistance with technology or specialized equipment not covered

MY GIFT IS A TRIBUTE —

IN MEMORY OF _____

IN HONOR OF _____

Donate Online — You can easily donate online; go to www.bianh.org and use the DONATE tab.

Bill Me — We will invoice you based on your gift frequency designated above.

Check Enclosed

NAME _____

ADDRESS, CITY, ZIP: _____

EMAIL ADDRESS: _____ **PHONE:** _____

YOUR DONATION IS FULLY TAX DEDUCTIBLE. OUR TAX ID IS 02-0397683