

# HEADWAY

## ONLINE NEWSLETTER

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ISSUE #91, Spring 2024

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## 40th Annual Brain Injury and Stroke Conference

BIANH's 40<sup>th</sup> Annual Brain Injury & Stroke Conference is happening May 8, 2024, in Concord, NH. The 2024 conference will celebrate 40 years of brain injury education and advocacy, and will feature concussion survivor and artist Allison Moir-Smith as the keynote speaker, a survivor art exhibit, and five tracks of breakout sessions. Clinical topics will include stroke interventions, disorders of consciousness, and long COVID, and additional sessions will include presentations on yoga and mindfulness, a journaling workshop, and a survivor panel. Download the conference brochure to explore all of the day's offerings [here](#).

In 2017, Allison Moir-Smith was enjoying a day of skiing at her home mountain, the Dartmouth Skiway in Lyme, when she slipped backwards and struck her head. She was standing still and wearing a helmet when the fall happened, and slips and falls are common in skiing—but Allison had no idea how much that seemingly innocuous fall would change the rest of her life.



Allison Moir-Smith

The initial concussion symptoms bloomed over the following week. “It was about five days before I knew it was really bad,” Allison shared, “and I knew something was very wrong as time went on.” She added, “Then I had to fight really hard to be heard. After six months of light sensitivity, noise sensitivity, balance issues, emotional lability, depression, memory issues, and cognitive challenges, still no one would listen to me.” Unfortunately, she now knows this is not an uncommon experience for brain injury survivors, especially women, who are often told the symptoms are all in their heads.

Six months after her injury, Allison was eventually offered some physical therapy—but she misdiagnosed with vertigo. “I couldn’t read or write, I had to wear hats and sunglasses for two and a half years, and 14 months after my first concussion, I experienced a second injury.” Her symptoms were exhausting and continued to affect her daily life.

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“Part of the madness of brain injury,” she explained, “is that I was expected to advocate for myself when I felt like I was shouting from the bottom of the deep end of the pool, and it seemed like no one was particularly worried about me.” She lingered for years like this, slowly improving as time—not treatment—healed her. She

regained the ability to read and left her sunglasses at home more often. Around three years after her initial injury, Allison experienced a flare of symptoms that was brought on by intense computer work (not a hit to the head), and that terrified her. This time, she was healthy enough to push the medical system, and she got herself into a specialist. Allison was referred to cognitive rehabilitation, and that rehabilitation changed everything.

Allison’s journey into artistic expression started as a way to help manage her nervous system, which had been in overactive fight-or-flight for over three years. She began with a coloring book, which was a suggestion of the speech language pathologist she was working with, as a way to help calm her nervous system. Allison then started experimenting with watercolors, and eventually moved on to acrylics and oils.

As she started sharing her art and taking classes, Allison discovered a wonderful community of artists, joined Instagram, and things grew from there. “I do art every day because it proves to me that I am continuing to heal,” Allison shared. “It’s thrilling to watch neuroplasticity at work every day, and I want to push myself because, for so many years, I couldn’t participate in life.” She encourages all brain injury survivors to give art a try, or at the very least to find an enjoyable non-verbal and non-screen activity to participate in.

While expanding her world through artistic expression and teaching art classes, Allison also discovered the incredible world of support groups. “Finding a support group changes everything because no one in your world has a brain injury, but there are lots of us out there, and we all need someone. We need buddies who get it. You need support groups in brain injury recovery.” In addition to attending support groups, Allison now facilitates the Concussed Moms support group, which is a group specifically for moms with concussions. “Parenting with concussion symptoms has many demands,” she shared, “and that support from others who get it is so important.”

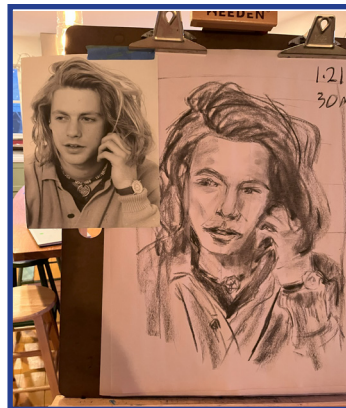
Allison also supports the greater brain injury community by sharing what she calls “keep going art.” Once she got healthier, she found she had all sorts of artwork lying around, and she wanted to do something positive with it.

“I had been so horribly lonely in my recovery for all those years, and I thought about how good it would feel to know someone was thinking of me.” Now, she sends those good thoughts and beautiful artwork out into the world to help other survivors.

Allison will be delivering her keynote, “A Portrait of Recovery: How Daily Painting Helped Heal My Concussion,” at the 40th Annual BIANH Brain Injury & Stroke Conference on May 8, 2024, at the Grappone Conference Center in Concord, NH. You can find Allison @[conclusion-recovery-art](#) on Instagram and on her [website](#).



To register for the conference, please click [here](#). Questions about the conference? Please contact Lori Sandefur at [lori@bianh.org](mailto:lori@bianh.org).





PRESIDENT'S MESSAGE - *A Personal Remembrance of Buddy Teevens*

by Jonathan D. Lichtenstein, PsyD, MBA



Buddy Teevens was a staunch advocate for brain injury prevention, an innovator in ways to make football safer. He passed away this past September. He was 66 years old.

Buddy was the head coach of Dartmouth College's football program for 23 years across two distinct stints leading the Big Green. In his first campaign in the late 80s and early 90s, Buddy successfully recruited a disciplined placekicker from Connecticut, my brother Jason. Growing up, I attended an uncountable number of Dartmouth games, both home and away, watching my brother drive kickoff after kickoff deep into opponent territory. When I came to Dartmouth in 2013, Buddy was already back for his second tour of duty in Hanover. My brother, also living here, had been a longtime supporter of the program as an alum and one of Buddy's former players. He told Buddy about me and my focus in neuropsychology and traumatic brain injuries.

Shortly after starting my job at Dartmouth, Buddy Teevens started calling me on the phone. It felt unreal. We texted regularly (Buddy embraced the thumbs up emoji like no one else) and often chatted about our shared interest in head injury prevention. He would always call me when he returned from a coach's summit, or a high level NCAA meeting about safety. "I spoke to this guy, I think you know him," or "I listened to their ideas and it all makes sense - it's what we've been doing." He had so much intellectual curiosity, as he tried to figure out how to best protect his players - not just for Saturday, but for the rest of their lives.

Buddy's humble nature was always remarkable. He single-handedly changed the culture of football forever, but he just acted like he was the luckiest guy in the room. Happy to be along for the ride. In reality, he was often the smartest guy in the room. Brave, entrepreneurial, enthusiastic, thinking ahead of the curve. He embodied the Dartmouth spirit and grew to define its ethos.

One of the proudest moments in my academic career was presenting alongside Buddy at the Ivy League/Big Ten TBI summit in 2016. Buddy was talking about his approach and techniques for non-tackle practices, and I was weighing in on the concussion outcomes data that followed. It was particularly fun presenting with Buddy that year because Dartmouth had just won the Ivy League title. Despite never tackling another player in practice, Dartmouth was a powerhouse on defense. Discussing how safety could be paired with improved performance and winning, in front of Big Ten athletics representatives, made us feel a bit like Daniel in the lion's den. But we had the numbers and the graphs to show that it worked. Buddy was a football visionary, and I was the guy trying to translate it into objective analysis. It was awesome. I only wish I had done more in that domain before he left us.

Buddy was such a strong supporter of me and my career. When I wanted to study concussion's effect on the central auditory system, he was a cheerleader, opening up the football program's doors to our study team. When the Mobile Virtual Player (a remote-controlled mobile tackling dummy) was just getting started, he invited me to pursue research questions,

and I surveyed players and coaches on their satisfaction of using the device. I presented those findings to the MVP's board of directors, which was a great learning experience for me early in my career. When CNN came to do a story on Buddy and his practice methods, he called me up. "Hey J - are you free right now? CNN is down here at the field and I told them about you." Next thing I know, I'm being interviewed by Ana Cabrera, talking about concussion prevention. We were a team, and that was incredibly special to me. I will never forget when Buddy said to me, "I love it - I'm working with a Lichtenstein again!" Since I was a kid, I looked up to my brother, and by proximity, I looked up to Buddy. Working with him, I simultaneously felt like a kid, while solving very adult problems.

Buddy shared the spotlight. He didn't want the attention, even though he deserved it. He wanted to collaborate rather than revel in his own personal successes. This is the essence of what I try to impart to my team and my trainees. Do not put yourself first. The team is the most important component and we all work better when we work together. These are some elements of leadership I learned from Buddy Teevens, and I will continue to teach them long after he's gone.

Writing this, I am incredibly sad. I am sad because of all the work that was still to be done by Buddy by his team and by those who consider themselves part of his family. I'm sad for the student athletes who would have played for him and won't. I'm sad because lost potential is one of the worst things that we can face. I'm sad because of the moments that I won't get to share with Buddy. I'm sad because we recently published a peer-reviewed paper showing the association between using the MVP in practice and reduced concussion risk, and he doesn't know about it. I want to call him and tell him about the publication. I want to share the success with him, and all the successes to come. I'm sad that I can no longer do that.

Everything I do from now on in the space of brain injury prevention - from concussion research to clinical care to training to community service - will be done with the memory of this extraordinary human being in mind.



Buddy Teevens &amp; Jonathan Lichtenstein

# Conference at a Glance

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

**8:15 Welcome**  
**8:30-9:30 Allison Moir-Smith, MA ~**  
***A Portrait of Recovery: How Daily Painting Helped Heal My Concussion***

|                                | TRACK A   | TRACK B   | TRACK C  | TRACK D  | TRACK E   |
|--------------------------------|---|---|--|--|---|
| <b>Session I</b><br>9:40-11:00 | <i>Journaling for Better Health: A Writing Workshop</i><br><br>Sarah Kilch Gaffney, CBIS<br><br>BEG/ADV/ALL | <i>Brain Injury &amp; Mental Health: A Survivor's Perspective</i><br><br>Chelsea Zarcone, LICSW, CBIS<br>Jacob LaBrack<br><br>BEG/ALL | <b><i>Non-Traumatic Brain Injury in Children: Signs/Symptoms and the Potential Impact on Learning in the Classroom</i></b><br><br>Gina England, MA, CCC-SLP<br><br>BEG/PRO | <i>Time Will Tell: TBI in Older Adults</i><br><br>Jonathan Lichtenstein, PsyD, MBA<br>Karen Thorp, OTR/L, MOT<br><br>BEG/ADV/ALL | <i>Survivor Panel</i><br><br>Karen Campagna<br>David Burbank<br>Allison Moir- Smith<br><br>Facilitators:<br>Nicola Beauregard, PT, DPT, MSHA<br>Nina Hopkins, OTR/L, NDT<br><br>BEG/ALL |

**11:00 - 11:15 Break-----Please visit Exhibitors -----**

|                                  |  |   |   |   |   |
|----------------------------------|--|---|---|---|---|
| <b>Session II</b><br>11:20-12:20 | <i>Stroke Intervention</i><br><br>Adrienne Moraff, MD<br><br>BEG/PRO | <i>State of the Science in Disorders of Consciousness (2024): Guidelines for Diagnosis and Prognostication</i><br><br>Joseph T. Giacino, PhD<br><br>BEG/ADV/ALL | <b><i>Application of Lee Silverman Voice Treatment Program to TBI, Stroke and Cerebral Palsy, A Research Review</i></b><br><br>Cheryl M. Lundgren, MS, CCC/SLP<br><br>BEG/ADV/ALL | <i>School-based Collaborative Concussion Care (C3): Accessible, Actionable, and Achievable</i><br><br>Jonathan Lichtenstein, PsyD, MBA<br><br>BEG/ADV/ALL | <i>A Healthy Mind Leads to a Healthy Brain: Yoga &amp; Mindfulness for Brain Injury</i><br><br>Lauren B. Fiske, MSc, E-RYT<br><br>BEG/ALL |
|----------------------------------|--|---|---|---|---|

**12:25 - 1:30 Lunch---- Please visit Exhibitors-----**

|                                 |  |  |  |   |   |
|---------------------------------|--|--|--|---|---|
| <b>Session III</b><br>1:35-2:35 | <i>Hope, Resilience and Mental Health Recovery: An Essential Ingredient of the Rehabilitation Process</i><br><br>Maria E. Restrepo-Toro, MS<br><br>BEG/ALL | <i>Traumatic Brain Injuries: The Effects and Management of Overstimulation and Neurostorming</i><br><br>Nicole L. Quartulli, COTA/L, CBIS<br><br>BEG/ADV/ALL | <b><i>Dysphagia and Neonatal Brain Injuries</i></b><br><br>Brittany J. Bullock, MS, CCC-SLP, CLC, CNT<br><br>BEG/ADV/ALL | <i>Long COVID: A Form of Traumatic Brain Injury</i><br><br>Clifford J. Rosen, MD<br><br>BEG/ALL | <i>Engagement, Meaning, and Quality of Life: the Role of Recreational Therapy and Adaptive Recreation</i><br><br>Crystal Skahan, MS, CTRS/L,CBIS<br>Tye Thompson, MS, CTRS/L<br><br>BEG/ADV/ALL |
|---------------------------------|--|--|--|---|---|

**2:35 - 2:55 Break-----Please visit Exhibitors -----**

|                                |  |   |   |   |  |
|--------------------------------|--|---|---|---|--|
| <b>Session IV</b><br>3:00-4:00 | <i>Moving Towards Change</i><br><br>Joanne Morello, PT, DPT, CSRS<br><br>BEG/ALL | <i>Neuro-Optometric Rehabilitation Treatment Modalities: Introduction to a Multisensory Approach</i><br><br>Catherine J. Radakovic OD, FCOVD<br><br>ADV/ALL | <b><i>Taking on the Challenges of IDDSI, One Bite at a Time!</i></b><br><br>Katrina Woodward, MS, CCC-SLP, CDP<br><br>ADV/PRO | <b><i>Recovery from Traumatic Brain Injury and...Magnets?!?!?</i></b><br><br>Donald O. Tower III, DO<br><br>BEG/ALL | <i>KC: Traumatic Brain Injury Recovery</i><br><br>Kurt "KC" Christensen<br><br>BEG/ALL |
|--------------------------------|--|---|---|---|--|



# 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](mailto:NBeauregard@elliott-hs.org) OR  
Nina Hopkins - [nina.hopkins@cmc-nh.org](mailto:nina.hopkins@cmc-nh.org)

## EXECUTIVE DIRECTOR'S MESSAGE

**Brain Injury Awareness Day on Capitol Hill --** by Steven D. Wade, Executive Director

BIANH volunteers attended the National Brain Injury Awareness Day in Washington DC on Wednesday, March 6.

Senator Maggie Hansen gave of her time to meet with us and shared thoughts on the difficulties related to the opioid epidemic and brain injuries. Senator Hassan has a very strong, personal connection to disability issues.

BIANH advocated for the renewal of the traumatic brain injury act (TBI Act) at the federal level. Through this important legislation, there are a variety of state grants, which New Hampshire has shared over the years. BIANH members encouraged funding for protection and advocacy efforts, redefining brain injury as a chronic condition, and expanding the Act to include acquired brain injury. This will make a tremendous difference to millions of people around the country who have sustained anoxic, opioid related, and other non-traumatic brain injuries.

Reigning Ms. New Hampshire, Brooke Mills, and her mother, Stephanie, also attended the National Brain Injury Awareness Day. Brooke sustained a concussion at age fourteen in her high school gym class and suffered from Post-Concussion Syndrome for several years. From that life-changing event, Brooke became the founder of National Concussion Awareness Day® and continues raising awareness and improving understanding of concussions and brain health.



### 2024 BIANH Board of Directors

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**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/Tuesday/Thursday/Friday 9:00 - 3:30 or Wednesday - 9:00-4:30**

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





## 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

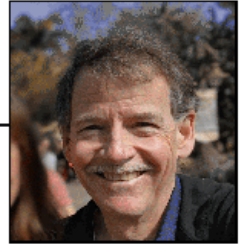
Please contact Lori Sandefur for your sponsorship - [lori@bianh.org](mailto:lori@bianh.org) or (603) 568-8817



# INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant

## *Navigating Life as a Long-Term Brain Injury Survivor*



Now in year fourteen as a brain injury survivor, there are some who assume that the passage of time means that challenges become lesser, and dare I say it: that life becomes normal again. This is especially true for those of us who live with a brain injury that has no outward manifestation. Others look at us moving through life for years with seeming grace and ease.

A skill that I've developed over the years is a compensatory strategy used by many other brain injury survivors. When I know that I'm not playing my A-game, I limit those that I see. This can take many forms. Sometimes, I clear my work schedule for the day, playing the 'migraine card' so as not to draw attention to my brain injury. Other times, when exhaustion takes its toll on me, I'm more inclined to ask my wife, Sarah, to drive if we have outside plans. And when it gets too tough, I simply cancel plans. Game over. It's hard for others to see my struggles if they don't see me.

Some of this is old-fashioned taking care of myself, while some of it is ego preservation. Yes, I still have an ego, and

prefer not to be known by all who know me as that guy with a brain injury. It's a fine line to walk.

In the spirit of humble admission, lately things have gotten difficult again. Not only do I live daily with a brain injury, but I also live with rather aggressive treatment-resistant PTSD. A couple of months ago, I sought out treatment again for my PTSD. The results thus far have been rather unimpressive, but as I've learned with brain injury, the move to wellness is a marathon, not a sprint. I have a good circle of healthcare providers, people that I trust quite literally with my life.

In what amounts to a bit of an irony, daily life with my brain injury is actually rather easy compared to struggles with PTSD. With brain injury, there is a familiar ebb and flow to life, one that I seem to have mastered. But with the unpredictable nature of PTSD, the quality of my life has suffered. And with that comes worry and concern by those I let into my trusted inner circle.

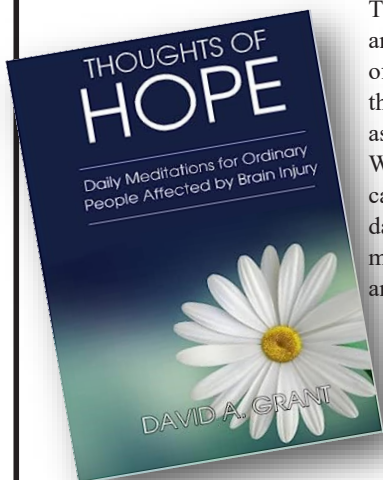
But through it all, hope remains. Early on, a member of the professional community predicted that my recovery would end at one year. Working my way through my second decade in this new life, I can most assuredly say that he was wrong. I'm doing my best to move forward with hope.

If, within your own personal or professional circles, you know of someone with a brain injury who has been living the survivor life for years, please know that time does not equate to freedom from challenges. Reach out to those you know and ask how they are really doing. You might just be surprised at what you hear.

## The Bishop's Charitable Assistance Fund

If you are under 22 or over 60 years of age and in need of financial assistance the Brain Injury Association of New Hampshire may be able to help. Through a \$5,000 grant received from the Bishop's Charitable Assistance Fund (BCAF) eligible and approved applicants may receive up to \$500.00. Some of the items/services that we will consider funding are: rent, food, oil, home modifications, assistive technology, specialized equipment, medical/dental, and transportation. All approved requests are awarded one time only. Once BCAF funds have been dispersed, applications or requests for funds will no longer be accepted. Please contact the BIANH office for an application -- 603-225-8400.

### 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 as well as the publisher of HOPE Magazine.



### NCIL HAPPENINGS

## Stepping into Spring

The winter of 2024 afforded much less snow than a typical New Hampshire winter. Some individuals bask in the lack of snow and cold; while others, including many of the NCIL residents, enjoy a variety of activities out in the snow. Bowling, playing billiards, arcade visits, recreation groups, movies, visiting ice sculptures, and birthday celebrations were some of the past winter NCIL happenings.

**Looking ahead:** Once again NCIL will be participating in the Walk by the Sea fundraising event held yearly at Hampton Beach State Park. NCIL has been a participant in this event for the past 30 years, as well as sponsoring a rest stop for the many walkers. The challenge is on for NCIL to continue the tradition of becoming a top fundraiser for this worthy cause. Many of the residents and staff are beginning to share ideas of their strategies for collecting donations. Past strategies included bake sales, canvassing local businesses, and reaching out to family and friends.

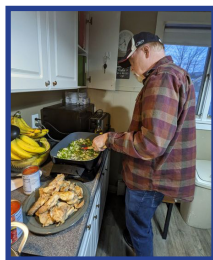
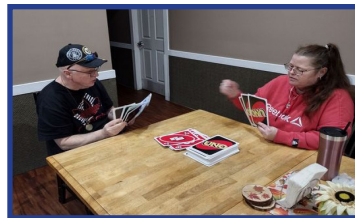
**Resident highlight:** NCIL would like to recognize Ron G. for his employment success celebrating one year of working as a grocery clerk/bagger at Grant's Shop N Save in Glen, NH. He is cheerful and greets and assists each customer with a smile.

**New positions:** Sherry S. comes back to NCIL in the position of House Coordinator for the Westside Residence, we welcome her knowledge and experience with community based residential settings. Stacia R. moved up from the position of team leader to Program Manager for the Barrington Residence, we value her commitment to the residents in Barrington.

March 1st was Employee Appreciation Day. All employees received a personalized note of thanks from Garry and Patsy along with a notepad and pen inscribed "You Rock, Thank You for Making a Difference." A drawing was held for employees. Two employees won prizes of \$100.00 each. They were: Ann G. and James Z. Congratulations to both employees and a shout out of THANKS to all the NCIL dedicated employees!

Looking ahead to this summer, NCIL will be celebrating 30 years of providing quality services in community based residential settings to those individuals who have a neurologic impairment, traumatic brain injury, or other special needs. We must acknowledge and thank Garry and Patsy Sherry for sharing their vision of NCIL for providing wonderful programs and services provided to those in need.

### SPRING FORWARD!




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

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## BRAIN MATTERS WORKSHOPS

**BRAIN MATTERS 2024****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>*(This is a virtual training)*

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 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.

**Wednesday, May 15, 2024 and  
Wednesday, May 29, 2024  
4:30 PM—6:00 PM****Building a Healthy and Happy Life when Faced with Unexpected Challenges**

Susan McKeown, BSN, APRN (ret), CPS, MFA

Cost: None

Time: 4:30 PM—6:00 PM

To Register for one or both sessions:

May 15<sup>th</sup> Registration: <https://rb.gy/nko97w>May 29<sup>th</sup> Registration: <https://rb.gy/1uwx62>Both of these are in-person events being held at:Brain Injury Association of New Hampshire  
52 Pleasant Street, Concord, NH 03301If you would prefer to join by Zoom, please contact Lori Sandefur at [lori@bianh.org](mailto:lori@bianh.org) or 603-568-8817

Caring for a loved one living with a brain injury or substance use disorder adds unexpected stress for families. Susan's workshops will address the importance of self-care and how to implement it in daily life, how to strengthen relationships at home through positive communication, and recognize what truly makes for happiness. These two fun and interactive sessions will utilize tools and resources to help balance a life that may otherwise feel upended.



## MEET THE ARTIST - Patti Owens

Interview by Rosalie Johnson

Photos by Patti Owens



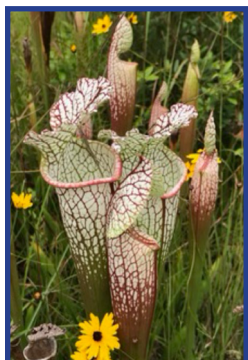
Patti Owens

Patti Owens, Occupational Therapist, wife of Larry Owens, mother of three sons, master gardener, traveler, photographer, quilter, and so much more.

As a new Occupational Therapist, Patti started her career in an acute care setting. She soon realized that this was not the best setting for her. Over the years, her career path would lead her to many new opportunities. She worked in a rehabilitation hospital, in home health care, and in early intervention in a high school setting, all while meeting her young family's schedules.

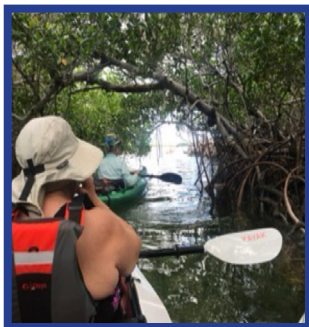
"I loved my last job in an adult day care." Patti stated. "From The Ground Up" was a start-up program occupying an old retail space containing a large greenhouse. There, she could use her master gardener skills managing the greenhouse. There she could also use her occupational therapy skills without the pressure of a clinical setting. She also enjoyed working with participants with intellectual disabilities who transitioned from the high school's Life Skills Programs.

Over the spring of 2019, Patti's family started to notice unusual personality changes and increasing bouts of manic behaviors. Her family started to speak to her friends about their concerns. They were comparing notes. Patti stated, "I remember when a friend came to visit I was in one of these episodes. As my friend started to make coffee and a snack, the episode escalated. It was difficult for me to see this from the inside."

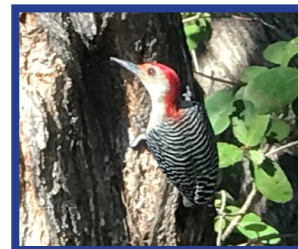


Another event of concern for her family was when she planned to take the train from her home in York, Pennsylvania to Philadelphia to cat sit for her son. She couldn't complete necessary tasks and couldn't pack. Her son noticed the changes in his mother. She stated, "The dark side set in with excessive obsessions."

As her family noticed more changes, Larry and their son Nick met and everything came to a head. During one intense conversation, Patti fled and hid on a neighbor's porch. A friend drove her to a hotel



even though she was shoeless and didn't have her purse. Intervention ensued. These are very painful memories for Patti as the police were involved and brought her to the hospital in a police car. She was admitted to the psychiatric ward for evaluation. An MRI of her brain exposed a left cerebral hemisphere tumor about the size of a plum. Removal was recommended and performed two days later. Postoperatively, she was transferred to an inpatient rehabilitation hospital for two weeks. Patti shares, "I was still jacked up. I asked Larry to bring in my sewing machine so that I could quilt. That was soon sent home."



Once discharged, outpatient occupational, physical, and speech therapies began. Larry took a family medical leave from work to drive Patti to all of her therapies. She breezed through physical therapy. Speech therapy was her only brief encounter with cognitive treatment, but she was discharged early admitting that she was not the most compliant patient. Homework tasks of schedule and list making proved difficult. She had decision-making issues and would miss appointments once she was



able to drive. Occupational therapy was very humbling, "I should be able to do this stuff." Larry would try to help her regain her prior life. He planned activities such as camping, kayaking, and even going to the grocery store.

Her recovery needs were not being met. The only collaboration she had with other survivors was while in waiting rooms. She was getting worse. During a follow up appointment with the neurosurgeon, Patti told him, "I just don't feel like myself. Things are different. Something is wrong." Reply: "We call that souvenirs. You won the battle, but have battle scars."

Moving forward, Patti shared, "I felt a version of myself, a dulled down version. I tend to close myself. I have started doing simple projects: quilting, embroidery, and photography. I planted a little raised bed garden last year. That was creative. I now feel my creativity is geared to the adventure of travel with Larry in our retirement: watching the birds building their nests and watching the fledglings take flight!"

# ATTENTION GOLFERS!

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

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

**PACKAGE 1:** Registration, Cart, and BBQ Lunch -- 15 Raffle Tickets --\$155/person or \$620/Foursome

**PACKAGE 2:** Registration, Cart, and BBQ Lunch -- 1 Cheat Bag; 15 Raffle Tickets & 15 50/50 Tickets -- \$185/person or \$740/Foursome



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

Interested in being a Sponsor or providing Raffle donations?  
Contact: renee@bianh.org or call 603-225-8400



**NEW!**

**Brain Injury Support Group Meetings  
ALL ARE WELCOME TO ATTEND**

### Conway Brain Injury Support Group Meeting

**WHEN:** Meets the 1st Monday of the month

**MEETING TIME:** 5:30 PM – 7:30 PM

**LOCATION:** Journey Church  
15 Hutchins Drive, Conway, NH

### Keene Brain Injury Support Group Meeting

**WHEN:** Meets the 3rd Tuesday of the month

**MEETING TIME:** 6:00 PM – 7:30 PM

**LOCATION:** Southwest Community Services  
63 Community Way, Keene, NH

For more information on Support Groups throughout the state of New Hampshire, please see Page 19 of *Headway*. For further questions about Support Groups, please contact Ellen Edgerly [Ellen@bianh.org](mailto:Ellen@bianh.org) or 603.834.9570



## Supporting Immune Health with Regular Chiropractic Care, Diet, Exercise & Supplements - Part II

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



**BOOST YOUR HEALTH**  
70% of Immune System Lives in the Gut

As mentioned in Part 1 of this article, there are many positive ways to encourage a healthy immune system. Chiropractic care is one means of supporting the immune system as it 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 (discussed in this section), 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 Gut: Additional Immune Support through Diet

Aside from the benefits of directly stimulating your nervous system and allowing your body to function optimally through chiropractic care, other regular daily habits are also incredibly important. These include, but are not limited to, eating nutritious food, exercising for at least 30-minutes per day, and supplying your body with vitamins and minerals that you may not be getting enough of (due to the nutrient deficient soil conditions our food is grown in, environmental toxins/pesticides, or decreased sunlight/Vitamin D depending on the region of the world you live in). Your immune system uses these nutrients to make new cells and "what you put in; you get out." Frequently, poor nutrient status is associated with inflammation and oxidative stress, which in turn can impact the immune system. If you are fueling your body and cells with junk and sugar, and are not giving it the necessary building blocks for healthy cells, then unhealthy cells in the body will be created and thrive causing disease and illness. An optimal immune response depends on adequate diet and nutrition to keep infection at bay, by reducing inflammation and preventing substances such as free radicals from damaging our healthy cells via oxidative stress.

Moreover, since 70% of our immune system is determined by our gut microbiome, gut health is a crucial part in immune health. According to the National Institute of Health, pathogens, xenobiotics, and food can disrupt the intestinal barrier, promoting systemic inflammation and tissue damage. Genetic and immune factors, as well as injuries such as concussion

and TBI, predispose individuals to gut barrier dysfunction, and changes in the composition and function of the gut microbiota are central to this process. Chronic intestinal inflammation or damaged intestinal barriers can then conversely affect health.

The gut microbiota is now considered one of the key elements contributing to the regulation of its host's (human in this case) health. With the human gastrointestinal tract containing an abundant microbial community of approximately 100 trillion microorganisms, disruption to this gut microbiota has been linked with many diseases including obesity, type 2 diabetes, hepatic steatosis, intestinal bowel diseases (IBDs) and several types of cancer. This, suggests that the various pathways involved in immunity, energy, lipid, and glucose metabolism, are affected. The composition of the gut microbiota is under the surveillance of the normal mucosal immune system. Inflammation, which is caused by abnormal immune responses, influences the balance of the gut microbiome, resulting in intestinal diseases as mentioned above. Extensive studies have been performed to reveal the important relationship between gut microbiota and basic human biological processes such as nutrient extraction, metabolism, biosynthesis of bioactive molecules such as vitamins, amino acids and lipids, as well as the microbiota's role in immunity. The function of the gut microbiome in immunity occurs by not only protecting the host from external pathogens, but also by producing antimicrobial substances which serve as a significant component in the development of the intestinal mucosa and immune system. In healthy conditions, the gut microbiota exhibits stability, resilience, and symbiotic interaction with the host (human).

Diets high in protein and healthy fats, and low in carbohydrates, have been widely researched and show many benefits to brain and body health by effectively reducing inflammation in the body. Furthermore, sufficient protein intake is crucial for optimal antibody production (an important factor in immune health and preventing illness). Low micronutrient status, such as with low vitamin A or zinc, has been associated with increased infection risk. Dietary constituents with especially high anti-inflammatory and antioxidant capacity include vitamin C, vitamin E, and phytochemicals such as carotenoids and polyphenols. Eating a variety of fruits and vegetables, especially those of different colors due to the chemicals that make them those shades (i.e., orange, green, red, purple, blue, fruits and veggies), further add diversity of nutrients and antioxidants to the microbiome and contain these components as well as needed fiber. Several of these phytochemicals and nutrients are also known to interact with transcription factors such as NF- $\kappa$ B and Nrf-2, related to anti-inflammatory and antioxidant effects, respectively. Furthermore, Vitamin D in particular, may perturb viral cellular infection via interacting with cell entry receptors (angiotensin converting enzyme 2), ACE2. Dietary fiber, fermented by the gut microbiota into short-chain fatty acids, has also been shown to produce anti-inflammatory effects.

(\*This article is for informational purposes only. Always consult your doctor prior to starting any new diet, lifestyle, or supplement protocol as individual needs and health conditions vary and medications may impact these choices)

See Part 3 in the next publication for the continuation of this article discussing the use of herbs and supplements in immune health and paper references. References are also available upon request.

## SPOTLIGHT ON K.B.I.C.

## Brain Injury Awareness Month and More at KBIC!



## David Krempels Brain Injury Center

Thanks to the efforts of the Brain Injury Association of America, there were so many opportunities to participate in Brain Injury Awareness Month this year. At KBIC, for Brain Injury Awareness Day, March 5th, we made sure to ask of staff, board, and members to take part in the letter writing campaign to the U.S. Congress organized by BIAA. Board member Susanne Delany, a survivor of TBI herself, took part in the initiative. This is her statement:

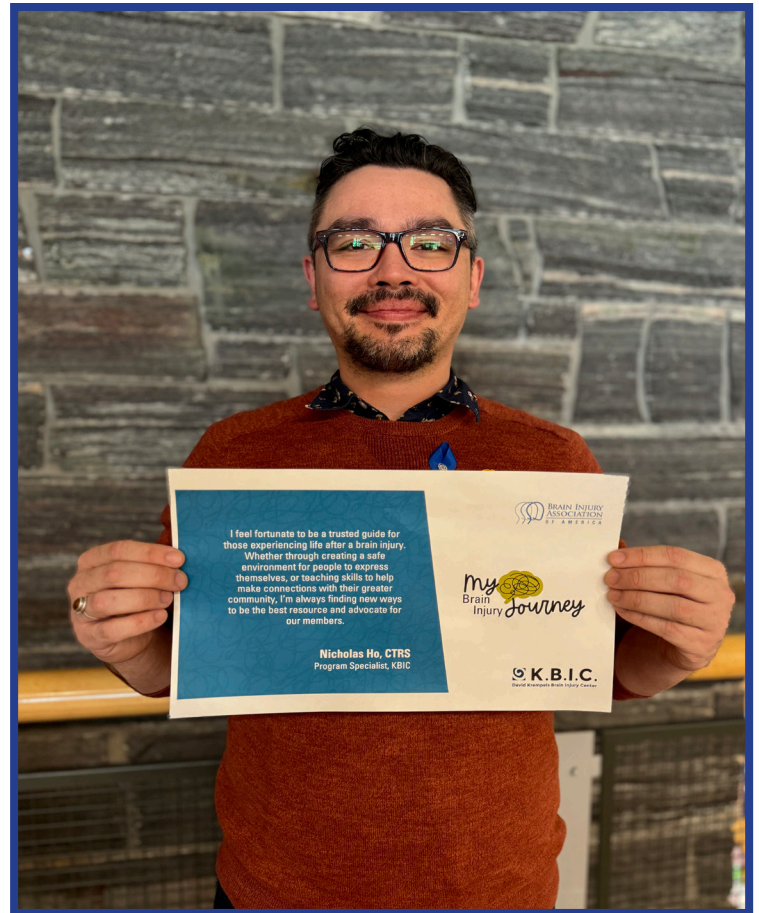
*"I am a TBI survivor and am in my sixth year serving as an active board member for David Krempels Brain Injury Center (KBIC) located in Portsmouth, NH. As a retired elite female cyclist, I sustained two TBIs back in 2009 and 2010 ending my competitive cycling career. At the time there wasn't as much support for people suffering from post-concussive syndrome/TBIs as there exists today. While I was fortunate and able to return to work, my life, and to recreational cycling, not all TBIs are the same. I am a strong advocate for the TBI Act and to ensuring that the brain injury community has all the support they need to live their best life possible with a permanent brain injury related disability. I am proud to serve on the KBIC Board of Directors to ensure that our organization can continue to provide its programs and support to our members."*

Susanne was thrilled to let us know that shortly after submitting her letter, Senator Maggie Hasson wrote back thanking her for sharing her story and advocating for the renewal of the TBI act.

KBIC staff have also drafted their own statements of support to be shared throughout the month. Nick Ho, CTRS and KBIC's Program Specialist shared the following:

*"I feel fortunate to be a trusted guide for those experiencing life after a brain injury. Whether through creating a safe environment for people to express themselves, or teaching skills to help make connections with their great community, I'm always finding new ways to be the best resource and advocate for our members."*

In September, with Nick's guidance KBIC started a new Podcasting group, called "Let's Talk Radio." The group was an immediate hit among KBIC members and staff. The group focuses on the power of personal narrative storytelling and how it can facilitate emotional healing, expand sense of identity, and build social connections. The group has been so successful and the results so impressive in fact, that the team has decided to present the outcomes at the upcoming Brain Injury Association of Massachusetts annual conference on March 28th. More information about



the success of the Podcasting group can be found on our website at <https://kbicenter.org/support/impact-stories/>.

Lastly, March annually marks the beginning of KBIC's work to put on one of our annual fundraising events, The Cisco Brewer's Portsmouth 5k. This legacy road race has been supporting KBIC for over two decades. 2024 will be the 27th time folks have come together on Pease Airforce base to run for brain injury! More information about the race can be found on our website at <https://kbicenter.org/help/community-events/>.

Registration is open...we hope to see you there!



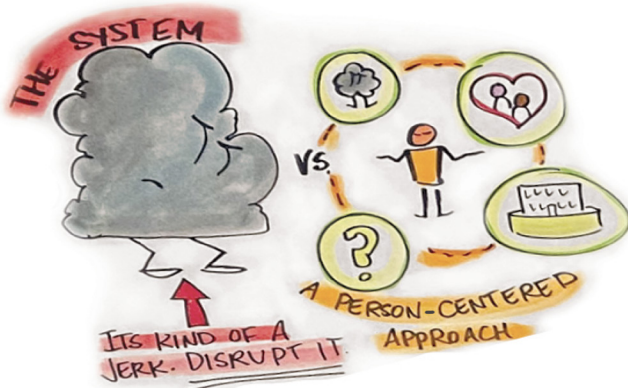
## DISABILITY RIGHTS CENTER

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## Take Control of Your Life

By Vanessa Blais



Imagine your future. What do you want it to look like? How do you plan to achieve a life that is important to you? Which of your strengths can help you achieve your goals? What will your obstacles be? Who do you know that can help you overcome those obstacles? Asking yourself these questions is the beginning of making a person-centered plan.

Person-centered planning is a process that helps people live out their hopes and dreams. It is centered around basic principles beginning with recognizing a person's preferences and strengths—then acknowledging and understanding how those elements can help a person have control over their life path. Supports are then built around who an individual is, what is important to them, and by their cultural and social identities.

Person-centered planning can be introduced at a young age and should be a vital component of schooling for all students, staff, case managers, and

even administrators. Students who attend their own Individualized Education Program (IEP) meetings can help to create plans that give them control over the direction of their education and beyond. By the time they are adults, they can advocate for their own life plans because of the practice they've had developing and implementing their own IEPs and in identifying those who can support them in setting and accomplishing their goals.

Person-centered planning isn't only for people with disabilities who receive services. Everyone can benefit from these tools, whether as an individual or part of a group. For example, the National Association of Councils with Developmental Disabilities (NACDD) uses person-centered planning to create a plan to achieve the goals of their policy committee.

Person-centered plans do not have to adhere to a strict set of rules. They can be creative and innovative. They can change over time to adapt to new preferences and to the many stages of life. Most importantly, person-centered plans are directed by the person benefitting from these tools, and the plan is then supported by people who have been chosen by that same person. Plans can also be implemented during aging and for end-of-life planning. This can help families understand what aging loved ones want at the end of their lives, especially when they have reached a point where they may no longer be able to express their wishes. It can give families confidence that they are continuing to give the supports their loved one requested.

There are many resources available on learning to build a person-centered plan for yourself and to assist other people in doing so. These resources include the Charting the LifeCourse Frameworks which teaches tools and strategies for creating effective person-centered plans. Advocates and disability-adjacent organizations in New Hampshire are working hard to educate people on how to build their own plans, and then training staff, volunteers, and families on how to support those plans.

Person-centered planning is a tangible way to take control from inflexible, medical-focused systems that are limited by funding and put it in the hands of the individual that these systems are meant to serve. Person-centered planning creates a human context for communities to build naturally inclusive and integrated environments and to enhance the lives of everyone who lives, works, and plays there.

Everyone has a right to pursue a full life in their community. No one achieves that life without natural and systemic supports from those around them. Humans are interdependent by nature. Leaving the institutionalized society behind, we look to build more inclusive support systems that are determined by the individual who may need more supports than others to achieve their life goals.

This article first appeared in the Winter/Spring 2024 issue of the Disability RAPP.

Vanessa Blais serves as the Director of Policy and Planning for the NH Council on Developmental Disabilities. She is a certified Charting the LifeCourse Ambassador and a member of the LifeCourse Nexus.

Sign-up for our monthly e-newsletter at [drcnh.org](http://drcnh.org).

## **SAVE THE DATE!!!**

**2024 New Hampshire Caregiver's Conference  
Wednesday, November 13, 2024  
The Grappone Conference Center, Concord, NH**

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

**Keynote Presenter: Susan McKeown, APRN(ret), CPS, MFA**



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

**For more information contact: Ellen Edgerly, 603-834-9570 or [Ellen@bianh.org](mailto:Ellen@bianh.org) or visit the Coalition of Caring's website at [www.coalitionofcaring.org](http://www.coalitionofcaring.org)  
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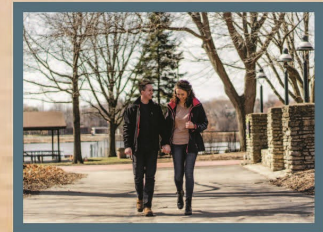


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### Neuro-Resource Facilitation Program

A partnership that assists individuals to receive information that enables them to make informed choices for services and supports to meet individual needs.



The Brain Injury Association of New Hampshire is offering a Neuro-Resource Facilitation Program to individuals living with a brain injury and their family members. This program is offered in partnership with the NH Bureau of Developmental Services.

#### Our Goals:

- To share our knowledge through a team-oriented approach
- To assist and support individuals
- Identify and access resources in their community

#### Eligibility for the NRF Program:

- Must be a legal resident of New Hampshire
- Have experienced a brain injury or stroke before the age of 60
- Be expected to benefit from the services
- Have a personal champion or guardian
- Have a set of goals or objectives so we may assist you



**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:**

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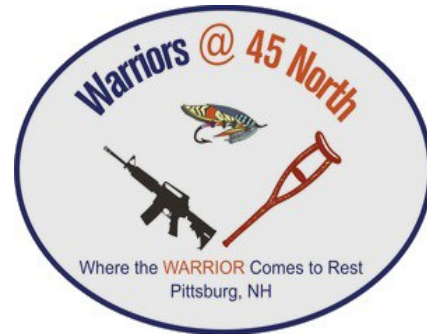
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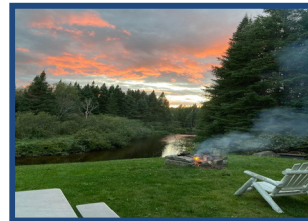
We are a non-profit organization—all donations are tax-deductible

**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:**  
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and so much more

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Email: [mmcsworrall@gmail.com](mailto:mmcsworrall@gmail.com)  
HM3 Patrick Phillips, USN RET  
(603) 331-2993  
Email: [warriorsat45n@gmail.com](mailto:warriorsat45n@gmail.com)

Where the **WARRIOR** comes to rest



## SUPPORT GROUPS IN NEW HAMPSHIRE

Revised March 2024 —Times and places may change without notice—please call in advance

### VIRTUAL SUPPORT GROUPS

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

**Virtual Statewide Brain Injury Caregivers Support Group, Meets the 4<sup>th</sup> 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/join/register/tZ0lcOmVqT8vH9NeQ8v9Yokb\\_woX0tWWuvJC](https://us02web.zoom.us/join/register/tZ0lcOmVqT8vH9NeQ8v9Yokb_woX0tWWuvJC)

Registration contact: Dylan Campbell: [dcampbell@mpf.org](mailto:dcampbell@mpf.org)

Please check the website at [www.bianh.org](http://www.bianh.org) for online registration.

### IN PERSON SUPPORT GROUPS

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

**Peterborough Brain Injury Support Group –Meets the 1<sup>st</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> 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 3<sup>rd</sup> Tuesday of the month, 6:30 PM – 7:45 PM**  
Granite State Independent Living, 21 Chenell Drive, Concord, NH

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

If you have any questions, please email Ellen Ederly at [Ellen@bianh.org](mailto:Ellen@bianh.org) or call at 603-834-9570.

#### APHASIA:

**Nashua:** St. Joseph Hospital Outpatient Rehab Clinic, 75 Northeastern Blvd, Nashua, 2<sup>nd</sup> Tuesday of the month, 4:00 PM —5:00 PM

Contact: Lesley Renzi

Phone: (603) 595-3076, ext. 63608

#### BRAIN INJURY & STROKE

**Concord:** Virtual Community Stroke Support Group, 3<sup>rd</sup> Tuesday of the month, 4:30 PM, Encompass Health (formerly Healthsouth)

Phone: (603) 226-9812

**Dover:** Virtual Wentworth Douglass Hospital Stroke Support Group. 3<sup>rd</sup> 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](mailto: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](mailto:john.wilcox@unh.edu)

**Kennebunk, ME:** Currently Suspended - 1<sup>st</sup> Tuesday of the month, 3:00 PM, Upstairs small conference room, RiverRidge Neurorehabilitation Center, 3 Brazier Lane, Kennebunk, ME  
Phone: (207) 985-3030 ext: 326

**Lebanon:** Virtual Stroke Support Group, 1st Friday of even-numbered months (Feb, Apr, Jun, Aug, Oct, Dec), 10:00 —11:30 AM, DHMC Aging Resource Center, Lebanon, NH

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

**Salem:** Virtual Northeast Rehab Mild Brain Injury Support Group; Meets the 2<sup>nd</sup> Wednesday of the month, 4:00 PM – 5:00 PM

Email: [bcapobianc@northeastrehab.com](mailto:bcapobianc@northeastrehab.com) to RSVP

**Salem:** Virtual Northeast Rehab Stroke Support Group: Meets the 3<sup>rd</sup> Wednesday of the month, Meeting Time: 4:00 PM —5:00 PM

Email: [StrokeSupportGroup@northeastrehab.com](mailto:StrokeSupportGroup@northeastrehab.com) to RSVP

#### BRAIN TUMOR:

**Derry:** Appointment Only Due to COVID-19.

Contact: Urszula Mansur

Phone: (603) 818-9376

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

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