

HEADWAY

NEWSLETTER



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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.

Collaborative Care Program: A Team Approach to Supporting Brain Injury Survivors

Nearly 11 years ago, the Center for Life Management (CLM) began creating the Continuum of Collaborative Care, a model developed to decrease silos between developmental services and/or brain injury services and mental health providers. Created in partnership between CLM and Community Crossroads as a pilot with 13 individuals with dual diagnoses, the program has now supported over 400 individuals and led to the implementation of the Collaborative Care Program. The Continuum of Collaborative Care has hosted a statewide training series and continues to offer training opportunities statewide and nationally.

In July of 2019, the CLM created the Collaborative Care Program, where individuals with a dual diagnosis of brain injury and mental health care needs can be served by one unified team. These teams, which are designed to support a client’s specific needs and often include professionals like case managers, therapists, and psychiatrists, all work together and share information to best support clients. The goal is to reduce redundancy and improve efficiency, so instead of a client having to repeat information to



each provider at each appointment, the entire team is already on the same page. Support through the Collaborative Care Program has a huge impact on individuals in New Hampshire living with brain injury and mental health diagnoses, and the program has already served around 100 clients to date.

Julie Lago is the Director of the Collaborative Care Program. She shared that, in a world of silos, this continuum of care model provided by the Collaborative Care Program was created out of necessity. “We want people to have one team, share one message, and have one plan of care. We also want to foster an environment where our clients can take the lead in their care by learning about their symptoms and diagnoses, increase functioning, and really be empowered to tell their teams what they need,” she added. “With the Collaborative Care Program, we embrace the idea of treating people as people regardless of their diagnosis, and we simply focus on what our clients need.”

Chelsea Zarcone, who joined CLM and the

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PRESIDENT'S MESSAGE

CAREGIVERS: THE INVISIBLE BUT VITAL MEMBERS OF THE DISABILITY COMMUNITY

by Jonathan D. Lichtenstein, Psy.D., MBA



In addition to being the President of the BIANH Board, I am also a neuropsychologist. While I really enjoy working with my patients, I also relish the opportunities I have to connect with their caregivers. Most of my patients are kids, which means they always come with caregivers. Parents, grandparents, aunts, uncles, foster parents, adoptive parents, siblings, volunteers, members from the community – the list goes on. There is so much love, but so many other emotions, too -- anger, sadness, frustration, loss. When faced with chronic medical conditions, the burden upon caregivers is enormous. Importantly, the responsibility a caregiver takes on for patients with brain disorders, might be the most important role in the whole enterprise that invests in improving an individual's quality of life. The research is clear. For individuals with a brain disorder: the higher the degree of environmental and external supports, the better the outcomes. Such a big part of that support system is our caregivers.

As a vital part of the disability community, we have to take care of caregivers! We cannot overlook their importance in the lives of our loved ones, our patients, and our colleagues. And now is a pivotal time to enhance this message and further this mission.

Our caregivers need more community support. We have workforce shortages in almost every industry, and the

caregiving sector is no exception.

How many times do I have to meet with families and hear the same story: We tried to get respite – the money is there – but there is no one to do it. This results in our caregivers feeling exhausted, overwhelmed, and undervalued. And that is just wrong. Caregivers should be in the front of our minds, not an afterthought. *We need to consider the caregiver, when we consider the patient.* And for many of our patients with chronic medical conditions, such as developmental disabilities, mental illness, stroke, dementia, and yes, traumatic brain injury – there must be more attention paid to how we will bolster and fortify caregivers, as a challenging road lies ahead for all parties.

We need more established programs for caregiver wellness offered to families upon hospital discharge and built into our rehabilitation hospitals. We need more research focused on how to best source community support for caregivers and design models of care that enhance caregiver resilience. And ultimately, the medical establishment must acknowledge that what caregivers face today is a form of healthcare inequity – despite their foundational role in enhancing patient outcomes, they remain a marginalized group. Their needs ignored, their value misunderstood. We need to do better.

EXECUTIVE DIRECTOR'S MESSAGE

MOVING FORWARD IN A CONVERSATION

by Steven D. Wade, Executive Director



For everyone who has observed and participated in the brain injury community for any length of time, we inevitably come around to the question of: "How do we get the word out and how do we share our message with survivors, family members, professionals, and especially our elected officials?"

March is Brain Injury Awareness Month. BIANH would like to share opportunities to ensure that others are better informed.

The Administration for Community Living, (ACL), a federal agency that oversees services for brain injury, is sponsoring a TBI Partners Day, Thursday, February 29, 2024. The ACL will bring partners and interested parties together to discuss important issues around TBI services, supports, and systems and to learn from other partners, brain injury survivors, family members, support networks, and state and federal representatives. This year, there will be sessions on criminal justice, behavioral health, and aging with a TBI.

BIANH will be advocating for the renewal of the traumatic brain injury act (TBI Act) at the federal level. Three important tasks in the Act are:

- The Federal TBI State Grant Program, authorized by the TBI Act, has provided crucial support to states, American Indian

Consortia, and territories for seventeen years. This program has enhanced access to service delivery and expanded advocacy services for individuals with TBI, including underserved populations such as children veterans, and those with co-occurring conditions. To ensure the sustainability of grants for the 28 states currently receiving funding and to expand the program to additional states, we are requesting steady increases over five years. These additional resources will allow for the improvement of state service delivery and the expansion of vital services and supports, such as Information & Referral (I&R) and systems coordination.

- The TBI Protection and Advocacy Program has been instrumental in protecting the legal and human rights of individuals with TBI. State Protection and Advocacy Systems (P&As) offer essential services, including self-advocacy training, outreach, information & referral, and legal assistance.

Please encourage the attention of the New Hampshire Senators and Representatives to this important 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: Jonathan D. Lichtenstein Elected New BIANH Board President

Collaborative Care Program as an intern in 2019 and now serves as their Clinical Brain Injury Specialist, is excited about bridging the gaps for individuals needing support for both their brain injuries and mental health needs. “Physical injuries are often very tangible, and it’s a lot harder for folks to see and recognize invisible injuries that impact someone’s cognitive, mental, and emotional health,” she said. Chelsea works directly with clients as a therapist with a valuable skillset: she has training in both mental health and brain injury. “One of my favorite things is teaching people,” she added. “Helping people take the lead in their own care is amazing.”

Jacob LaBrack is one of those clients. In 2018, when Jacob was 26, he was in a motorcycle accident that changed the trajectory of his life. For Jacob, the Collaborative Care Program has made all the difference in his recovery and ability to move forward. “You are not a number there,” Jacob shared, “and I know my whole care team by their first names, and they know me.” He added, “My team shares notes so they are all on the same page, and they work hand in hand together. When I am experiencing challenges, they are all working together, so the information flows, and you have a bigger team supporting you without having to deal with logistics.” Working with the Collaborative Care Program has enabled Jacob to get the support he needs to manage his health needs, return to work, and care for his young son. He has returned to riding a motorcycle as well, though he now wears a helmet.

As is the case with many individuals needing support, whether for brain injury, mental health needs, or both, Jacob discovered that sometimes you just don’t know what services are out there that you could benefit from. Here again, the Collaborative Care Program

steps up to support its clients. “I had no idea what a case manager did, and I didn’t know how one could help me. It opened my eyes to so much more that was available to me.” Along with broadening the scope of resources and supports Jacob is aware of, the Collaborative Care Program also helps him access those supports. “Having a team support you takes so much of the intimidation out of seeking and getting care,” Jacob shared.

The Collaborative Care Program not only supports individuals living with a dual diagnosis, but it also provides support for caregivers. “Family caregivers are brought in as part of the team,” Julie noted, “and we work with the clients so they can then teach their caregivers about their diagnosis and what they need—in our program, the clients are truly taking the lead.”

Historically, individuals with dual diagnoses have often struggled to get the care and services they need. With the Collaborative Care Program, that is changing, one client at a time. For Julie, Chelsea, and the rest of the Collaborative Care Program team at CLM, their work is all about supporting a quality of life for people and giving them the tools and skills to lead their lives and get what they need. “We want everyone to be assessed for the needs of their whole person, including mental health,” Julie said. She added, “We want people to have equal access to team-based mental health care, and we want our model to be the expectation, not the exception.”

For Jacob, the Collaborative Care Program’s impact didn’t stop with his team’s support of his needs. “I saw a lot of people with similar stories to mine while I was recovering, and I really benefited from hearing others’ stories,” Jacob said. Now, Jacob is sharing his

own story to help others on their recovery journeys through one-on-one conversations, support groups, and presentations. He recently co-presented with Chelsea at the NH Behavioral Health Summit and shared his survivor perspective. “The second CLM gave me the opportunity to give back, I took it,” Jacob said. “CLM motivated me to see the ripple effect of how time, words, and sharing stories can help so many people.” Jacob is grateful for the support he receives from the Collaborative Care Program, and he is passionate about helping other survivors as much as possible. “Being able to help others—I have never felt that kind of fulfillment before. It changed everything and is a huge milestone for me.”

For more information about CLM and the Collaborative Care Program, please visit the program’s website <https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care/learn>.



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.



17th Annual New Hampshire Caregiver's Conference Goes "Live"

A 2023 AARP report titled "Valuing the Invaluable finds family caregivers provide an average of 18 hours of unpaid care per week, a commitment often overlooked by policymakers, until now."

The 17th Annual New Hampshire Caregiver's Conference was held on Wednesday, November 8th at the Grappone Center in Concord. This year was the first in-person conference since 2019. Caregivers were very pleased to once again engage with each other!

The morning started with a hot breakfast buffet, followed by Keynote Speaker Rebecca Rule's presentation **"We Cried So Hard We Laughed: Stories from New Hampshire Caregivers"**. Rebecca shared stories from New Hampshire caregivers that resonated with the audience. Caregivers attended workshops throughout the day that related to their caregiving lives along with visiting many exhibitors. A Thanksgiving luncheon was served followed by an apple crisp dessert break!

Complimentary reiki, massage and reflexology therapies were offered to Caregivers throughout the day. Prizes were raffled off at the end of the day along with a "Yoga Peaceful Send Off" with Jeannine Romeo, one of our coalition members.

Based on the feedback and evaluations received, the Coalition of Caring Planning Committee hosted a conference that provided an opportunity for caregivers to reenergize themselves after providing many hours of caregiving as noted in the AARP report. In addition, caregivers received new information, good resources and had the opportunity to network with other caregivers!

Thank you to the lead sponsors **Brain Injury Association of New Hampshire, Bureau of Developmental Services, New Hampshire Family Caregiver Support Program, Northern Business Machines, Well Sense Health Plan, and all the other sponsors.** This conference could not be held without their generous support.

Mark your calendar! The 2024 Caregiver's Conference will be held on Wednesday, November 13th.



ATTENTION GOLFERS!

Join us for the 41st Annual Golf Tournament - Wednesday, August 7, 2024

New Location: Pembroke Pines Country Club, Pembroke, New Hampshire



For more information

renee@bianh.org
603-225-8400



NEW VENUE



THE STATE OF NEW HAMPSHIRE
GOVERNOR'S COMMISSION ON DISABILITY
STATE TREASURY
CONCORD, NH 03301

FAQs – New Hampshire's new beginning for the ABLE Savings Program with the National ABLE Alliance

Is NH ending the STABLE NH plan?

No, an advantageous change will occur on October 26, 2023, when a new ABLE (Achieving a Better Life Experience) savings account program will launch in the State of New Hampshire.

Why is this change occurring?

Last year, the State of New Hampshire conducted a due diligence and robust research to evaluate the current ABLE savings account program national landscape and to determine if it was in the best interest of the State of New Hampshire to continue the relationship with the current program manager. We decided that while the current partnership has provided a tax-advantage savings plan for eligible individuals in our state, **we believe the partnership with the National ABLE Alliance will be a better fit for our state and will better serve the disability community in New Hampshire, now and in years to come.**

Where can I get more information?

Starting on October 26th, you'll be able to obtain detailed information about The NH ABLE Plan (the "Plan"), by calling 888-609-3263 or visiting <https://savewithable.com/nh/home.html> to obtain the Plan Disclosure Booklet and/or the Investment Policy Statement, which will include details and features of the Plan, investment objectives, risks, charges, expenses, and other important information about the Plan. Please read and consider the Plan Disclosure Booklet carefully before investing. Note that the website will not be available until October 26, 2023.

How do I switch plans?

Starting on October 26th, 2023, go to <https://savewithable.com/nh/home.html> and complete an enrollment form and an incoming rollover form. **Note:** This website will not be available until October 26th, 2023.

Who can open the Account for an Eligible Individual?

An Eligible Individual can open an Account for themselves, or an Authorized Individual can open an Account on behalf of an Eligible Individual. An Authorized Individual must be one of the following, in order of priority: an

Authorized Agent under Power of Attorney, a legal guardian or conservator, spouse, parent, sibling, grandparent, or a representative payee (person or entity) appointed by the Social Security Administration.

How does a person qualify to open an account?

You can be eligible for an account if:

- Your disability was present before the age of 26; and
- One of the following is true:
 - You are eligible for SSI or SSDI because of a disability;
 - You experience blindness as determined by the Social Security Act; or
 - You have a similarly severe disability with a written diagnosis from a licensed physician that can be produced if requested.

Can I keep my STABLE NH account?

Yes, but this transition allows you the opportunity to transfer your assets to the new New Hampshire ABLE program beginning on October 26, 2023.

What happens if I take no action?

Your account will remain with the current program manager. Once The NH ABLE Plan is launched on the morning of October 26th, you can review the features that the Plan offers and you can make an informed decision if you'd like to enroll into The NH ABLE Plan.

Will I lose the money I have in my STABLE NH account when the new plan starts?

If, on October 26, 2023, you choose to do nothing then your account balances will remain unchanged in the state of Ohio's plan except for the normal changes due to fees, investment return, deposits and withdrawals. However, if you choose to switch plans and transfer your money to the new New Hampshire ABLE program, you will need to complete an incoming rollover form to move your money into the new plan.

Will the new plan be serviced by Vestwell?

No, the new plan will be serviced by Ascensus. Ascensus provides program management for the National ABLE

Alliance which is a consortium of States dedicated to providing those living with disabilities with an ABLE investment product that offers multiple financial options at low cost.

Who do I call if I want to discuss the changes further?

Please know that we encourage you to contact us directly if you have any questions. Please feel free to contact the Governor's Commission on Disability office at 603.271.2773, or disability@gcd.nh.gov

Will the plan changes affect the individual's Medicaid status?

No, the changes to the plan will not impact any federal or state benefits.

What are the fees with The NH ABLE Plan and the STABLE NH Plan?

The fees associated with the NH ABLE Plan are as follows: The Annual Account Maintenance Fee is \$58. The Fee is reduced to \$33.00 if E-Delivery for statements, confirmations, the Plan Disclosure Booklet, Supplements, and tax forms is established. The Account Maintenance Fee is assessed quarterly.

Additionally, there are Annual Asset-Based Fees on the six Target Risk Investment Options, ranging from 0.30% to 0.33%, depending on the option.

For the Fifth Third Checking Account Option, there is a monthly service fee of \$2.00, which is waived if E-Delivery is established for the checking account or if the checking account maintains an average monthly balance of at least \$250.

To review current fees for the STABLE NH Plan, please visit <https://stablennh.com/faqs/what-are-the-fees>.



VIRTUAL BRAIN MATTERS 2024

Wednesday—February 21, 2024

Behavioral Changes after Brain Injury (For Families & Caregivers)

Presented by Toni M. Curry, PhD, NCSP

Cost: None

Time: 4:00— 6:00 PM

Register: <https://rb.gy/6udh6w>

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.

Wednesday—March 20, 2024

Concussion Management of Students

Presented by Jonathan Lichtenstein, PsyD, MBA

Cost: \$25.00

Contact Hours: 1.5

Time: 4:00 – 5:30 pm

Register: <https://rb.gy/oit617>

Mild traumatic brain injury, or concussion, can be a significant disruption to the lives of students. Concussions impact our thinking, sleeping, emotions, and how we feel physically. Once the immediate neurological concerns of a concussion have been ruled out, however, caring for students is mostly behavioral in nature. We monitor, we observe, and we respond. Simply stated: good concussion management is good behavioral management. As such, schools are the ideal environment to facilitate recovery and return students to their pre-injury levels of performance. This talk will expand upon this idea, draw upon evidence-based methods, and share information from years of experience managing concussions in schools. In addition, we will review New Hampshire's new return to learn law and discuss what schools can do to be in compliance.

Wednesday, April 17, 2024

Brain Injury & Mental Health: A Survivor's Perspective

Presented by Chelsea Zarcone, LICSW, CBIS and Jacob LaBrack

Cost: \$25

Contact Hours: 1.5

Time: 9:00—10:30 am

Register: <https://rb.gy/1ffd4b>

Through the discussion of common symptoms/side effects following an acquired brain injury, participants will be able to better meet clients' mental health needs. By participants better understanding the intersectionality of these two co-occurring disorders, specifically from a survivor's perspective, providers and natural supports, can better work with individuals to meet them where they are at in both their recovery and stage of change. Upon the completion of this presentation, participants will have increased knowledge of how to assess for and/or encourage assessment of the mental health needs of those with brain injury, as well as better understand from a first-hand account.

Wednesday, May 8, 2024

40th Annual Brain Injury & Stroke Conference

Wednesday, May 22, 2024

Behavioral Changes after Brain Injury (For Families & Caregivers)

Presented by Toni M. Curry, PhD, NCSP

Cost: None

Time: 4:00— 6:00 PM

Register: <https://rb.gy/y72q8x>

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.

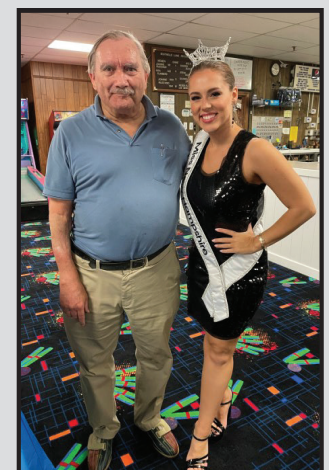
For more information, contact Lori Sandefur—lori@bianh.org

www.bianh.org

8th Annual Beauties Bowling for Brain Injury a Success

Beauties Bowling for Brain Injury was hosted by Miss New Hampshire, Brooke Mills, on Sunday, October 22nd at Boutwell's Bowling in Concord. Over 45 people, including a dozen pageant titleholders, gathered for the 8th annual bowling event, raising over \$1450 for the Brain Injury Association of New Hampshire. Awards were given for the highest and lowest individual bowlers and teams. Food, raffles, and an opportunity for prizes were enjoyed by all. The fundraiser was sponsored by Crossroads Chiropractic, PC and area businesses including Live Juice, Funspot, and Binnie Media contributed prizes.

Brooke suffered a concussion at age fourteen in her high school gym class and suffered from Post-Concussion Syndrome for several years. She founded this event on behalf of BIANH in 2014 and has raised over \$12,000 to date. Also, the founder of National Concussion Awareness Day®, Brooke has used her year as Miss New Hampshire 2023 to raise awareness of concussions and brain health. Brooke will represent the Granite State at the Miss America Competition to be held January 14, 2024 in Orlando, Florida.



INSIGHTS

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



Surviving the Holidays With Grace & Sanity

By now the holiday season is behind us. Due to the reality of writing deadlines, I am actually penning this piece before Christmas. I recently heard the holiday trifecta of Thanksgiving, Christmas, and New Years called the Bermuda Triangle of emotion. No one knows this better than brain injury survivors!

Now over thirteen years into my life as a brain injury survivor, there is a lot that I've learned about navigating this often overly busy season. Like many people who share my fate, most of what I've learned, I learned the hard way as I desperately tried to live as I once did. But the reality is that there is no going back, no do over, no reset button. Once I became part of the survivor community, I learned over time that there is no going back.

I have learned that my experience can help others, and today I'll share a couple of things that have helped me the most. Perhaps they can help you.

Honoring my limits: This was a hard-learned lesson. For many years post-injury, I tried to live at the same pace that I did before my injury. The price I paid for trying to do too much can be high. Sometimes I can recover in a day or so, while there are times that it can take me days to get my feet back under me. Such is the unpredictability of life after brain injury.

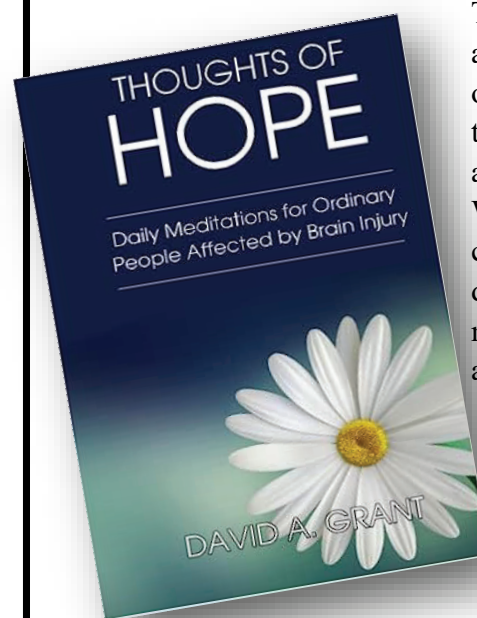
Learning to say no: I have always been one to go with the flow. Part of this is because I really like to be fully invested in life. But I am also a bit of a people-pleaser. My default response to most everything is most always the same, "Sure, I'm in!" But this is very much in lockstep with honoring my limits. It took me many years to simply say, "No thank you," to a request for something that might simply be too much for me. Don't get me wrong. I have adopted this strategy not because I like it, or because it's good for me. Rather, this is a survival must these days. I live a pretty contented life these days. Saying no is a self-preservation strategy that allows me to be the best version of me possible, as often as possible. Pardon the pun, but it's a no-brainer.

Giving back: Long ago I embraced the words of a man now deemed a saint: "It is in giving that we receive." I have learned that one of the secrets of living a deeply fulfilling life is this: by giving back, the more blessed life becomes. By giving back, I don't mean in a financial sense. Not even close. For me, giving back means simply being a good human. I try to be generous with compliments, and to truly practice kindness in all that I do. You never know who might need something as simple as a smile, a kind word, or even a hug. It can be a tough world out there. By

giving of myself, it's my hope to bring joy to others. If you are thinking this sounds corny and impractical, I challenge you to try it. You have nothing to lose, and what you find might just change your life.

And now for the inevitable plot twist. It was my intent to share strategies and beliefs that made this past holiday season one of true comfort and joy. But the reality is this: I have found these strategies to work all year round, 24/7, in most any circumstance. Not only is my life as a survivor enriched, but in the end, I am part of bringing the *human* back into *humanity*. And even if I am only partially successful, then it's job well done.

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.

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

You May Qualify for Additional Funding!

Have you had the same budget for two or more years and need additional funding to carry out the services in your individual service agreement? If so, contact your service coordinator to request additional funds.

Funds are only available for increases in these service categories:

- Residential;
- Community Participation Services;
- Supported Employment Services;
- Community Support Services; and
- Crisis Response Services.

If you have trouble accessing the additional funds or your request is denied, you can contact your Bureau of Developmental Services liaison or our office at (603) 228-0432 or mail@drcnh.org.



Sign-up for our monthly e-newsletter at drcnh.org.

Brain Injury and Self Advocacy: How to Speak Up for Your Rights and Needs



Individuals feel they are the best resource to have a say. Self-advocacy is asserting your needs and taking action to meet those needs while being mindful of the rights of others. It is an opportunity for self-advocates to gain the knowledge they need to succeed and make informed decisions.

Historically, people living with Developmental Disabilities had no voice or opinion to make these decisions for themselves; they had no control over their financial situation, services, where to live, their hobbies, or careers. Self-advocacy takes place in the community, in the home, the workplace, at a school, or healthcare facility.

The Brain Injury Association offers an introductory training for survivors, caregivers, and professionals in the brain injury community. Feel free to share this information with others who might benefit from this training.

Please register. There is no cost to attend this virtual training.

Monday, February 5, 2024

6:00 PM

REGISTRATION: <https://bianh.networkforgood.com/events/65361-self-advocacy-brain-injury>.

SPOTLIGHT ON K.B.I.C.

The 13th King Challenge, Down But Not Out!

In October for the 13th time cyclists and supporters of KBIC planned to ride the various routes offered by the King Challenge, a fundraising cycle ride to support KBIC and survivors of brain injury. However, as the day approached, for the first time ever, the forecast looked glum, and we began to worry that the unlucky reputation of 13 may hold some weight after all. When the day came, the thought seemed proven, for it rained and rained just like they said it would.

Annually the King Challenge has been able to raise over \$100,000 for KBIC. It was founded by professional cyclists Ted and Robbie King in honor of their father Dr. Ted King, once a KBIC member after surviving stroke. For 12 years straight the weather was perfect, but it wasn't so on year 13. The day came and with it the rain, but more importantly and in an amazing display of support and endurance, so did the riders! Admittedly the crowd was smaller than usual, but despite this and the 60-mile route having to be closed for safety, over 100 dedicated riders showed up for brain injury and rode the 30-mile option all the same. We at KBIC were so incredibly moved by this show of force from our supporters and we thank them sincerely for still raising nearly \$100,000 once more.

Normally, in conjunction with the main event annually, the Doc King Adaptive Tour (DKAT) occurs on the day of the King Challenge. The DKAT is an opportunity for KBIC members to ride their own unique challenge utilizing adaptive cycles that meet the needs of their injuries. This year due to safety the DKAT was canceled on the day. Now as we approach 2024, we are thrilled to announce that a special one off indoor DKAT will be offered to KBIC members on January 6th. We want to extend a heartfelt thank you to our friends and partners at UNH and at Northeast Passage for making this possible.

The King Challenge will be back next fall and once again aims to raise over six figures to support KBIC. Keep checking our websites at www.kbicenter.org and www.kingchallenge.org for a save the date coming soon and to learn more about the ride and KBIC. We hope you'll be able to join us at the 14th King Challenge in 2024, where there's great riding, great food, and great people all their to support a great cause. Happy New Year from KBIC!



Ted King and family after he and wife Laura rode the 30 mile in the wet!



The main group rides out to do the 30 mile loop.



SURVIVOR ART EXHIBIT

DISPLAYED AT THE ANNUAL CONFERENCE
WEDNESDAY, MAY 8, 2024

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 2024. Please review the criteria below.

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 40th Annual Conference.
- Art media accepted includes:
 - Photography
 - Etchings
 - Drawings
 - Quilt/Fabric Art
 - Paintings
 - Jewelry
 - Pottery

DEADLINE TO SUBMIT ARTWORK: Wednesday, April 10, 2024.

Please deliver all pieces to the BIANH office at: Brain Injury Association of New Hampshire
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 - nina.hopkins@cmc-nh.org



- MARK YOUR CALENDAR -

40th ANNUAL BRAIN INJURY & STROKE CONFERENCE

Wednesday, May 8, 2024

**Grappone Conference Center
Concord, New Hampshire**



KEYNOTE SPEAKER: Allison Moir-Smith — *When Mommy Has a Concussion*

Allison Moir-Smith is a concussion survivor, artist, therapist and author. She teaches brain-injury-friendly Zoom painting classes internationally, facilitates a Concussed Moms Support Group, and advocates for concussion awareness through art shows and @concussion-recovery-art on Instagram. She lives with her family in Manchester-by-the-Sea, Massachusetts. Her website is www.concussionrecoveryart.com.

SURVIVOR ARTISTS: Please note the Survivor Art Exhibit at this year's conference (see page 10 of this issue).

For more information on conference sponsorships or information, please contact Lori Sandefur—lori@bianh.org

KEYNOTE SPONSOR \$2500 Includes:

- Premium exhibitor space (6' table)
- Electricity (single plug-in) Please contact me for special pricing if you have higher wattage requirements.
- Recognition/logo in conference brochure (11,500 mailed out)
(Form must be received by Feb. 12th to meet brochure deadline)
- Business card size newsletter ad in our fall issue (deadline for graphics is Aug 30)
- Full page **color** write-up/ad about your program inserted in conference booklet
- Company name and information listed in conference booklet
- Logo on conference registration page with link to your website (April – June)
- Opportunity to network with attendees throughout the day
- **A 10% discount on professional conference registrations if you send 7 or more employees**
- **Introduction of Keynote Speaker**
- Company name/logo projected on screen during **keynote and luncheon**
- **THREE** (no charge) conference registration/exhibitor representatives (list names below ~ includes lunch and breaks). All additional will be at full price unless you register 7 or more (see above bolded bullet).

SPONSOR \$1300 Includes:

- Premium exhibitor space (6' table)
- Electricity (single plug-in) Please contact me for special pricing if you have higher wattage requirements.
- Recognition/logo in conference brochure (11,500 mailed out)
(Form must be received by Feb. 12th to meet brochure deadline)
- Business card size newsletter ad in our fall issue (deadline for graphics is Aug 30)
- Full page B&W write-up about your program inserted in conference booklet
- Company name and information listed in conference booklet
- Logo on conference registration page with link to your website (April – June)
- Opportunity to Network with attendees throughout the day
- Company name/logo projected on screen during luncheon
- **TWO** conference registration/sponsor representatives (list names below ~ includes lunch and breaks). All additional will be at full price.

EXHIBITOR \$550 Includes:

- ONE conference registration/exhibitor representative
- 6' Table
- Company name and information listed in conference booklet
- Opportunity to Network with attendees throughout the day

Additional Fees for Exhibitors:

- Electricity \$50.00 (single plug-in)
- One Additional Exhibitor Representative \$85.00 (includes lunch and breaks)



Walk by the Sea to Support Individuals Living with Brain Injury

NEW DAY OF WEEK! - SATURDAY, JUNE 8, 2024

2024 Sponsorship Opportunities

Why should you be a sponsor?

The annual walk has gone from being just a fundraiser to a favorite time for brain injury survivors, family members and the whole brain injury community to come together to celebrate our accomplishments and share a fun day. Your sponsorship will go a long way to help us continue to provide a fun event for all and show your support!

T-shirt Sponsor - \$3500

(only one t-shirt sponsorship available)

Includes:

- Logo on t-shirt
- Signage at walk

Corporate representative to address participants
 Prominent recognition in post event newsletter
 Free business card ad in post event newsletter
 Logo & link on Walk registration page

Walk Thank You Sponsor - \$1500

Includes:

- Logo on t-shirt
- Placement on thank you post card sent to all walkers post-event
- Prominent recognition in post event newsletter
- Logo & link on Walk registration page

Annual Picnic Sponsor - \$2000

(Sponsorship of post walk picnic lunch)

Includes:

- Logo on t-shirt
- Signage at walk

Prominent recognition in post event newsletter
 Free business card ad in post event newsletter
 Logo & link on Walk registration page

Morning Coffee Sponsor - \$750

Includes:

- Logo on t-shirt
- Recognition in post event newsletter
- Logo & link on Walk registration page
- Signage at Coffee Area

Prize Sponsor - \$500

Includes:

- Logo on t-shirt
- Recognition in post event newsletter
- Logo & link on Walk registration page

Supporting Immune Health with Regular Chiropractic Care, Diet, Exercise, and Supplements - Part 1

By Dr. Denise Pickowicz, BS, DC, FIBFN-FN, CBIS, DACNB, Owner of Functional Chiropractic Care of New England, LLC and NH Concussion Center



Chiropractic care encourages spinal health, restores joint function, and therefore supports the nervous system. As a result of improved function and mobility in your spine and body, your nervous system can work more optimally, as well as the systems of the body that the brain and spine control, such as your immune system. Incorporate this with a healthy diet, regular exercise, and even a few added nutritional supplements with immune boosting properties, and you can help increase your body's defenses against illness.

Your Immune System is Directly Related to Your Spine

Your nervous system, which is made up of the brain and spine, is responsible for communicating and controlling all systems of the body. This means that when your spine is damaged or misaligned, there is an interference with that path of communication to that end-organ or system. With this, dysfunction, pain, or other symptoms can occur and can therefore increase your chances of injury or illness. The immune system is affected by the nerve system through the connections with the endocrine and the autonomic nervous system. Your immune system may suffer from this decreased functioning of nerve pathways, weakening your body's natural mechanisms for fighting off illness. Chiropractic care improves the function of the nerve system through improving the movement of the spinal bones that encase and protect the spinal cord. During Chiropractic Care, specific high velocity, low amplitude (HVLA) adjustments or thrusts, are delivered to areas of the spinal column that are not aligned or moving well. The effect of realigning the spinal vertebrae is far reaching. Research states:

“A number of basic science studies have been published that have evaluated the effect of HVLA controlled vertebral thrusts on various immune mediators, including neuropeptides (like neurotensin, oxytocin, and substance P), inflammatory markers (like tumor necrosis factor (TNF) and interleukins (IL)), and endocrine markers (like cortisol and epinephrine [15–32,50–54]. There is moderate level evidence that HVLA controlled vertebral thrusts impact these immune mediators [55,56]. A systematic review and meta-analysis, that included healthy and/or symptomatic subjects, showed that HVLA controlled vertebral thrusts can influence neuropeptides and inflammatory biomarkers that are important biochemicals associated with the function of the immune system [55].” (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8226758/pdf/medicina-57-00536.pdf>)

In other words, Chiropractic spinal adjustments impact the nervous system and effect the cells of the immune system, potentially allowing for a greater expression of health and function.

Stress Impacts Your Immune System, and Your Body Can Harbor Stress in the Spine

According to the American Psychological Association, stress (the state of mind that affect's one's health), can weaken the immune system by reducing the number of natural killer cells or lymphocytes in the body, which are needed to fight viruses. Although stress does have a purpose in the short term (get you out of danger) and has been shown to cause the immune system to produce an inflammatory response which temporarily can be beneficial for fighting germs, if inflammation is persistent and widespread, it can contribute to chronic diseases or conditions. One example is stress-related neck and back pain, one of the most common psychosomatic symptoms, because many people tend to carry the stress in their shoulders, neck, and backs. Stressful conditions lead to altered measures of immune function, and altered susceptibility to a variety of diseases. Many stimuli, which primarily act on the central nervous system, can profoundly alter immune responses. The two routes available to the central nervous system are neuro-endocrine channels and autonomic nerve channels. Heightened stress levels can therefore compound with regular back pain complaints, gravely affecting your immune system and leaving you more susceptible both emotionally and physically. While chiropractic care cannot actively cure disease or infection, like other preventative care health practices, a visit with a chiropractor can help strengthen your body's natural ability to heal and recover from both illness and injury, should it occur. Chiropractic care can relieve stress, pain, and misalignment of the spine, improve nerve function, and can potentially boost your immune system.

See Part 2 next issue for the continuation of this article addressing gut health, diet, and the immune system. References for this article are available upon request.

NORTH COUNTRY INDEPENDENT LIVING HAPPENINGS!!

The fall season is behind us. The residents and staff alike, once again, enjoyed the trails of the Pumpkin People, fall hikes, outdoor chess, apple picking, pumpkin painting, attending the local fairs, celebrating Thanksgiving, and leaf peeping before preparing for the winter season.

Employees enjoyed the Caregiver conference, which was well attended and deserved recognition for all caregivers. NCIL has two new volunteer positions: Nicky B. is volunteering at the local humane society, and Nick H. is volunteering at the Conway Fire Department; both gentlemen immensely enjoy their new place of service.

The holiday season began with a flurry of activities. Our Barrington residents created Ugly Christmas Sweaters, made gingerbread houses, and decorated ornaments. The ladies at the Cranmore View Residence decorated the home and made candy cane reindeer for their Christmas tree. Local concerts were enjoyed by many. The Trans-Siberian Orchestra at the SNHU Arena in Manchester was the highlight this year. The annual Christmas party was held at the North Conway Community Center with games, a wreath decorating contest, prizes, and a Chinese buffet for all to enjoy. The recipient of the Spirit of Giving award this year was presented to Sean L. and the Personal Growth award was given to Brian M.

NCIL has welcomed Paul Gagnon as the new Behavior Specialist. Paul holds a bachelor's degree in psychology and a master's degree in rehabilitation counseling; he has a wealth of experience and a vast knowledge of community-based programs. The residents are getting to know Paul and enjoy having him around.

If you know of someone looking to make a difference in people's lives, please consider an employment opportunity with North Country Independent Living. We offer competitive wages, benefits, and a flexible schedule to meet your needs. There are positions available in both southern and northern New Hampshire locations. NCIL remains family owned with a stellar reputation for providing quality community based services.

We wish everyone a happy New Year 2024!



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



NEW BRAIN INJURY CLUBHOUSE



GRANITE PATHWAYS IS PLEASED TO ANNOUNCE THAT SEACOAST PATHWAYS PSYCHOSOCIAL CLUBHOUSE IS SERVING BOTH INDIVIDUALS WITH MENTAL ILLNESS AND THOSE WITH AN ACQUIRED BRAIN DISORDER

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

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

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

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

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

**Seacoast Pathways Clubhouse is located in Portsmouth.
An additional location will be opening in Manchester in mid-2024!**

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



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



WE LOOK FORWARD TO MEETING YOU!

**Schedule a visit by calling or emailing Seacoast Pathways
Join us Monday- Friday 9:00 - 3:30 or Wednesday - 9:00-4:30**

Phone: 603-570-9804 Email: seacoastpathways@gmail.com

This project is financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.

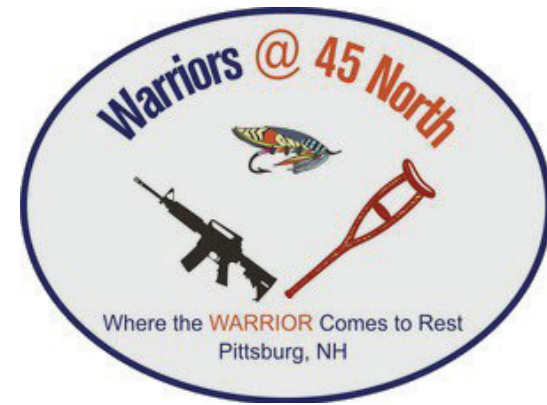
NEW DIRECTORIES and INFORMATION GUIDES!

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



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:

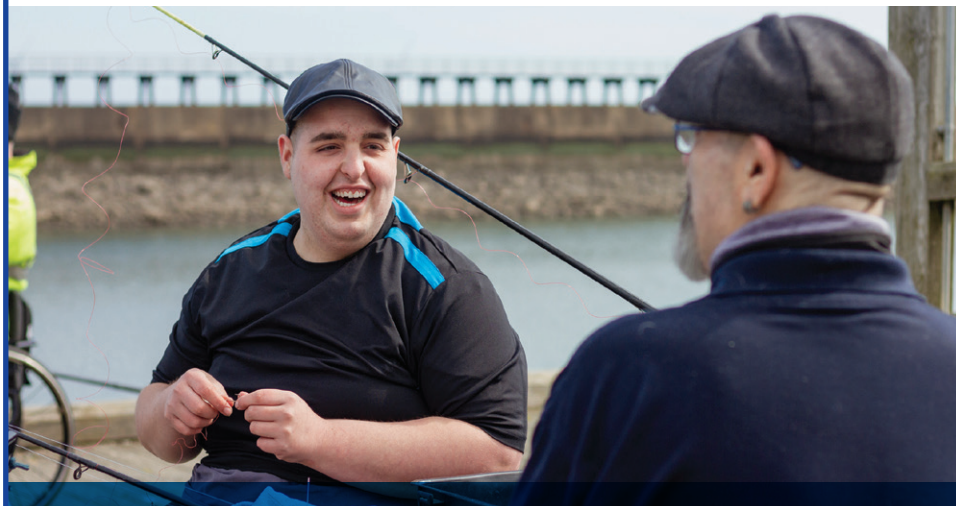
MMC(SS) Jon Worrall, USA RET
(603) 566-8450

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

ANNOUNCEMENT!

John W. Richards, MSW, LICSW, has joined the staff of MAPS Counseling Services in Keene and Peterborough, New Hampshire. John's counseling skills include his understanding of the day to day reality of surviving a brain injury and the ongoing challenges of a "new normal."

John has had over 30 years' involvement with the Brain Injury Association in a variety of roles, which includes being a former Board President, ex officio, and many counseling opportunities to individuals living with a brain injury. He has also served as the director of the Governor's Commission on Disabilities and has also worked at Crotched Mountain Rehab Center. John would be happy to work with people in the Monadnock region in person or virtually and by telehealth.

For further information or to contact John please call MAPS Counseling at 603-355-2244 or visit their website at <https://mapsnh.org>

He can also be reached at jrichards@mapsnh.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/tZ01cOmvqT8vH9NeQ8v9Yokb_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.

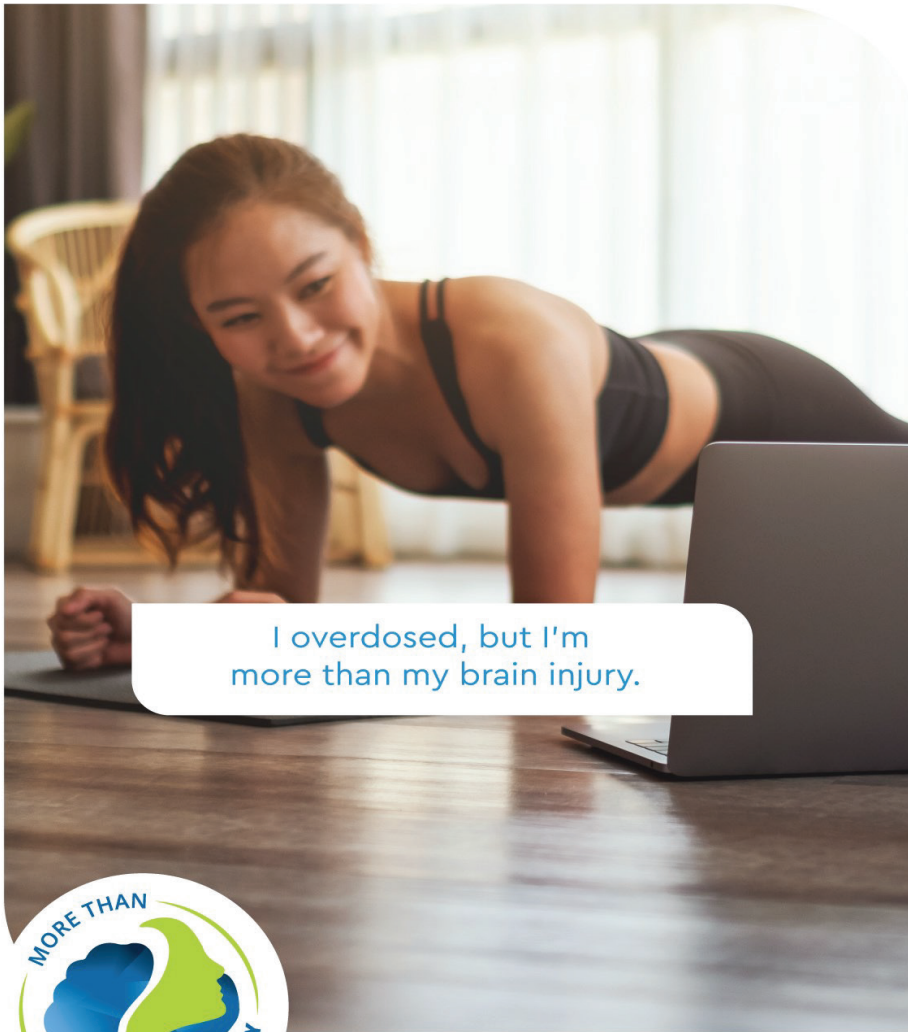
Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

Email _____

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



I overdosed, but I'm more than my brain injury.



#morethanmybraininjury
www.biausa.org

 BRAIN INJURY ASSOCIATION
1-800-444-6443



I was injured in a car crash, but I'm more than my brain injury.



#morethanmybraininjury
www.biausa.org

 BRAIN INJURY ASSOCIATION
1-800-444-6443

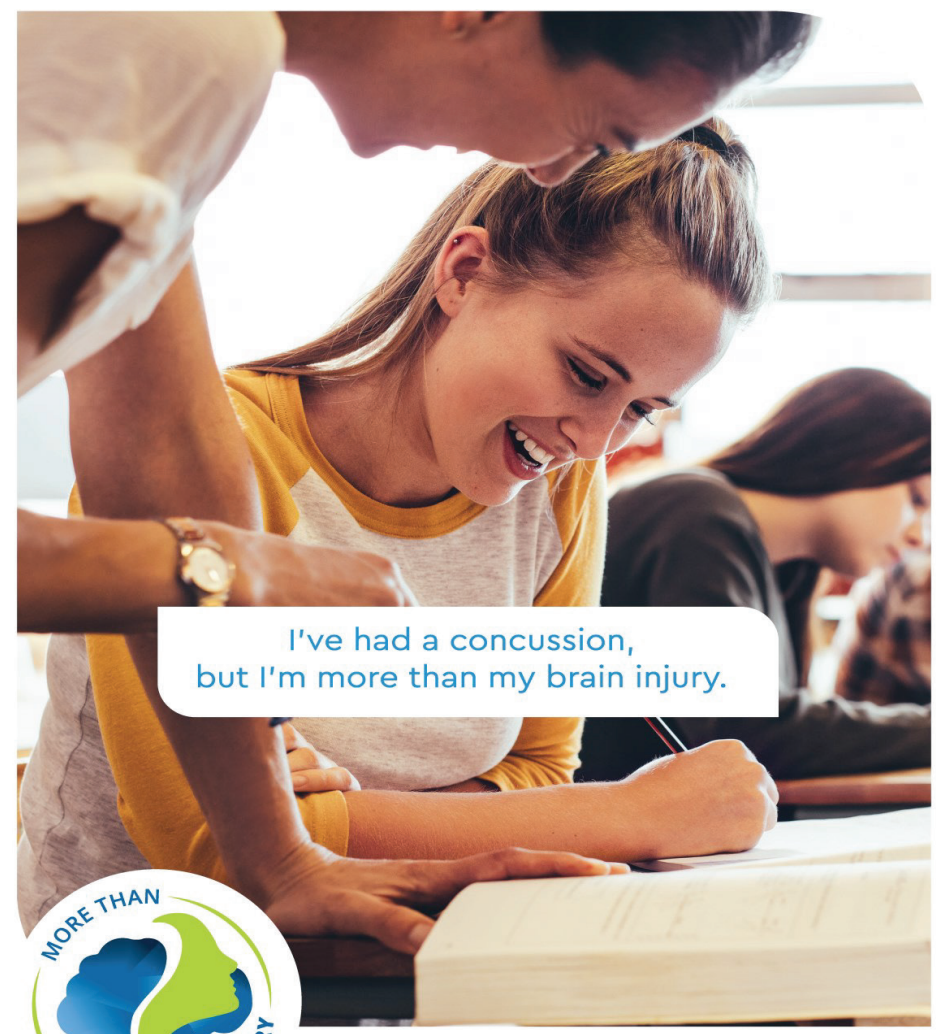


I've had a stroke, but I'm more than my brain injury.



#morethanmybraininjury
www.biausa.org

 BRAIN INJURY ASSOCIATION
1-800-444-6443



I've had a concussion, but I'm more than my brain injury.



#morethanmybraininjury
www.biausa.org

 BRAIN INJURY ASSOCIATION
1-800-444-6443

SUPPORT GROUPS IN NEW HAMPSHIRE

Revised December 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

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

Peterborough Brain Injury Support Group –Meets the 1st Tuesday of the month, 6:00 pm-7:30 pm
Monadnock Community Hospital, 452 Old Street Road, Peterborough, NH

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

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

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

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

APHASIA:

Nashua: St. Joseph Hospital Outpatient Rehab Clinic, 75 Northeastern Blvd, Nashua, 2nd Tuesday of the month, 4:00-5:00pm
Contact: Lesley Renzi
Phone: (603) 595-3076, ext. 63608

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: Lwyma@mgb.org

Durham: In Person UNH Occupational Therapy Department
UNH OT Stroke Survivor Group
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: Jennifer Larro, Aging Resource Center Phone: (603) 653-3460

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

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

2024 MEMBERS AND DONORS

Thank you to all our members and donors!
(This list reflects donations received from December 1, 2023 to present)

DONORS AND MEMBERS

Anonymous
Eveleen Barcomb
John Capuco
Neal & Lynn Dini
Darryl & Erin Hall
Rosalie Johnson
David Kutz
Barbara Saunders
Ed & Valerie Zablocki

IN HONOR OF PETERBOROUGH SUPPORT GROUP
Elaine Sokoloff

IN HONOR OF JASON SCHRECK
June Rose

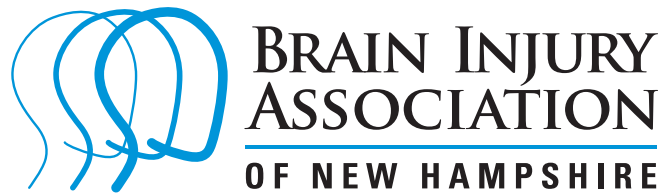
IN MEMORY OF DIANNE BURELLE
Gilbert Burelle

IN MEMORY OF ELDON MUNSON, III
Ashley Munson

IN MEMORY OF LISA MUNSON
Richard Johnson
Joyce Wagner

IN HONOR OF LARRY MAJOR

Julie Stone



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