

# HEADWAY

## ONLINE NEWSLETTER

To subscribe, go to: [www.BIANH.org](http://www.BIANH.org)

ISSUE #92, Summer 2024

41st Annual Golf Tournament.....	Page 1
41st Annual Golf Tournament (cont'd).....	Page 2
President's & Executive Director's Message.....	Page 3
Golf Tournament Registration Info.....	Page 4
40th Annual Conference Wrap Up.....	Page 5
Brain Matters Workshops.....	Page 6
38 <sup>th</sup> Walk By The Sea.....	Page 7
Insights.....	Page 8
New! Brain Injury Clubhouse.....	Page 9
NCILHappenings.....	Page 10

Bike Rodeos Throughout New Hampshire.....	Page 11
The Middle People.....	Page 12
Supporting Immune Health - Part3 .....	Page 13
Spotlight on K.B.I.C.....	Page 14
Disability Rights Center.....	Page 15
Caregiver's Conference Save the Date.....	Page 16
HeadStrong - Virtual Support Group.....	Page 17
Warriors @ 45 North .....	Page 18
Support Groups in New Hampshire .....	Page 19
Members and Donors.....	Page 20

## John Richards to Speak at BIANH's 41st Annual Golf Tournament

BIANH will hold its 41st Annual Golf Tournament on Wednesday, August 7, 2024, at Pembroke Pines Country Club in Pembroke, New Hampshire. The annual tournament supports the NH ThinkFirst program, which works to prevent brain injury by supporting young brain injury survivor speakers to tell their stories to youth at middle and high schools across New Hampshire. The tournament is the primary source of support for the statewide partnership between local New Hampshire Police Departments and BIANH to provide free youth bicycle helmets to vulnerable and at-risk youth that the local police come in contact with throughout the year. Through the funds raised by this tournament, BIANH is able to provide free youth bicycle helmets and bike safety educational information to over 60 departments throughout the State of New Hampshire each year. John Richards, MSW, MBA, LICSW, who is a brain injury survivor, disability advocate, and ex officio BIANH board member, will speak at the 2024 tournament.



John Richards

to improving the lives of others, especially those with brain injuries, disabilities, and chronic illness. A long-time New Hampshire resident, John currently works on special projects for BIANH, and he has been a BIANH board member for over 30 years. He also previously served as the Executive Director for the NH Governor's Commission on Disability. John has the deep perspective and knowledge of someone who has experienced brain injury as a professional, caregiver, and as a survivor.

In 1992, John's wife Carol, who is a brain injury survivor, encouraged him to get involved with BIANH and join the organization's board. While serving as the president of BIANH's board of directors and the president of Residential Resources, John suffered a devastating brain injury due to a brain bleed while out for a bike ride in 2001. He was found unconscious and spent time in the ICU, inpatient rehab, and eventually returned home and continued outpatient rehab. He had a long road ahead of him,

John Richards is well known in the New Hampshire brain injury community, and he has dedicated his life and work

but he took it day by day.

---Continued

"Nobody wants to hear this," John shared, "but recovery from a brain injury takes way longer and is way more difficult than many people expect or understand. If you compare it to a broken leg, you get a cast, hobble around for a while, and then you're good to go, but with a brain injury, not so much. It's going to take way longer than you'd like, and it's going to be uneven with progress and setbacks." John knows too well that there is no magic pill for brain injury, and he believes that attitude, outlook,



John Richards and camp friend

motivation, and getting support are the most important parts of recovery. "Your belief in yourself, hard work, and positive outlook will get you way farther than you might think," he said.



Ellen Edgerly & John Richards  
Support Group Leaders

"Support groups can be so valuable for brain injury survivors," John said. "It's hard when you realize you can't do everything you used to, and people have to reinvent themselves while getting to their new normal. It's helpful to be around others who get it," he added.

Over the years, John has held many positions and tackled many different challenges within the NH brain injury and disability communities. He facilitates a brain injury support group in his hometown of Peterborough, he teaches about legislative advocacy and has been involved in countless legislative efforts, and he recently reactivated his social work license, through which he continues to support individuals living with disability and chronic illness.

Recently, John has been involved in a project called the Middle People Project. The Middle People Project is a platform that was started by John and two other brain injury survivors, Jenn Williams from Maine and David A. Grant from NH. They saw the need for greater support for individuals who have moved beyond the acute phase of brain injury, but still need support



John Richards giving a lecture

and resources related to their ongoing challenges, many of which are often subtle and invisible. John's hopes for this project are that "people will get the resources and strategies to live a full, complete, happy life and that stigma would go down so that people will feel comfortable getting the help they need." For more information about Middle People Project: [www.middlepeopleproject.org](http://www.middlepeopleproject.org).

John will share his story and wisdom at the 41st Annual BIANH Golf Tournament on Wednesday, August 7.

BIANH is grateful for the support of the following sponsors for this great event: Northeast Hospital Rehabilitation Network (Title Sponsor), Robin Hill Farm/Rehab Without Walls (Host Sponsor), and Independence Care (Presenting Sponsor). Learn more about the tournament and register to participate [here](#). For additional information about the tournament, please call the BIANH office at (603) 225-8400.

## 2023-2024 BIANH Board of Directors

### EXECUTIVE COMMITTEE

#### President

Jonathan Lichtenstein,  
Psy.D., MBA

#### Interim Vice-President

Jerry Donovan

#### Treasurer

Michael Palmeiri

#### Secretary

Heather Rousseau

#### Family Council Representative

Diane Schreck  
Jeannine Romeo

#### Survivor Representative

Paul Van Blarigan

#### Professional Representative

Eldon Munson, Jr.

#### Immediate Past President

Robin Kenney, Ed.D.

#### Executive Director

Steven D. Wade

### BOARD OF DIRECTORS

Patricia Ciarfella, LPN, CBIS  
Tiffany Crowell, RNBC  
Tricia Desrocher, PT, MS, CSRS  
Gina England, MA, CC-SLP  
Philip Girard, MS  
Elizabeth Kenney  
Lorene Reagan, RN, MS  
Jonathan Routhier  
Garry Sherry, MS  
Philip Viar

### EX OFFICIO

Josh Gehling, M.Ed.  
David Grant  
John Richards, MS, MBA



**PRESIDENT'S MESSAGE: *Return-to-Learn After Concussion: Making Progress but More to Come****by Jonathan D. Lichtenstein, PsyD, MBA*

I am very passionate about concussion care. More specifically, I care deeply about the quality of concussion care. These concerns fuel my work as a clinician, researcher, and advocate. As President of the Board, I work closely with our Executive Director, Steve Wade, on several initiatives that aim to improve concussion care across the state.

In terms of public awareness, the importance of return-to-learn after concussion has lagged in comparison to return-to-play. This is likely driven by our culture's focus on sports, in addition to the fears surrounding how repeat concussions could affect student-athletes' physical health. New Hampshire passed a return-to-play law in 2012, which stated that student-athletes suspected of having a concussion require clearance from a licensed health-care provider before returning to gameplay. At that time, 38 other states had passed similar pieces of legislation. By 2014, all 50 states possessed a return-to-play law. But the impact of concussion on thinking and classroom functioning was largely ignored until about a decade ago.

Early in my career, I was fortunate to lead a federally-funded program that introduced best practices in concussion care and education to New Hampshire schools. This program, Concussion Chalk Talk, focused on how to effectively return students to the learning environment after concussion. This project was a partnership between Dartmouth, the Bureau of Developmental Services, and BIANH. And it was under the guise of this initiative where I first formed my close bonds with the BIANH and its leadership.

Chalk Talk was very successful. We demonstrated that a return-to-learn program could be feasibly integrated into the concussion management practices of New Hampshire schools. We found that providing education to all school personnel was essential to the culture adopting a focus on cognitive and learning challenges after concussion. We built concussion management teams within each school, which enhanced communication among stakeholders, while tailoring the configuration to each particular school and its needs. We also introduced a behavioral approach to concussion management, thereby empowering teachers and other school personnel to play a more active role in student recoveries by using techniques and tools they were already employing for many students on a daily basis. We also provided concussion expertise to school teams by retaining a neuropsychologist to follow student recovery data and frequently consult with school leaders. Ultimately, our outcomes were positive. Prolonged recoveries were reduced, safe returns to performance were facilitated, and schools felt more supported and confident in caring for students with concussion.

In 2020, we partnered with the Department of Education on legislation mandating that all school districts in New Hampshire have a return-to-learn program as part of their concussion policies. At that time, only 14 other states had passed return-to-learn laws. I am happy to report that we are making advances in providing school districts with guidance for how to integrate return-to-learn practices into their concussion care. There will be more to come on this front in the near future, but I'm encouraged by our recent and continued progress in this domain.

**EXECUTIVE DIRECTOR'S MESSAGE - Thank You, Lori!***by Steven D. Wade, Executive Director*

BIANH's long-serving Director of Events and Special Projects, Lori Sandefur, recently announced her retirement.

It has been my honor and privilege to have served with Lori for over twenty-five years. Her dedication and skill has been a key to the on-going success of the Association in educating and supporting brain injury survivors, families and professionals throughout the state.

Lori has lead our annual brain injury conference throughout her tenure. It is a tribute to her leadership and team-building skills that many of the conference planning committee members have been with her for over these years.

Lori developed most of our training and education efforts with innovative education programs such as the BIANH Brain Matters Series. In addition to her educational and training efforts,

Lori has always been on hand to help secure the success of many of the Association's special projects over the years. Often crucial to the support of brain injury survivors and families.

Many of you may know Lori from her work coordinating our annual walk by the sea and picnic. Lori has continued to refine and grow this event each year, most recently held on Saturday, June 8th.

Lori will be sorely missed by all of us on the BIANH support staff and the many volunteers she has worked with. Thankfully, Lori has graciously agreed to continue helping to lead the annual brain injury conference and occasionally a special project.

On behalf of the entire state's brain injury community,  
**THANK YOU, LORI!**





**Wednesday  
August 7, 2024**

**NEW LOCATION!**  
**Pembroke Pines  
Country Club**  
**42 Whittemore Rd #3128  
Pembroke, NH**

### TITLE SPONSOR



### HOST SPONSOR



### PRESENTING SPONSOR



# 41st Annual Golf Tournament



*2 and 4 person scramble*

### 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, Speaker: John Richards  
awards, ceremony and raffle drawing

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

**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

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

### Contests:

Air Cannon Shot  
Men's/Women's Longest Drive  
Men's/Women's Closest to Pin



To Register: <https://rb.gy/4xj3i0>



## 40TH ANNUAL CONFERENCE WRAP UP

On Wednesday, May 8th the Brain Injury Association of New Hampshire held its 40th Annual Brain Injury and Stroke Conference at the Courtyard Marriott and Grapstone Conference Center in Concord. It was a very successful day with over 300 people in attendance.

The morning began with the Keynote, "A Portrait of Recovery - How Daily Painting Helped Heal My Concussion" given by Allison Moir-Smith, MA. Allison shared her story about the concussion she received in 2017 while enjoying a day of skiing where she slipped backwards and struck her head. Allison's concussion introduced her to the world of brain injury and many of the challenges that come with it: light sensitivity, noise sensitivity, balance issues, emotional lability, depression, memory issues, and cognitive challenges. This seemingly innocuous fall would change the rest of her life, but she did not give up. Allison kept looking for answers and shared that her journey into artistic expression started as a way to help manage her nervous system, beginning with a coloring book, then experimenting with watercolors, and eventually moving on to acrylics and oils. Her artwork is not only beautiful but it has helped tremendously with her recovery.

In following with the theme of art and recovery, the day also featured a survivor art exhibit. Local artists provided us with several beautiful pieces of art they created and allowed us to display. Charlene "Missy" Fellows displayed pieces of her one-of-a-kind jewelry that included a ring made from a spoon and two pendants created with stone, abalone shell and other materials. Debora Crowler provided us with two of her colored pencil drawings titled *Cardinal* and *Morning Swamp*. Amy Klevitch displayed three different photographs she had taken, a woman posed by a motorcycle, blue egg in a wooden bowl, and collage of a sleeping cat. Karen Campagna, displayed two pastel paintings, *Making Mud Pies* and *The Dance Within*. Marianne Rosa also contributed two paintings, *Firefly* and *Breathe*. Rosalie Johnson displayed a photograph of flamingoes and a palm leaf patterned tote bag/back pack. And last but certainly not least, Krempels Brain Injury Center members submitted a large mural, half of it covered with silk flowers. Thank you to all for your beautiful submissions.

The conference program was filled with excellent presenters and topics that included a *Survivor Panel*, *Journaling for Better Health*, *Disorders of Consciousness*, *TBI in Older Adults*, *Long COVID*, *Mental Health Recovery*, *Yoga & Mindfulness*, *TBI Recovery & Magnets*, and many others.

As is customary, the winner of the Ellen Hayes award was announced and presented during lunch. This award is the highest honor the Brain Injury Association of NH bestows upon an individual or organization for their outstanding efforts in support of individuals with brain injuries. This year's recipient was John Capuco, Psy.D. For nearly thirty years, his selfless dedication and leadership within the brain injury community, has accomplished so much to

help improve the lives of individuals living with brain injury in our state. Through his work at the NH Bureau of Developmental Services, as director of state brain injury services and of the acquired brain injury home and community care waiver, he has accomplished much toward improving the care for individuals living with chronic, long term and intensive care needs from brain injury.

The conference planning committee members who have served for at least 15 years or more were also recognized, each receiving an engraved clock. Thank you for your commitment!

Jill Keller	25 years
Nicola Beauregard	25 years
Kim Errico	23 years
Susan Riley	21 years
Nina Hopkins	19 years
Gina England	15 years

A special thank you to all of our presenters – David Burbank; Brittany J. Bullock, MS, CCC-SLP, CLC, CNT; Karen Campagna; Kurt "KC" Christensen; Gina England, MA, CCC-SLP; Sarah Kilch Gaffney, CBIS; Joseph T. Giacino, PhD; Jacob LaBrack; Jonathan Lichtenstein, PsyD, MBA; Cheryl M. Lundgren, MS, CCC-SLP; Allison Moir-Smith, MA; Adrienne Moraff, MD; Joanne Morello, PT, DPT, CSRS; Nicole L. Quartulli, COTA/L, CBIS; Catherine J. Radakovic, OD, FCOVD; Maria E. Restrepo-Toro MS; Clifford J. Rosen, MD; Crystal Skahan, MS, CTRS/L, CBIS; Tye Thompson, MS, CTRS/L; Karen Thorp, OTR/L, MOT; Donald O. Tower III, DO; Katrina Woodward, MS, CCC-SLP, CDP; & Chelsea Zarcone, LICSW, CBIS.

We would also like to thank all of our sponsors & exhibitors. Your support enables us to continue providing one of the largest and most comprehensive brain injury and & stroke conferences in New England.

**Lead Sponsor:** Abramson, Brown & Dugan

**Supporting Sponsor:** NH Bureau of Developmental Svcs.

**Sponsors:** David Krempels Brain Injury Center  
Encompass Health Rehab Hospital

**Exhibitors:**

Brain Injury Association of New Hampshire  
Brookhaven Hospital  
CareOne at Lowell  
Granite Pathways  
LoveYourBrain  
Mobility Works  
NeuroRestorative  
New Hampshire Vocational Rehabilitation  
North Country Independent Living  
Northeast Rehabilitation Hospital Network  
Pathways Healthcare  
Rehab Without Walls/Robin Hill Farm  
Rose Meadow Group  
St. Joseph Hospital Rehab Center  
Wellness Health Plan

See photos, next page---



## BRAIN MATTERS 2024

**More information will be coming soon.**

Once the schedule is finalized a separate e-blast will be coming as well as being posted on BIANH's website.

### August

#### *Part 2 - Building a Health and Happy Life when faced with Unexpected Challenges*

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

(For those that attended Part 1 – this is the continuation of it)

### September

#### *For Families & Caregivers—Behavioral Consultation Following Brain Injury*

Presented by Toni Curry, PhD, NCSP

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 30 minute one on one session will create an opportunity for you to discuss specific behaviors that you are seeing your family member exhibit and offer some guidance in how to best deal with them.

Each session will include a 15 minute overview on behavioral issues followed by a 15 minute Q&A. Upon signing up for a session you will receive a form to fill out where you can let Dr. Curry know ahead of time the specific behavioral areas/issues you would like her to focus on during your session.

We will offer four 30 minute timeslots for an individual consultation where families and caregivers can sign up for a one on one training and Q&A.

Available time slots (only one person/family per each time)

<b>Afternoon</b>	12:00 – 12:30	<b>Evening</b>	5:00 – 5:30
	12:45 – 1:15		5:45 – 6:15

For more information, contact Lori Sandefur—[lori@bianh.org](mailto:lori@bianh.org) — [www.bianh.org](http://www.bianh.org)



## 38TH ANNUAL WALK BY THE SEA AND PICNIC

On Saturday, June 8th we arrived at Hampton Beach State Park to be welcomed by a warm off-shore breeze, bright sunshine and about 300 smiling faces as we celebrated our 38th Annual Walk by the Sea! Although we did get surprised by a popup rain storm a bit later, no one seemed to mind. As one participant wrote, "Yesterday was such a fun day and my team all enjoyed the walk even if we laughingly got drenched at the end. I remarked that if I was 50 years younger that would have been the funnest part of the day!"

BIANH Executive Director, Steven Wade, welcomed everyone at the start of the walk. Upon their return to the pavilion walkers were treated to lunch and a couple of very entertaining sandwich servers, who were competing for bragging rights in serving the most popular sandwich of the day: ham or turkey?? There was also music to listen to while enjoying lunch and the delicious cookies baked and donated by Robin Hill Farm.

Thank you to all who participated and/or donated to this year's Walk: Our prize and snack sponsor, CareOne, Dunkin Donuts, who donated the coffee and donuts, the Munson Family and NCIL for the rest stops and refreshments, Robin Hill Farm for once again donating the delicious cookies, Jose Yatco for the music and photography, all the volunteers who helped out at the event, and NH State Parks. A great day was had by all!

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

### The most original team name:

*Rolling Rufus and the Bipeds* – Jennifer Spampanito, Team Captain

### The team with the most walkers:

*Robin Hill Farm* – Claire Kearney, Team Captain

### The team's that raised the most money by day of event:

1st Place – *Major Trouble*/Greg Major – \$2,195 - Samantha Martin, Team Captain

2nd Place – *Team 891* – \$1,235 - Barbara King, Team Captain

3rd Place – *Rolling Rufus and the Bipeds* – \$1,125, Jennifer Spampanito, Team Captain

### The Individuals who raised the most money:

Bob & Kelly Holmes	\$2,775
April Koney	\$1,020
Michelle Rhoads	\$ 400

### The Eldon R. Munson, III–Team Spirit Award

This will be the 26th year that the winning team has participated in the Walk by the Sea in remembrance of their team captain's son, Robert 'Rob' Browning. Rob himself was able to participate in the first two walks. We are

pleased to announce the winning team is: *Rob's Rapid Reelers*--Team Captain, Karen Mossey

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

Be sure to go to our Walk by the Sea website: [www.walkbythesea.org](http://www.walkbythesea.org) (click on Gallery) to check out this year's photos from the Walk.

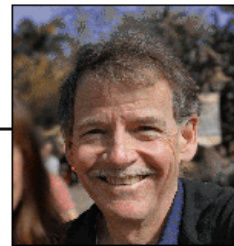




# INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant

## *Brain Injury: A Lifelong Journey Beyond Acute Care*



Scrolling through my news feed recently, a headline immediately caught my attention. An article by the Brain Injury Association of America touted, "A Call for Brain Injury to be Recognized, Treated, and Covered as a Chronic Health Condition." As someone who has lived with a brain injury for almost 14 years, I can personally attest to the fact that recovery from a brain injury goes well beyond acute post-injury care.

The article continues this long-overdue narrative: "Unfortunately, the idea that brain injury can permanently change a person – their capabilities, their personality, their ability to work and socialize as they once did – is not something understood by people who have not experienced it."

My initial response was rather harsh, perhaps a bit unbecoming, as I wondered why it's taken us as a society so long to come to this obvious conclusion. But then reason stepped in. For many, though not all, brain injury is not visible. If you want to make a brain injury survivor

cringe, just tell them that they look fine. But brain injury runs deep, so much deeper than most anyone outside of those who live with it would ever know. The Brain Injury Association of America article states the obvious: brain injury is misunderstood by those not living with it.

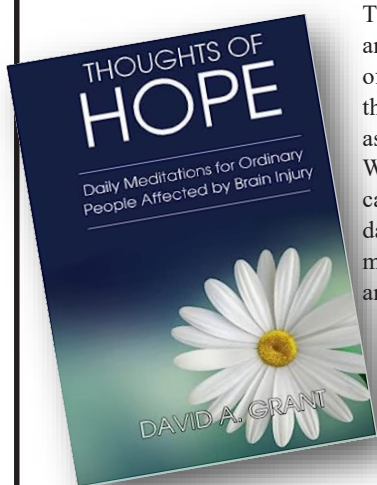
Almost 14 years out and my own life is a testament to this. If you met me for the first time and our conversation was light, I can say with 100% certainty that you would never know that I live with a disability. But challenges still abound. My dad recently passed away, and with his passing came unfathomable life stressors. Those without a brain injury would undoubtedly feel the stress of a passing parent. Brain injury, however, complicates things. With extra stress come challenges both seen and unseen.

When I'm overly tired, my ability to speak falls away fast. Aphasia rears its head. My processing speed goes from average to sub-par, brain fog rolls in, and if we happen to be getting a big change in the weather, the cranial pressure becomes close to unbearable. Most of these challenges still keep my disability out of the public eye, but they are real nonetheless.

Time and immersive experience within the brain injury community have shown that I am far from unique. Most of the survivors that I know still have long-term, chronic challenges that directly impact their overall quality of life. Fortunately, most of those I know who share my fate have come to the place where they accept and have learned to live with the challenges we share.

While there was initially a bit of hope that this may be the beginning of societal change, that wish may be a bit grandiose. Years ago, when the movie *Concussion* hit screens across America, I had the same thought, that this would be a public perception change-agent. But when the movie finished its run, the spotlight again dimmed. In the meantime, those of us who advocate for our community will continue to do so, one person at a time, one teaching moment at a time.

### 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.

**SEACOAST  
PATHWAYS**



**MANCHESTER  
PATHWAYS**

**GRANITE PATHWAYS IS PLEASED TO ANNOUNCE THE OPENING OF  
MANCHESTER PATHWAYS CLUBHOUSE  
SERVING BOTH BRAIN INJURY SURVIVORS AND INDIVIDUALS  
WITH MENTAL HEALTH CHALLENGES**

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

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

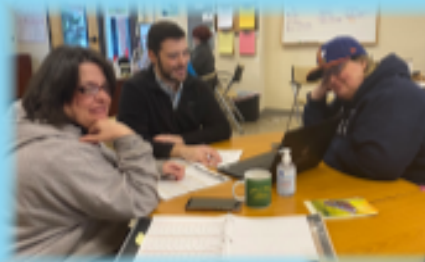
Members identify goals that are incorporated in the daily work including improved daily functioning, and greater independence and self-sufficiency to return to work, school, and to be more successful at home and in the community.

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

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

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

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



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



**WE LOOK FORWARD TO MEETING YOU!**

Schedule a visit by calling or emailing Seacoast Pathways

**Seacoast Pathways**

Phone: 603-570-9804

Email: [seacoastpathways@gmail.com](mailto:seacoastpathways@gmail.com)

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

**Manchester Pathways**

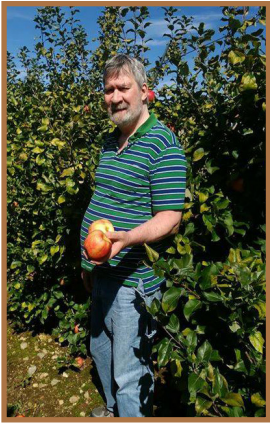
Phone: 603-263-1300

Email: [manchesterpathwaysgp@gmail.com](mailto:manchesterpathwaysgp@gmail.com)

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



## NCIL HAPPENINGS

*Everyday Life! -- 30 YEARS THIS SUMMER!*

This past Spring we lost a valued member of the Barrington Residence after a very brief and short fight with cancer; Mike B. left us in April. He spent 15 years as a resident, forming lasting friendships and becoming beloved by many of the staff. He will surely be missed with his favorite classic television shows, *Gunsmoke*, *Bonanza*, *MASH*, and *The Price is Right*! One of his friends, Richard, dedicated his Walk by the Sea to Mike and printed his name on his

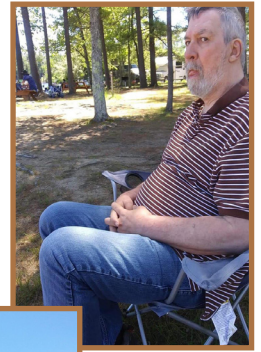
t-shirt sleeve. Eileen was his favorite staff member, and she enjoyed accompanying him to many activities and appointments; as crotchety, he seemed to do anything for Eileen. Mike left an indelible mark on the staff and other residents alike with his gruff exterior but a deep, kind heart. He was an outdoorsman, lighting up the room when speaking of fishing and hunting. Mike will surely be missed.

Our recent activities at NCIL have been a source of joy and camaraderie. We've had yoga/meditation classes, a walking club, and recreation nights filled with bingo, painting, crafts, and movie nights. Despite a brief rain/windstorm, our Walk by the Sea and picnic was a success, a testament to the resilience and spirit of our community.



**Resident Highlight:** Nick B. has been volunteering weekly for Meals on Wheels, delivering meals with a smile while interacting with those who might not have community interactions. He previously volunteered at the Humane Society, spending time with the cats waiting to find a family. He enjoys music, games, writing, walking, riding his bike, and NASCAR in his spare time. Most recently, he attended a *Judas Priest* concert in Bangor, Maine, with the opener of the heavy metal band *Sabaton*. He also joined a local talent show, singing two of his favorite songs!

This summer, we are proud to celebrate a significant milestone-30 Years of providing quality services in community-based residential settings to individuals with neurologic impairments, traumatic brain injuries, and other special needs. This achievement is a testament to the vision and dedication of Garry and Patsy Sherry, who founded NCIL with the aim of providing wonderful programs and services to those in need. We are honored to continue their legacy and serve our community.



**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](http://ncilnh.com) • North Conway



## BIKE RODEOS THROUGHOUT NEW HAMPSHIRE

### EXETER BIKE RODEO

The event took place on Saturday, May 11th from 9:00 am until 11:00. We gave away numerous helmets this year which were checked for proper fit by members of the Exeter Fire Department. This year's event included McGruff the crime dog and obstacles such as ramps and teeter totters. Bicycle's were checked for safety by Jason Fritz of the Exeter Fire Department. Thank you to BIANH for the generous donation of helmets to keep the children safe.



### Portsmouth Recreation and Seacoast Area Bike Riders (SABR)

This Spring we visited the 3rd of Portsmouth's elementary schools to host a bike event that featured a bike track (on and off road), bike mechanical checks, crafts, and of course, a helmet check station and helmet give away. As you can see from the photo below, our volunteers worked to hand out helmets to any children or adults who were in need of a new or a proper fitting helmet.

We thank the Brain Injury Association of NH for providing these helmets and helping us to ensure children and adults have the proper safety equipment.



### Hillsborough County Sherriff and Rockingham County Sherriff Offices

Several of the County Sherriff's Departments are able to hand out bike helmets through many towns as they see children riding the streets not wearing a helmet and unprotected. Officers will stop and hand out helmets as needed. Thanks to BIANH these children are happy and safe.



## 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.

## SOMEWHERE BETWEEN FULLY RECOVERED AND EXTREMELY CHALLENGED: THE MIDDLE PEOPLE

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



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

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

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

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

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

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



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

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



### Part 3 (continued from last publication)

As mentioned in Parts 1 and 2 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 part 2 article), regular exercise, and even a few added nutritional supplements with immune boosting properties (discussed in this section), and you can help increase your body's defenses against illness.

### Your Immune System Is Directly Related to Your Gut: Additional Immune Support through Supplements

Herbs and supplements with high antioxidant effects help support the job of Macrophages, cells in the immune system responsible for defending the host from infection, by breaking down and ridding the body of foreign substances such as bacteria. Since a large portion of our immune health and function comes from the gut, making sure this system is intact is crucial. Curcumin, the main active component of turmeric, exerts antioxidant effects and has been shown to have excellent anti-inflammatory efficacy through restoring the damaged intestinal barrier, regulating the gut microbiota, and reshaping the macrophage phenotype. Mushrooms also have incredible medicinal properties and the effects of mushrooms on immunity, cancer, and autoimmunity have been proposed for thousands of years. It was not until recently however, that a growing interest has led scientists to look more into which part of these fascinating fungi are responsible for health benefits. Glucans and specific proteins are responsible for most of the biological effects of mushrooms, particularly in terms of immunomodulatory and anti-tumor results. Proteins with bioactive effects include lectins, fungal immunomodulatory proteins (FIPs), ribosome inactivating proteins (RIPs), ribonucleases, laccases, among others. High quality pre and probiotics are also another means of supplying your gut microbiome with additional "good bacteria" for balancing inflammation and encouraging good immune health. Lastly, elderberries (*Sambucus nigra* L.) are well known to be supportive agents against common cold and flu like symptoms and have been used for centuries for their antioxidant and nutritional properties. This dark violet-black berry contains a variety of nutrients ranging from various vitamins (A, B1, B2, B6, B9, C and E), trace elements such as Cu, Zn, Fe and minerals such as K, Ca and Mg to phytochemi-

cals such as carotenoids, phytosterols and polyphenols. One study looked at the health benefits of using this herb with air traffic passengers during cold and flu season and its effect on respiratory, physical, and mental health. The study noted that elderberry extract did appear to have beneficial effects on these areas, that cold duration and symptoms were reduced with use during air travel compared to a placebo group, and that due to the constituents of this herb, elderberries are a "likely candidate for beneficial nutritional and/or medical supplementation not only for respiratory, but also for cardiovascular and mental health, all of which may be affected during travel."

Most individuals do not consider how spinal health and gut health play significant roles in immune health. By bringing awareness to the importance of caring for these two systems, you can contribute to your body's overall wellbeing. With regular Chiropractic care to address spinal health, improving dietary choices by way of eating a variety of fruits and vegetables (especially those low on the glycemic index), increasing protein and healthy fats, and avoiding inflammatory foods, while lastly adding supplements to your daily regimen such as turmeric, mushroom powder, probiotics, and Vitamin D to name a few, can aid your body in fighting chronic disease and illness as well as seasonal ailments. Of course, exercising regularly, drinking plenty of water, and talking with your doctor on what is right for your individual health needs, is also essential.

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

#### Supporting Research:

Haavik H, Niazi IK, Kumari N, Amjad I, Duehr J, Holt K. The Potential Mechanisms of High-Velocity, Low-Amplitude, Controlled Vertebral Thrusts on Neuroimmune Function: A Narrative Review. *Medicina* (Kaunas). 2021;57(6):536. Published 2021 May 27. doi:10.3390/medicina57060536 <https://www.apa.org/topics/stress/body>

Iddir M, Brito A, Dingo G, et al. Strengthening the Immune System and Reducing Inflammation and Oxidative Stress through Diet and Nutrition: Considerations during the COVID-19 Crisis. *Nutrients*. 2020;12(6):1562. Published 2020 May 27. doi:10.3390/nu12061562

Di Tommaso N, Gasbarrini A, Ponziani FR. Intestinal Barrier in Human Health and Disease. *Int J Environ Res Public Health*. 2021 Dec 6;18(23):12836. doi: 10.3390/ijerph182312836. PMID: 34886561; PMCID: PMC8657205.

de Vos WM, Tilg H, Van Hul M, Cani PD. Gut microbiome and health: mechanistic insights. *Gut*. 2022;71(5):1020-1032. doi:10.1136/gutjnl-2021-326789

Shi N, Li N, Duan X, Niu H. Interaction between the gut microbiome and mucosal immune system. *Mil Med Res*. 2017;4:14. Published 2017 Apr 27. doi:10.1186/s40779-017-0122-9

Hou K, Wu ZX, Chen XY, et al. Microbiota in health and diseases. *Signal Transduct Target Ther*. 2022;7(1):135. Published 2022 Apr 23. doi:10.1038/s41392-022-00974-4

Lin X, Bai D, Wei Z, et al. Curcumin attenuates oxidative stress in RAW264.7 cells by increasing the activity of antioxidant enzymes and activating the Nrf2-Keap1 pathway. *PLoS One*. 2019;14(5):e0216711. Published 2019 May 21. doi:10.1371/journal.pone.0216711

Gao C, Zhou Y, Chen Z, et al. Turmeric-derived nanovesicles as novel nanobiologics for targeted therapy of ulcerative colitis. *Theranostics*. 2022;12(12):5596-5614. Published 2022 Jul 18. doi:10.7150/thno.73650

Motta F, Gershwin ME, Selmi C. Mushrooms and immunity. *J Autoimmun*. 2021;117:102576. doi:10.1016/j.jaut.2020.102576

Borchers AT, Stern JS, Hackman RM, Keen CL, Gershwin ME. Mushrooms, tumors, and immunity. *Proc Soc Exp Biol Med*. 1999;221(4):281-293. doi:10.1046/j.1525-1373.1999.d01-86.x

Roxas M, Jurenka J. Colds and influenza: A review of diagnosis and conventional, botanical, and nutritional considerations. *Altern. Med. Rev*. 2007;12:25-48.

Raus K, Pleschka S, Klein P, Schoop R, Fisher P. Effect of an Echinacea-Based Hot Drink versus Oseltamivir in Influenza Treatment: A Randomized, Double-Blind, Double-Dummy, Multicenter, Noninferiority Clinical Trial. *Curr. Ther. Res. Clin. Exp*. 2015;77:66-72. doi: 10.1016/j.curtheres.2015.04.001.

Krawitz C, Mraheil M.A., Stein M., Imirziloglu C., Domann E., Pleschka S., Hain T. Inhibitory activity of a standardized elderberry liquid extract against clinically-relevant human respiratory bacterial pathogens and influenza A and B viruses. *BMC Complement. Altern. Med*. 2011;11:182. doi: 10.1186/1472-6882-11-16.

Roschek B, Jr., Fink R.C., McMichael M.D., Li D., Alberte R.S. Elderberry flavonoids bind to and prevent H1N1 infection in vitro. *Phytochemistry*. 2009;70:1255-1261. doi: 10.1016/j.phytochem.2009.06.003.



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

## Brain Injury Awareness Month and More at KBIC!



## FedPoint Plants the Seed for Growth at KBIC

A therapeutic gardening program blossoms at the center for brain injury survivors.

Finding effective programs to actively engage brain injury survivors is a key priority at the David Krempels Brain Injury Center (KBIC). When our programs are designed by clinically licensed staff, they are often only ideas until they are adequately funded. On May 6, FedPoint volunteers, KBIC staff and brain injury survivors worked to in-



stall four raised, wheelchair accessible garden beds. Later that day, the "Grow Your Own Way" group met to install soil and plant flowers while learning about gardening.

"When we had an opportunity to come and work with Krempels [KBIC] we saw a lot of parallels between our business and what we're trying to do and what KBIC does for their members," said Brian Frankenfield, Director of Corporate Giving at FedPoint. "I want to thank KBIC for what they do and for this opportunity to further our mission through them."

FedPoint's leadership in corporate philanthropy sparked other local businesses to contribute to the project as well. The new program received several donations of plants, soil, gloves and tools from local businesses including Home Depot, Stout Oak Farm, Chinburg Builders, Aubuchon and Target.

Brain injury survivors that attend KBIC now meet regularly for the "Grow Your Own Way" program to engage

in the joy of gardening and outdoor learning. Weekly gardening sessions are led by volunteer and UNH Cooperative Extension Master Gardener, Cris Purdum. The dedication of volunteers like Cris is vital to the program's success.

"Everyone should have access to the benefits of gardening," said Purdum. "This program is an opportunity for members to re-engage in a familiar occupation," she added. "As a master gardener and a retired occupational therapist, I get to bring the two together."

### The Healing Power of Gardening

Therapeutic gardening, also known as therapeutic horticulture, leverages the nurturing and tranquil aspects of gardening to promote healing and well-being. This therapeutic approach offers numerous benefits, including physical, emotional, and psychological improvements. Engaging in gardening activities helps reduce stress, alleviate pain, and improve attention, as well as offers opportunities to work on balance and fine gross motor coordination. It provides a purposeful activity that fosters self-esteem, independence, and a sense of responsibility. By caring for plants, brain injury survivors experience a restorative connection with nature, enhancing their overall life satisfaction.



Therapeutic gardening interventions have shown remarkable outcomes for survivors, including increased motivation, enhanced physical functioning, and greater independence and autonomy. These benefits are significant, as they contribute to the overall well-being of brain injury survivors.

To read the full version of this and other impact stories, please visit our website at <https://kbicenter.org/support/impact-stories/>.

## DISABILITY RIGHTS CENTER

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



Have you Taken the Stop Special Pledge yet?



“ I fully support

language that moves away from the notion that people with disabilities, including myself, are somehow 'special' or 'unusual' purely because of our existence.

- Austyn

To take the pledge, visit [StopSpecial.org](https://StopSpecial.org)



The Stop Special campaign is supported with funding from the New Hampshire DD Act partners – the Institute on Disability at the University of New Hampshire, Disability Rights Center – NH, and the NH Council on Developmental Disabilities. Together, these partners support people with disabilities as they participate in all aspects of community life.

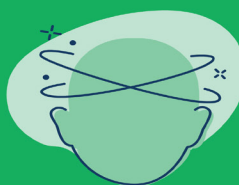
## 5 Signs of Stroke



**1**  
Facial drooping



**2**  
Body weakness



**3**  
Off balance



**4**  
Trouble speaking



**5**  
Vision problems



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





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

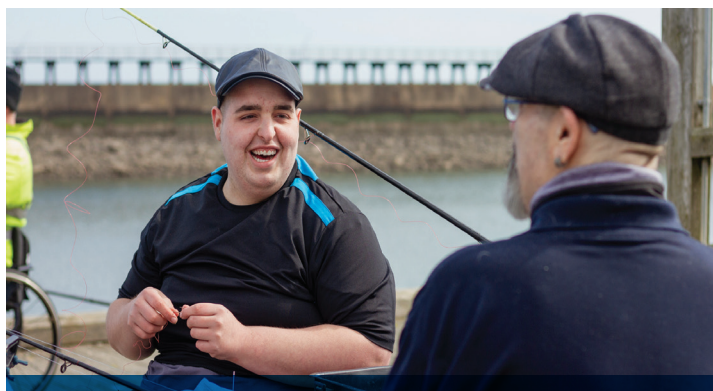
Introducing a new online support group, through the Brain Injury Association of NH, for survivors and their caregivers.

- The second Thursday of each month from 12-1:00 PM.
- Participation is online using your computer, tablet, smartphone or telephone.
- Registration is required.  
Please register online at <https://tinyurl.com/4m34m744> or email Ellen Edgerly at [ellen@bianh.org](mailto:ellen@bianh.org) to request a registration form.
- Questions: Email [headstrongbianh@gmail.com](mailto:headstrongbianh@gmail.com) for more information.

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



Register



### 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

## Choose Northeast Rehabilitation

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

**Inpatient**  
4 Inpatient Hospitals

**Outpatient**  
20+ Outpatient Centers

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

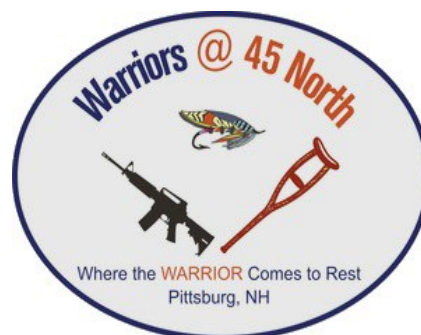
We are accredited by The Joint Commission and our four rehabilitation hospitals have earned Disease-Specific Care Certification in Brain Injury and Stroke rehabilitation.

For information, call (603) 893-2900

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

Follow us on Facebook @NortheastRehabilitationHospital

Northeast Rehabilitation Hospital Network



PO Box 132

Pittsburg, NH 03592

[www.warriors45north.com](http://www.warriors45north.com)

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

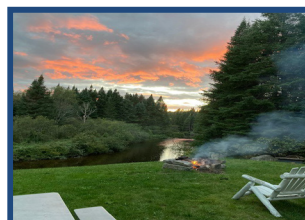
### MISSION STATEMENT

*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 • ATVPing  
Snowmobiling • Shooting  
and so much more

#### Contact:

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

Email: [mmcssworrall@gmail.com](mailto:mmcssworrall@gmail.com)

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

Email: [warriorsat45n@gmail.com](mailto:warriorsat45n@gmail.com)

Where the **WARRIOR** comes to rest





## 2024 MEMBERS AND DONORS

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

**DONORS AND MEMBERS**

Ammonoosuc Community Health Services, Inc.  
Anonymous  
Vicky Anderson  
Eveleen Barcomb  
Nicola Beauregard  
Stephanie Brooks  
John Capuco  
Steve & Kathy Caredo  
Neal & Lynn Dini  
Eastern Inter-Club Ski League  
Heather Gilbert  
Paul Giraldi  
Darryl & Erin Hall  
Scott Jeannot  
Rosalie Johnson  
Joan Klefos  
David Kutz

NH Driver Education Teachers Assoc.  
Linda Phelps  
Barbara Saunders  
Southern NH USBC  
Ed & Valerie Zablocki

**IN HONOR OF LARRY MAJOR**

Julie Stone

**IN HONOR OF PETERBOROUGH SUPPORT GROUP**

Elaine Sokoloff

**IN HONOR OF JASON SCHRECK**

June Rose

**IN MEMORY OF DIANNE BURELLE**

Gilbert Burelle

**IN MEMORY KAREN MERROW**

Scott Merrow

**IN MEMORY OF WILLIAM RC MILNE, JR**

Erica Anthony  
Denise Pike

**IN MEMORY OF ELDON MUNSON, III**

Ashley Munson  
Munson & Associates, LLC

**IN MEMORY OF LISA MUNSON**

Richard Johnson  
Joyce Wagner



**BRAIN INJURY  
ASSOCIATION  
OF NEW HAMPSHIRE**

**ANNUAL FUND**

**Gift Amount:** ☐ \$1,000 ☐ \$500 ☐ \$100 ☐ \$50 ☐ \$25 **Other \$** \_\_\_\_\_

**Gift Frequency:** ☐ Monthly ☐ Quarterly ☐ Annual ☐ One-time Gift

**What your donation can do -**

\$25 purchase a bike helmet

\$50 help with grocery bills

\$75 help with a utility bill

\$100-200 help purchase mobility, adaptive equipment, or assist with medical procedures not covered by insurance

\$500 assist with dental bills, necessary home modifications, or assistive technology needs

**MY GIFT IS A TRIBUTE -**

**IN MEMORY OF** \_\_\_\_\_

**IN HONOR OF** \_\_\_\_\_

☐ **Donate Online** - You can easily donate online; go to [www.bianh.org](http://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 \_\_\_\_\_