

HEADWAY

NEWSLETTER



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The *Headway* newsletter is NOW entirely online!

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

Jonathan D. Lichtenstein Elected New BIANH Board President

BIANH is thrilled to announce that Jonathan D. Lichtenstein, PsyD, MBA, has been elected as the new President of BIANH's Board of Directors. Jerry Donovan, MBA, CBIS, who has served as the Vice President since 2019, will continue as the Interim Vice President.

Jonathan, who lives just over the border in Vermont with his wife and two daughters, has been involved with BIANH for many years as a board member since 2019, as a leader in the New Hampshire brain injury community, and as a stalwart supporter of statewide brain injury initiatives. He is currently the Director of Neurological Services at Dartmouth-Hitchcock Medical Center, where he also leads the Pediatric Neuropsychology and Sports Neuropsychology programs. He is an Assistant Professor of Psychiatry, Pediatrics, and the Dartmouth Institute for Health Policy and Clinical Practice at Dartmouth's Geisel School of Medicine, as well as an Adjunct



Professor of Clinical Psychology at Antioch University. Jonathan is also a frequent presenter for local and national brain injury conferences, webinars, and other trainings.

From a young age, Jonathan knew he wanted to help people, but he wasn't sure exactly what that would look like. He thought he might become a therapist, but then in graduate school he learned about neuropsychology and became hooked. Jonathan had always been an athlete (he played college basketball and now runs a lot of half marathons to raise funds for causes he wants to support), and the intersection of brain injury and neuropsychology fascinated him, so he ended up doing his dissertation on cognitive assessment for sport-related concussion. He followed this work with a fellowship at the Sports Concussion Center of New Jersey and a second fellowship at the Geisel School of Medicine at Dartmouth. These days,

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2023-2024 BIANH Board of Directors

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PRESIDENT'S MESSAGE

THE JOURNEY CONTINUES

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



I am very excited to begin my time as president of the board for this prestigious organization. The BIANH has loomed large in my professional life since I arrived in New Hampshire in 2013. Over the past 10 years, I have worked with the BIANH as Co-Principal Investigator and Medical Director for a grant-funded school-based concussion program, served as lead for a return-to-play concussion program in schools, been a board member, and worked together to pass return-to-learn youth concussion legislation in New Hampshire.

My training and experience lies mostly in the fields of pediatric neuropsychology and sports neuropsychology. As such, I spend the bulk of my waking hours working on issues pertaining to youth concussion. With school starting again, I thought the current Headway issue was a good time to write about concussion and some of the key points emerging from the most recent international consensus statement from the Concussion in Sport Group (CISG). The CISG statement updates the current recommendations for sport-related concussion using an evidence-informed consensus process. Those in and around concussion will remember the Zurich Guidelines, which then became the Berlin Guidelines, and now, we are on the Amsterdam Statement. Updates from Amsterdam include the introduction of exercise early in the recovery process and more robust return-to-learn guidance.

I am proud to report that many of the key recommendations in sports concussion care and management found in the Amsterdam Statement are not new to New Hampshire or BIANH. We have been

preaching many of these ideas—to just about anyone who would listen and practicing them for the past 10 years. Some of these updates were central components of our Concussion Chalk Talk program, which began in 2014 as a collaboration between BIANH, Dartmouth, and the Bureau of Developmental Services. Chalk Talk educated schools and communities on the holistic impact of concussion upon adolescents, focusing on the cognitive and psychological side of the injury. Our approach was behavioral, helping students and the adults in their lives see how being isolated from school and refraining from activity was an impediment to recovery.

But for all the work we did and the training we provided, New Hampshire still has mountains to climb when it comes to state-of-the-art concussion management practices. At our clinics at Dartmouth, we regularly see PCPs and school personnel recommending outdated interventions for youth following concussion, which ultimately delay and hinder natural recovery processes. Likewise, children and families appear woefully uneducated about proper behaviors after concussion; this also complicates a healthy course of recovery. We can do better. We need to do better.

During my time as board president, I plan to emphasize the importance of pediatric brain injury, continuing the work of our incredible organization and community. I look forward to tackling this together.

EXECUTIVE DIRECTOR'S MESSAGE

UPCOMING CAREGIVER'S CONFERENCE

by Steven D. Wade

BIANH looks forward to hosting the 17th Annual Caregiver's Conference. The conference planning committee represents a broad cross-section of the state's disability community. The conference focus is caregiving for all persons living with disability and those living with brain injury.

This year's conference will be held in person on Wednesday, November 8, 2023, from 8:00 AM-4:00 PM at the Courtyard Marriott Grappone Conference Center in Concord, New Hampshire.

We will all experience caregiving on some level. As Rosalynn Carter of the Carter Institute for Caregivers eloquently stated—*There are only four kinds of people in the world: those who have been caregivers;*

those who are currently caregivers; those who will be caregivers, and those who will need caregivers.

The planning committee has done an outstanding job this year. Under the leadership of Lorene Reagan and Ellen Edgerly, the committee has worked on a conference program to help strengthen, educate, provide network and resources to New Hampshire Caregivers.

We are grateful to many individuals who have worked to help bring back the Caregiver Conference as an in-person event. Visit the conference website at www.coalitionofcaring.org for additional information.



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

Continued from page 1: Jonathan D. Lichtenstein Elected New BIANH Board President

his primary research interests focus on how certain diseases and conditions impact the developing brain, in particular sports-related concussion in adolescents and young adults. To that end, Jonathan is proud to be Dartmouth College's Team Neuropsychologist for athletics, and a Site Co-PI to the Ivy League-Big Ten Epidemiology of Concussion Study.

During his fellowship at Dartmouth, Jonathan worked on a grant proposal with BIANH to create a statewide return-to-learn protocol. From that grant, the Concussion Chalk Talk program was created, which built a return-to-performance protocol for all students, not just athletes, and worked on changing the culture at schools and how they responded to concussions. Later, Jonathan worked in collaboration with BIANH to focus on Return to Learn legislation, and New Hampshire's Return to Learn concussion law was successfully passed in 2020. This was a huge accomplishment, as it mandates that all New Hampshire school districts are required to have Return to Learn programming in place to facilitate safer recoveries for students following concussion.

One thing Jonathan is incredibly passionate about is teaching. On any given day, he is involved in teaching, mentoring, and guiding undergraduates, graduate students, medical students, postdoctoral fellows, and junior faculty. "I love the opportunity to work with people at these different stages and support each individual. I love a collaborative learning

approach, getting rid of the power dynamic, and being able to borrow from what they each bring to the table," Jonathan said. He added, "As clinicians, we need to learn the content of the craft, but we also have to execute it well. In addition to clinical skills, we have to teach how to work within a healthcare system, how to understand one's role and add value to that system, and how to find where to fit within this wider healthcare culture." To check out more of the work Jonathan's team at Dartmouth is doing, visit the BetterLab website.

As the president of BIANH's board, Jonathan hopes to carry on with all the incredible work that has come before, while also lending his experience to improve BIANH's impact and reach. "Robin, BIANH's outgoing president, facilitated such a good sense of community and embodiment as volunteer service providers for individuals with brain injury across the state, the experience others have, and understanding the unique needs of our constituents, and I want to continue that," Jonathan shared. Continuing BIANH's mission and current work is important, and Jonathan wants to lend his expertise with systems to help improve upon and expand the amazing work already being done. Some of his priorities include improving pediatric brain injury systems, supporting families and caregivers, and boosting what BIANH is able to offer to the New Hampshire brain injury community, in addition to supporting staff and other members of the board, obtaining strategic funding, and building community partnerships.

At the end of the day, Jonathan hopes to use his term as President to "be a good steward for this organization that already does such incredible work."



The Bishop's Charitable Assistance Fund

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



At Dartmouth-Hitchcock Medical Center, Dr. Lichtenstein works in a variety of multi-disciplinary clinics with colleagues and trainees.

40th BIANH Annual Golf Tournament

The Association held its 40th Annual Golf Tournament on Wednesday, August 9th at The Oaks Golf Course in Somersworth, New Hampshire. Once again, Northeast Rehabilitation Hospital Network was the Title Sponsor, Robin Hill Farm was the Host Sponsor, and Independence Care was the Presenting Sponsor at this year's tournament.

The weather provided a breath of fresh air to our golfers after so many days of wet humidity. At the start of the day, 100 golfers checked in, made their raffle prize selections, or practiced on the driving range. After the Rules of Play were announced and an 8:30 Shot Gun Start, the golfers raced off to their various holes for a fun day of golf.

The day ended with a delicious buffet lunch, awards, and sharing of her survivor story by guest speaker, Elizabeth Kenney. Elizabeth is a member of the Board of Directors for the Brain Injury Association of New Hampshire. In 2006 Elizabeth had been invited to see friends in Oregon over the 4th of July holiday. After going out for drinks, the friends were walking home when suddenly a car came barreling down the sidewalk at 45 mph hitting Elizabeth and some others in the group. Elizabeth continued on with her story as the golfers listened intently to her sharing of recovery and rehabilitation, challenges, and determination. More importantly, she focused on many highlights over the past years, in particular the overwhelming support of her parents and her husband.

Special thanks go to our Sponsors: Northeast Rehabilitation Hospital Network, Harvard Pilgrim, HUB International, Independence Care of Concord, North Country Independent Living, Northeast Delta Dental, PrideStar EMS, Robin Hill Farm, Rose Meadow Farm, along with added donations from Robin & Leslie Kenney, Michael & Kate Palmieri, Philip Viar, and Torrie Witcher. Very special thanks go to Peg Crowley and the McEachern Family for their sponsorship of providing golf shirts for the tournament in memory of Jim Collins, who had been a long-time supporter of the golf tournament over the 40 years.

Sponsorships and monies received from this event have been specifically designated to assist and provide support for brain-injured veterans and their families, helping vets to access brain injury services in the civilian system of care, and to expand upon the services provided by the Veterans Administration. When our military come home, they face challenges. Unfortunately, many of those challenges spread into other parts of their lives. We work to provide assistance for veterans and their families in all areas of their lives. This support for our American heroes helps them and their families get back on course. The tournament also supports the NH ThinkFirst program. This brain injury prevention program features young individuals who are living with a brain injury. The speakers tell their stories at middle and high schools, focusing on how one poor decision can change a life forever. This tournament would not be possible without the participation and generosity of all of our sponsors, players, and donors.

2023 Winners are:

1st Place – Independence Care Team: Philip Viar, Dan Barron, Tony Belliveau and Neil Lucey

2nd Place - Knapton Team: Kyle Knapton, DJ Knapton, Steve Livingston, and Matt Niven.

3rd Place – North Country Independent Living: Dan Evarts, Schuyler Scribner, Garry Sherry, and Bob Bernhardt.

Women's Closest to the Pin – Peg Crowley

Men's Closest to the Pin – Dan Evarts

Women's Long Drive – Kris Scott

Men's Long Drive – Colin Murdough

Finally, we wish to say thank you to The Oaks Golf Course staff, our Golf Committee, numerous prize raffle donors, and many volunteers for making the day so successful! Please join us for our next tournament to be held in August 2024.

Golf Photograph Collage on Page 5





VIRTUAL BRAIN MATTERS 2023

Wednesday, November 1, 2023 8:00 am – 12:00 pm — **Challenging Behaviors through Cognitive Reconnections Training**

Presented by Gina England, MA, CCC-SLP

Cost \$25

The sequelae of traumatic brain injury often include emerging behaviors that challenge the survivor's quest for renewed independence. Behaviors such as impulsivity, aggression, depression and social inappropriateness become barriers to emotional, social and vocational recovery. Too often the survivor is defined by these behaviors which are attributed as a natural response to the "injury". In truth, many of the persistent challenging behaviors of TBI can be directly related to a specific cognitive deficit. Traditional behavior management techniques address the associated behavior, but not necessarily what is "driving" the behavior. Today's presentation will focus on those cognitive deficits that are most likely to "drive" these behaviors and will offer participants suggestions and strategies on how to neutralize the behavioral responses to these deficits in executive cognitive skills.

Gina England, MA CCC-SLP has 30+ years of experience in the field of speech and language pathology. Her specialty areas include neuro-rehabilitation, dysphagia, cognitive rehabilitation, aphasia, verbal apraxia, dementia and multi-media resource-based inter-ventions. She has developed a series of resources, including manuals, diagnosis-specific resource guides, brochures, therapy activity worksheets and assessment tools. They are available in both print and digital formats.

To register, please click on <https://bianh.salsalabs.org/2023cbcr/index.html>

Wednesday, November 29, 2023 4:00 pm—5:30 pm — **Concussion Management for Students**

Presented by Presented by Jonathan Lichtenstein, PsyD, MBA

Cost \$25 Contact Hours: 1.5 (Zoom Training)

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

Jonathan D. Lichtenstein, PsyD, MBA is the Director of Neuropsychological Services at Dartmouth-Hitchcock Medical Center, where he also over- sees the Pediatric Neuropsychology and Sports Neuropsychology Programs. Dr. Lichtenstein is an Assistant Professor of Psychiatry, Pediatrics, and The Dartmouth Institute for Health Policy and Clinical Practice at the Geisel School of Medicine at Dartmouth. Much of his clinical work is concussion-focused, consulting to more than 20 schools in New Hampshire and Vermont on their con-cussion management programming. Dr. Lichtenstein was the principal investigator and clinical director of Concussion Chalk Talk, a federally-funded demonstration project that introduced return-to-learn practices following concussion to middle and high schools. Dr. Lichtenstein trains advanced post-doctoral fellows in pediatric and sports neuropsychology, introduces clinical psychology graduate students to neuropsychological practices, and mentors undergraduates on clinically-focused research projects. He lec-tures widely on neuropsychology, addressing the specific applications of neuropsychological principles to concussion management in scholastic and clinical settings.

To register, please click on <https://bianh.salsalabs.org/2023bmcms>

Please visit www.bianh.org



Save the Date!!!

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

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

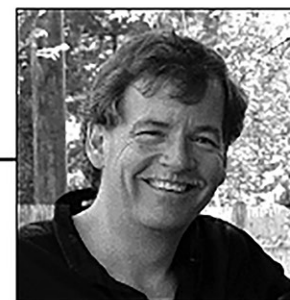
***Lead Sponsors: Bureau of Developmental Services, NBM,
The New Hampshire Family Caregiver Support Program,
Well Sense Health Plan***

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

**Facebook: <https://www.facebook.com/CoalitionofCaring/>
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INSIGHTS

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



Reflections of a Long-term Brain Injury Survivor

It's hard to believe that fall is in full swing here in New Hampshire. My wife, Sarah, and I have already done our seasonal fall apple picking at a local farm, and already there is a splash of fall color in low-lying maples. With the changes of the season, I find myself reflecting not only on the last year but also on my life thus far.

In early September, I turned 62, that magical age that means I can now officially retire and collect a check for the duration. Happily, I am not entertaining the possibility of retirement at this time, as I've got too much to do to think about slowing down.

However, more impactful than any birthday that I've ever had, I am quickly approaching the anniversary of the accident that resulted in my brain injury. I was in my late forties when I was struck by a teenage driver on Main Street in Salem. The end of my forties, my entire fifties, and now my sixties are being spent as a brain injury survivor. And candidly, I couldn't be happier. Not everyone who gets hit while cycling lives to tell the tale. I am grateful for the fact that I am alive, living a good, honorable, and just life, and that I have a close-knit group of family and friends who love me unconditionally. It's impossible not to be grateful.

As my thirteen-year "Accident Anniversary" approaches, I marvel at how much I have learned about life, resilience, and navigating life as a brain injury survivor.

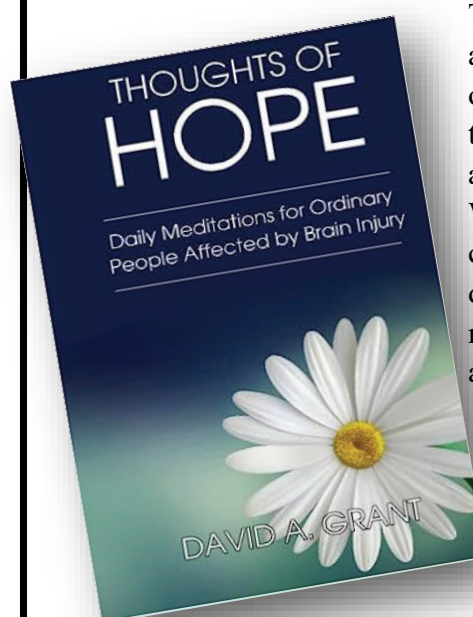
Brain injury is the toughest thing that I've ever gone through, with no close second. I've realized I am tougher than I ever knew. It's surprising to discover this resilience within me. Not all friends remain loyal, especially after a brain injury. There is a loss that accompanies it, and today I've learned to coexist with that loss. Friends can change over time, but those who are close to me now appreciate me for who I am today, not who I was.

While it might sound harsh, not all family remains loyal after such a traumatic event. However, family isn't always

determined by DNA; sometimes, bonds of love define it. I've found that helping others has given my life purpose; focusing on their needs prevents me from dwelling too much on my own struggles. Lastly, tinnitus is a constant reminder of my injury; it's been a relentless presence since the accident.

Looking back with years of experience behind me, I see clearly that I was able to face and overcome many of my brain injury challenges. For those challenges I couldn't overcome, I've learned to coexist with them. Most importantly, I really enjoy the life that I have today. It's far from perfect, and I still have my bad days, but compared to life immediately after my injury, life has never been better.

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



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

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

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

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

DISABILITY RIGHTS CENTER



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

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

Know Your Rights - Education & the Law

A note to readers: DRC-NH has begun shifting its language away from the term 'special education' whenever the term is not legally required.



Pop Quiz: Eligibility for educational supports and services for students with disabilities was recently extended through what age?

Pop Quiz: Educators must discuss the process of _____ with every student over the age of seventeen who has an IEP or Section 504 plan.

Pop Quiz: To be eligible for an IEP in New Hampshire, a student's disability must fit at least one of 14 categories. How many of these categories can you name?

Pop Quiz: Is parental input required to develop or implement a 504 plan?

Pop Quiz: Does the ADA protect students with disabilities in religious schools?

Pop Quiz: Can a temporary 504 plan be put in place to support a student with a concussion or other injury?

For answer key visit

<https://drcnh.org/education/answers-to-pop-quiz/>

Individuals with Disabilities Education Act (IDEA)

The federal Individuals with Disabilities Education Act (IDEA) as well as New Hampshire state law require school districts to provide education and related services for children with certain types of disabilities who, due to their disability, need specialized instruction and related services to receive an appropriate education. Under these laws, school districts must make a free appropriate public education (FAPE) in the least restrictive environment (LRE) available to eligible children.

Learn more about the IDEA at <https://drcnh.org/education/idea/>

Section 504 of the Rehabilitation Act of 1973

Section 504 of the Rehabilitation Act of 1973 ("Section 504") is a federal law that prohibits discrimination based on disability in programs and activities (whether public, private, or religious) that accept federal funds. Students with disabilities who do not qualify for an Individualized Education Program (IEP) under the Individuals with Disabilities Education Act (IDEA) but who still need accommodations, modifications, or services to fully participate in and have equal access to school, may qualify for what is known as a "504 plan."

Learn more about Section 504 at <https://drcnh.org/education/section-504/>

Additional education related information and resources available at: <https://drcnh.org/issue-areas/childrens-issues/education/>

You can contact DRC-NH at (603) 228-0432, via email at mail@drcnh.org or online at www.drcnh.org and set up a time to speak with an attorney free of charge.

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

SPOTLIGHT ON K.B.I.C.

KBICenter.org A Fresh Start on the World Wide Web



The internet plays such a vital role in our modern lives. It's where we learn, socialize, get our entertainment, and get our news. For organizations like KBIC, it's a useful tool that can provide the opportunity to reach those that might need us most. In September of 2023, KBIC retired its over decade old website and proudly introduced the new www.kbicenter.org. This new site was designed with accessibility in mind, and then tuned even more specifically to the needs of brain injury survivors. KBIC took every step to make sure the new site is easy to navigate and full of meaningful content and useful resources, all while remaining bright, clean, and pleasing to the eye.

We couldn't be more excited to share this site with the world. We hope it puts us one step closer to helping acquired brain injury survivors in need, wherever they are. Arriving at the perfect moment, just months after KBIC committed to ongoing operation of our online program outside of our emergency Covid response model, the site makes sure to offer specific content for survivors, their caregivers, our wonderful donors, volunteers, interns, and medical providers alike.

Designed from scratch to be search engine optimized, we anticipate the new site ranking well on major engines like Google and Bing. After all, KBIC's mission is "to improve the quality of life of people living with brain injury through evidence-based programming, share experiences, and support in a welcoming community," and we know that cannot be achieved unless we optimize the tools we use to reach those that need us most.

Additionally, with the site ranking better on major search engines, we are excited for more people to find out about our community and fundraising events. For example, our fall cycle ride, The King Challenge, will be held on Saturday October 21st... so **Save the Date!** Visit www.kingchallenge.org to learn more about the ride and we hope you'll be able to join us. Please take a moment to visit us and learn more about our programs and our model at the new site, www.kbicenter.org.



PLEASE JOIN US! - via Zoom or in person

Survivors, family members, caregivers, friends, and service agencies are encouraged to attend this Public Hearing to provide personal and professional input for unmet needs for individuals living with a brain injury or spinal cord injury.

The information provided at the hearing will be submitted in a report to Governor Sununu and the Legislature in order to provide recommendations to better meet those needs.

DATE: Tuesday, October 3, 2023

TIME: 6:00 pm – 7:30 pm

IN-PERSON LOCATION: Seacoast Brain Injury Support Group Meeting
K.B.I.C. Community Campus
100 Campus Drive, Suite 24
Portsmouth, New Hampshire

ONLINE REGISTRATION: <https://bianh.org/bsciac>

Registration is required for anyone attending in person as well as via Zoom
Pizza will be provided for those attending in person!

For more information or questions, please contact Ellen at (603) 834-9570 or ellen@bianh.org

Public announcement provided by:
New Hampshire Brain & Spinal Cord Injury Advisory Council

C/o Brain Injury Association of New Hampshire
52 Pleasant Street, Concord, NH 03301
603-225-8400



"Beauties" Bowling for Brain Injury

Hosted by:
Brooke Mills
Miss New Hampshire



NOTE: New Date!

Sunday, October, 22, 2023

4:00—6:00 pm

Boutwell's Bowling
152 North State Street
Concord, NH

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

Registration Deadline—Thursday, October 19, 2023



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

Brooke is the founder of National Concussion Awareness Day, which has been recognized by the US Congress as the third Friday of each September. Brooke hopes to make concussion a conversation for people across the country to increase awareness, understanding, and proper care for this invisible injury.

We look forward to seeing you on the lanes!

ThinkFirst
National Injury Prevention Foundation

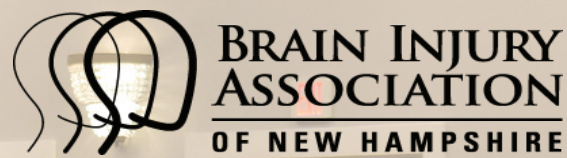
What is ThinkFirst?

ThinkFirst www.thinkfirst.org is a national injury prevention program. Trained staff from Northeast Rehabilitation Hospital, as well as brain and spinal cord injury survivors (VIP's), go out into the schools to speak with students about spinal cord and brain injury prevention. We emphasize helmet and seatbelt safety, fall prevention and concussion. The foundation's motto is "use your brain to protect your body."

The ThinkFirst Youth/Teen program targets school aged children (grades 4-8), high school students, and college students/young adults with age appropriate activities to increase decision making, confident self-image and conflict resolution. The major educational portion is presented in either large assembly or classroom formats. It consists of up to four segments:

1. Introduction
 - "Think About your Choices" (DVD) - 10 min video featuring 10 VIP Speakers/Survivors
 - Helps students understand the seriousness of TBI and SCI
2. Power Point Presentation (15 minutes) – NRH speaker presents and discusses anatomy of the brain and spinal cord, physical results of injury and strategies to prevent injury. Topics include violence prevention, gun safety, conflict resolution, sports, bicycle and water safety, vehicle and pedestrian safety, poisoning, and suffocation prevention.
3. VIP Speaker – explains choices leading to injury, how his/her life has been affected by injury and how it might have been prevented. (This is the key component of the program, as it shows the students that these injuries can and do happen to people just like them while engaging in typical age appropriate activities, but that safe choices can prevent most injuries from occurring.)
 - Presentations vary from 45-60 minutes and can take place in a classroom or assembly style. We are happy to adapt based on the needs of the school.
 - We are currently able to provide **in-person** presentations to schools within 25 minutes of Portsmouth, Salem and Manchester. We are also able to provide virtual presentations to any school within New Hampshire.

If you are interested in having a ThinkFirst presentation at your school, please contact Zoe McLean zmclean@northeastrehab.com or Lori Sandefur lori@bianh.org.



- MARK YOUR CALENDAR -

40th ANNUAL

**BRAIN INJURY & STROKE
CONFERENCE**

Wednesday, May 8, 2024

**Grappone Conference Center
Concord, New Hampshire**



NOTICE!

NEW DAY OF THE WEEK!

SATURDAY, JUNE 8, 2024

**HAMPTON BEACH STATE PARK
HAMPTON, NEW HAMPSHIRE**

SAVE THE DATE!

Combatting the Afternoon Slump: Practical Tips to Boost Your Midday Energy

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

The Afternoon Slump: Understanding and Overcoming Your Midday Energy Crash

Picture this: it is the middle of the afternoon, and you're sitting at your desk when you feel it – a wave of exhaustion that washes over you, leaving you struggling to concentrate or even keep your eyes open. Your motivation and productivity take a nosedive. This midday energy crash, also known as the 'afternoon slump,' has become a frustratingly regular part of your daily routine. You are not alone – many people experience this decline in energy partway through the day. But what if it did not have to be this way?

Is The Afternoon Energy Crash Normal?

A slight dip in energy can be a normal physiological response to circadian rhythms, post-lunch digestion, and changing levels of hormones. However, if your afternoon fatigue is severe, persistent, and impacting your productivity or quality of life, it is not something you should overlook. Dips in energy can be a sign of underlying health issues, dietary deficiencies, or lifestyle factors that need to be addressed.

The 5 Main Reasons Your Energy is Crashing in the Afternoon

Understanding the reasons behind your afternoon slump is the first step towards finding solutions. Here are five common factors contributing to your midday energy dip:

Skipping Breakfast or Eating a Nutrient-Poor Breakfast

- Breakfast is the fuel that kicks your metabolism into gear for the day. When you skip it or opt for a nutrient-poor, sugary meal, your body does not have the necessary energy to keep you going. This can result in a significant drop in blood sugar by the afternoon, causing fatigue and an inability to concentrate.
- A high-sugar breakfast might give you a quick energy boost, but it is followed by a rapid blood sugar crash, leading to feelings of tiredness and hunger.

Dehydration

- Dehydration can be a silent energy drainer. Even mild dehydration can cause a significant drop in energy levels. Your body needs enough water to perform its essential functions efficiently. Without it, your physical and mental performance may decline, resulting in the familiar midday slump.

Sedentary Lifestyle

- Extended periods of sitting or standing can reduce blood circulation, which means your cells receive less oxygen and nutrients. This lack of cellular fuel can lead to feelings of fatigue and a decrease in overall energy levels. A sedentary lifestyle can also lead to weight gain and other health issues, which can further contribute to tiredness.

Chronic Stress

- Persistent stress can lead to adrenal fatigue. Your adrenal glands are responsible for producing stress hormones that help you deal with stressful situations. When you are constantly stressed, your adrenals can get overworked, and their hormone production can falter, leading to an energy slump, especially in the afternoon when the day's stresses have accumulated.

Inadequate Sleep

- Sleep is crucial for your body's rest and repair. When you do not get enough quality sleep, it can throw off your body's balance of hormones, including those responsible for energy, mood, and appetite. The result? A persistent feeling of tiredness that hits particularly hard in the afternoon.

The Connection Between Your Gut and Afternoon Fatigue

Believe it or not, the health of your gut can play a role in your afternoon energy levels. Here's how:

- **Your Gut and Energy Production:** Your gut is where your body absorbs the nutrients from your food that are used for energy production. If your gut health is compromised, it can impact the absorption of these nutrients, leading to lower energy levels.
- **The Gut-Brain Axis:** Your gut and brain communicate regularly through the gut-brain axis. If your gut health is out of balance, it can impact this communication, potentially leading to feelings of fatigue.

Hormonal Imbalances and Afternoon Fatigue

Hormonal imbalances can be a hidden cause of your afternoon slump. Hormones are your body's chemical messengers, playing a crucial role in regulating most major bodily

processes—including energy production. When your hormones are out of balance, it can result in various symptoms, including fatigue.

Thyroid Hormones

- Thyroid hormones, mainly triiodothyronine (T3) and thyroxine (T4), play a vital role in regulating your metabolism. If your thyroid is under active (hypothyroidism), it can result in a slow metabolism and cause you to feel tired and sluggish.
- Even slight imbalances in thyroid hormones, often overlooked in standard blood tests, can lead to fatigue.

Cortisol

- Cortisol, often known as the "stress hormone," helps your body respond to stress effectively. It also helps regulate your energy levels. Normally, cortisol levels peak in the morning to help you wake up and gradually decrease throughout the day. However, chronic stress can disrupt this rhythm and lead to imbalances, potentially causing an afternoon energy crash.
- Conditions like adrenal fatigue or Addison's disease can also affect cortisol production, leading to persistent fatigue.

Insulin

- Insulin plays a crucial role in regulating your blood sugar levels. After you eat, your insulin levels rise to help your cells absorb sugar from your bloodstream for energy. However, if you're insulin-resistant, your cells can't absorb sugar as effectively. This condition, known as insulin resistance, can lead to fluctuations in energy levels, often manifesting as an afternoon slump.
- Over time, insulin resistance can lead to higher insulin and blood sugar levels, which can result in type 2 diabetes, a condition often associated with chronic fatigue.

Sex Hormones

- Imbalances in sex hormones, such as estrogen and progesterone in women and testosterone in men, can also contribute to fatigue. For example, during certain phases of the menstrual cycle, when estrogen levels dip, women may experience fatigue.
- In men, low levels of testosterone can result in decreased energy, among other symptoms.

Tips to Avoid Afternoon Energy Crashes

No one wants to spend their afternoons in a fog of fatigue. Here are some tips to help you prevent that afternoon slump:

Eat a Balanced Breakfast: Start your day with a balanced meal that includes protein, complex carbohydrates, and healthy fats. These foods are slowly digested, helping to maintain stable blood sugar levels and sustain energy.

Stay Hydrated: Make a habit of drinking water throughout the day. Aim for at least 8 glasses, but remember needs can vary based on your body size, activity level, and environment.

Take Regular Movement Breaks: Avoid sitting or standing in the same position for extended periods. Try to incorporate short bouts of physical activity into your day. Even a brief walk, stretch, or a few flights of stairs can boost blood circulation and help ward off fatigue.

Manage Stress: Utilize techniques like deep breathing, meditation, yoga, or even a quick walk outside to manage your stress levels. These activities can help reset your adrenal response, keeping your energy levels more steady.

Improve Sleep Quality: Make sleep a priority. Create a sleep-friendly environment, establish a regular sleep schedule, and consider relaxation techniques to improve your sleep quality. Remember, quality is just as important as quantity when it comes to restful sleep.

Nourish Your Gut: Include gut-healthy foods in your diet like fermented foods, fiber-rich fruits and vegetables, and lean proteins. If you suspect a significant gut issue, consider seeking professional help to optimize your gut health.

The afternoon energy crash can feel like an insurmountable wall in your daily productivity, but it does not have to be an inevitable part of your day. By understanding and addressing the factors contributing to your midday slump, you can help to stabilize your energy levels and make the most of your afternoons. Remember, small, incremental changes to your diet and lifestyle can make a significant difference.

SELF-ADVOCACY AND BRAIN INJURY

What is self-advocacy?

Self-advocacy is the ability to communicate what your needs are....¹

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

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

Self-advocacy has three key elements:

- **Understanding** your needs
- **Knowing** what kind of support might help
- **Communicating** these needs to others

There are generally thought to be three levels of self-advocacy. First, there is a personal level where you are advocating specifically for meeting your own need. Such as: writing down questions before an appointment; communicating your needs to your doctor; asking a stranger for help in a grocery store; giving instructions to a personal care attendant, or sending a follow-up email to document a meeting.

Second is on the community level where you are advocating to meet needs in your neighborhood or town in order to make it a better place for individuals who have experienced a brain injury or another disability. Examples: Use your voice to change something that can benefit the community. Network together to solve problems such as advocating for accessible sidewalks, or an improved entrance to public facilities (library, town office, or for a local park); or assist in hosting community events in areas where everyone can participate.

Third, and equally important is advocating on a systems or policy level; striving to change state or federal legislation or budget allocations so that the needs of many people are met. Advocacy requires understanding the legislative process and educating policymakers about the real experience of living with certain rules and laws.

Advocacy Means:

- Taking risks
- Stepping outside of your comfort zone to express needs
- Being persistent
- Follow up to be sure your needs were heard and understood
- Communicating to your supports what you need
- Help from supports by giving advice and help with problem solving

Most of us were going along in our regular lives, minding our own business and not thinking a single thing about brain injury, or services needed or the “system of care and support.” Then one day an awful event happened. The most fortunate among us had loving and caring family and friends who stood by us and helped us to navigate this difficult time.

For others, however, those with intellectual disabilities and their families find that they need to get supports and services starting with the school system. They had some knowledge, either favorable or unfavorable, of the “system.”

And yes, we can certainly strive for balance in the needs and wishes of survivors. We do not always make the wisest decisions; we can make decisions that put ourselves at risk, but we could all make gains and progress by telling the people around us what our needs and preferences are and the kinds of support we need to have to live a fulfilling and meaningful life.

Maybe someday we will extend to the system of care and support the resources that it needs to ensure that the people who directly support us receive the value and respect that they deserve. And maybe someday survivors will also receive the value and respect that they deserve!

<https://www.understood.org/articles/en/the-importance-of-self-advocacy>



ncil NORTH COUNTRY
INDEPENDENT LIVING

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

- Supported Residential Care Program
- Community Residence Program
- Residential Treatment and Rehabilitation
- Home Based Rehabilitation
- Comprehensive Day Treatment Programs
- Employment Services

1-888-400-6245 (NCIL) • ncilnh.com • North Conway

NORTHUMBERLAND BIKE HELMETS

The Northumberland Police Department received a number of bike helmets from the Brain Injury Association of New Hampshire. Lieut. William Daisey was able to freely pass out helmets to children and families in need while on patrols. These children gave back big, happy smiles after receiving their helmets.



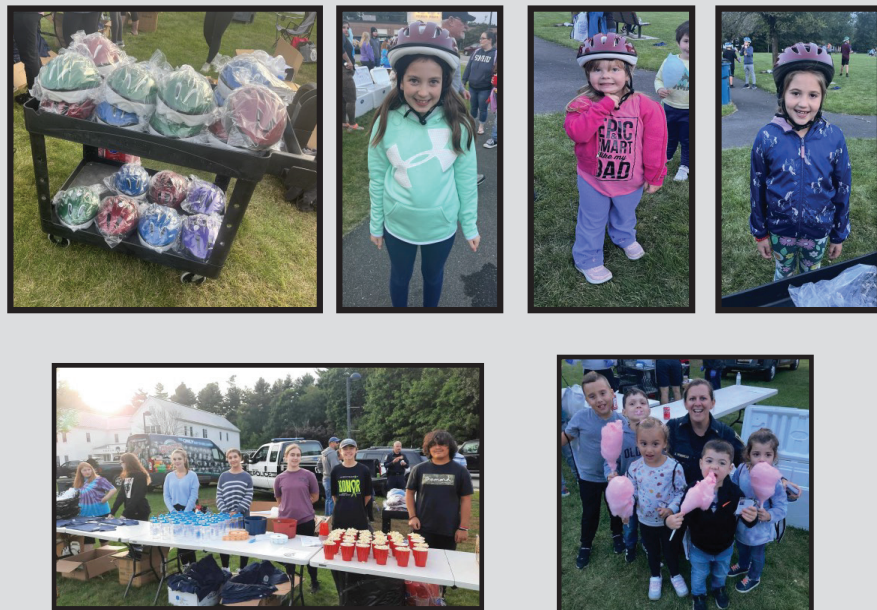
NEWMARKET BIKE SAFETY

On Monday evening, August 7, the Town of Newmarket and the Newmarket Police Department held a Backyard Bunt event. Along with many other activities from the weekend, bike helmets provided by BIANH were passed out to a number of youth.



PELHAM BIKE SAFETY

On September 22, 2023 the Pelham Police Department and the Pelham Police Relief Association held their annual movie night outside on the Village Green. This annual event featured Disney's *Zootopia* and was attended by hundreds of people. With the help of our sponsors, we were able to give out all kinds of giveaways, including food, drinks, popcorn, cotton candy and ice cream. The best part of this event is that everything is free and people get to interact and get know our officers. We do a free bike raffle as well. This year we were able to give away free helmets thanks to the generosity of the Brain Injury Association of New Hampshire. It also gave us the opportunity to talk to the kids about bike safety and the importance of wearing a helmet.



PORTSMOUTH BIKE SAFETY

Portsmouth Recreation and Seacoast Area Bicycle Rider hosted their 2nd annual Bike Rodeo at Dondero Elementary School on Sunday, September 17. Approximately 120 people attended riding through the skills course, the off-road course, helmet check stations, bike check station, and a neighborhood ride. This event is the 2nd in a 3 part series to increase excitement, skill and safety around bicycle riding. Portsmouth's Mayor and his family attended the event to show his continued support for recreation and a safe bike/walk community for Portsmouth.



Rose Meadow

Rose Meadow Garden
Rose Meadow Acres
Rose Meadow Farm

Now Hiring!!!

11-16 Residents per Program!

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

Meals Provided + Breaks Paid

Available positions:

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

**Sign on bonus*

✓ Covid Vaccination NOT Required!

Residents Age Range 21-65yrs

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

Work Close to Home!

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

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

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

PO Box 132
Pittsburg, NH 03592
www.warriors45north.com

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

MISSION STATEMENT

*Getting Veterans together in a relaxing environment utilizing outdoor activities to assist in the healing and bonding process.
Being with others who understand, relate, and have your back.*

We invite all Warriors to join us at the Northern Goat Locker for fishing, shooting, hunting, and most importantly

RELAXATION!

The Northern Goat Locker is located in the heart of the Great North Woods of New Hampshire. We are near the Connecticut lakes and have access to multiple trout streams, ponds, and rivers including an area called "Trophy Stretch."

We have many activities available including:

Hunting • Boating • Fishing • ATVing
Snowmobiling • Shooting
and so much more

Contact:

MMC(SS) Jon Worrall, USA RET
(603) 566-8450
Email: mmcssworrall@gmail.com

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

Where the **WARRIOR** comes to rest

ANNOUNCEMENT!

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

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

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

He can also be reached at jrichards@mapsnh.org

INDEPENDENT SERVICE COORDINATION/ CASE MANAGEMENT

The Brain Injury Association of New Hampshire offers these **Conflict Free/Conflict of Interest Free** services for all populations:

- Private Pay Case Management
- Choices for Independence (CFI) Community Care Waiver
- Acquired Brain Disorder (ABD) Community Care Waiver
- Developmental/Intellectual Disabilities (DD/ID) Community Care Waiver



You are not alone!

BIANH is a non-profit, advocacy organization founded by New Hampshire Families in order to strengthen individual and state-wide systems.

For additional information about Independent Case Management, contact Erin Hall at 603-225-8400 or email at erin@bianh.org.



52 Pleasant Street – Concord, NH – 03301
Phone: 603-225-8400 Helpline: 1-800-773-8400

YOUTH SURVIVORS NETWORK



Occurs on the second Wednesday of each month.

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

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

Register Here

https://us02web.zoom.us/meeting/register/tZ01cOmvqT8vH9NeQ8v9Yokb_woX0tWWuvJC



BENEFICIARY DESIGNATIONS CAN HELP FULFILL YOUR CHARITABLE PLANS



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

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

Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

Email _____

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

Brain Injury and Opioid Overdose: *fast facts*

Acquired Brain Injury is damage to the brain occurring after birth and is not related to congenital or degenerative disease. This includes anoxia and hypoxia, impairment (lack of oxygen), a condition consistent with drug overdose.

Opioid Use Disorder, as defined in DSM 5, is a problematic pattern of opioid use leading to clinically significant impairment, manifested by meaningful risk factors occurring within a 12-month period.

Overdose is injury to the body (poisoning) that happens when a drug is taken in excessive amounts and can be fatal. Opioid overdose induces respiratory depression that can lead to anoxic or hypoxic brain injury.

2.8 million brain injury related hospital stays/deaths in 2013

70-80% of hospitalized patients are discharged with an opioid Rx

63,000+ drug overdose-related deaths in 2016

“As the number of drug overdoses continues to rise, doctors are struggling to cope with the increasing number of patients facing irreversible brain damage and other long term health issues.”

brain injury and overdose

Substance Use and Misuse is:

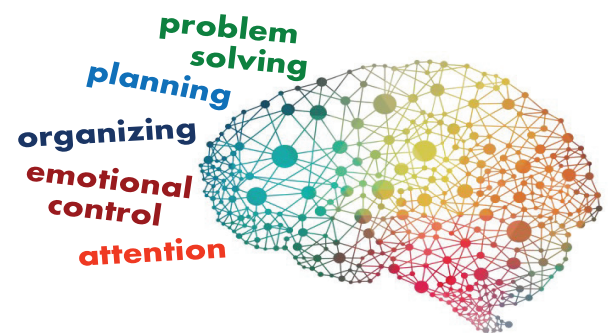
- Often a contributing factor to brain injury. History of abuse/misuse is common among individuals who have sustained a brain injury.
- Likely to increase for individuals who have misused substances prior to and post-injury.

Acute or chronic pain is a common result after brain injury due to:

- Headaches, back or neck pain and other musculo-skeletal conditions commonly reported by veterans with a history of brain injury.
- Moderate to severe brain injury, highly correlated with increased risk for chronic pain.
- Risk of chronic pain for individuals with co-occurring brain injury, post-traumatic stress disorder and depression.

Individuals treated for non-cancer chronic pain with opiate therapy are at risk for developing an opiate use disorder and are at risk of overdose.

The frontal lobe is highly susceptible to brain oxygen loss, and damage leads to potential loss of executive function.



Sources: Stojanovic et al 2016; Melton, C. Nov. 15, 2017; Devi E. Nampiaparampil, M.D., 2008; Seal K.H., Bertenthal D., Barnes D.E., et al 2017; www.cdc.gov/traumaticbraininjury/get_the_facts.htm; www.cdc.gov/mmwr/volumes/65/wr/mm655051e1.htm Hammond et al, 2015.

For more information contact Rebecchah Wolfkiel: execdirector@nashia.org 202.681.7840, or visit www.nashia.org



recommendations: brain injury & behavioral health

Prevention: Overdose prevention and education initiatives must target individuals living with brain injury, caregivers and providers. State behavioral health and brain injury programs should collaborate to ensure that efforts for prevention target this population. Federal prevention resources/tools should highlight the importance of this issue and recommend strategies for states.

Substance Use Disorders (SUD) Treatment: Services designed to address SUD must be accessible to individuals with brain injury. Providers should routinely screen for a history of brain injury among consumers served and ensure treatment services are accessible for individuals with cognitive, behavioral and physical disabilities resulting from a brain injury.

Brain Injury Services Programs: Individuals who have sustained a brain injury resulting from an overdose may require specialized services. State programs need to develop capacity and expertise to support a growing number of individuals living with an acquired brain injury from overdose. Understanding best practices in SUD screening, recovery and treatment are critical.

SUPPORT GROUPS IN NEW HAMPSHIRE

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

VIRTUAL SUPPORT GROUPS

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

Virtual Statewide Brain Injury Caregivers Support Group, Meets the 4th Tuesday of the month, 6:30 pm – 7:30 pm

register at: <https://bianh.salsalabs.org/bicsg>

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

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

Registration contact: Dylan Campbell: dcampbell@mpf.org

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

IN PERSON SUPPORT GROUPS

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

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

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

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

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

APHASIA:

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

BRAIN INJURY & STROKE

Concord: Virtual Community Stroke Support Group, 3rd Tuesday of the month, 4:30pm, Encompass Health (formerly Healthsouth)
Phone: (603) 226-9812

Dover: Virtual Wentworth Douglass Hospital Stroke Support Group. 3rd Thursday of every month; 2:00-3:00. Call or email Lindsey to receive the Zoom link.

Contact: Lindsey Wyma
Phone: (603) 609-6161 x2731
Email: Lindsey.wyma@wdhospital.org

Durham: In Person UNH Occupational Therapy Department
UNH OT Stroke Survivor Group
Meets Tuesdays; 1:00 – 4:00 pm
Contact: Dr. John Wilcox, OTD
Phone: (207) 314-3180 or email john.wilcox@unh.edu

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

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

Contact: Shawna Malynowski, Phone: (603) 653-1117

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

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

Nashua: Currently Suspended— 1st Wednesday of the month, 6:00-7:30pm, 4th Floor, St. Joseph Hospital, 172 Kinsley Street, Nashua, NH
Contact: Patti Motyka
Phone: (603) 882-3000 ext: 67501

Salem: Virtual Northeast Rehab Mild Brain Injury Support Group; Meets the 2nd Wednesday of the month, 5:00 pm- 6:00 pm
Email: bcapobianc@northeastrehab.com to RSPV.

Salem: Virtual Northeast Rehab Stroke Support Group: Meets the 3rd Wednesday of the month, Meeting Time: 4:00pm-5:00 pm
Email: StrokeSupportGroup@northeastrehab.com to RSVP

BRAIN TUMOR:

Derry: Appointment Only Due to COVID-19.

Contact: Urszula Mansur

Phone: (603) 818-9376

2023 MEMBERS AND DONORS

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

DONORS AND MEMBERS

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John & Pamela Blackford
John Capuco
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Bob & Missy Fellows
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Mark Paquin
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GFWC-Amoskeag Community Volunteers
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**BRAIN INJURY
ASSOCIATION**
OF NEW HAMPSHIRE

ANNUAL FUND

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

Gift Frequency: Monthly Quarterly Annual One-time gift

What your donation can do -

\$25 can provide a bike helmet

\$50 help cover a utility bill

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

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

\$1000 offers assistance with technology or specialized equipment not covered

MY GIFT IS A TRIBUTE —

IN MEMORY OF _____

IN HONOR OF _____

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

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

Check Enclosed

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