

HEADWAY

ONLINE NEWSLETTER

To subscribe, go to: www.BIANH.org

ISSUE #96, Summer 2025

42nd Annual Golf Tournament - Veteran Jon Worrall.....	Pages 1 & 2
President's & Executive Director's Message.....	Page 3
Sign Up! 42nd Annual Golf Tournament.....	Page 4
NH Police Departments & Bike Safety Events.....	Page 5
Brain Injury & Stroke Conference (Follow Up).....	Page 6
More NH Police Departments/Bike Rodeos.....	Page 7
Brain Matters Trainings.....	Page 8
Walk by the Sea & Picnic (Follow up)	Page 9
NCIL Happenings.....	Page 10

Spotlight on Krempels.....	Page 11
19th Annual Caregivers Conference.....	Page 12
Disability Rights Center.....	Page 13
ThinkFirst and VIP Jim Scott.....	Page 14
Are You A Middle Person?.....	Page 14
Insight.....	Page 15
Pathways Clubhouse.....	Page 17
Support Groups in New Hampshire.....	Page 19
Members and Donors.....	Page 20

42nd Annual Golf Tournament Featuring Veteran Jon Worrall

by Sarah Kilch Gaffney

On August 6, 2025, BIANH will be hosting the 42nd Annual Golf Tournament at Pembroke Pines Country Club in Pembroke, NH. At the tournament, military veteran Jon Worrall will speak about his experience with brain injury, as well as Warriors @ 45 North, the organization he founded to support other veterans and military members.

This golf tournament provides significant support for brain injury prevention for children, including support of the statewide partnership between local New Hampshire Police Departments and BIANH to provide free youth bicycle helmets to vulnerable and at-risk youth. NH's THINKFIRST program, which is a brain injury prevention program featuring young individuals living with a brain injury who share their stories, is also supported by this tournament.



Veteran Jon Worrall

During the summer and fall, you'll often find Jon Worrall on his 10.5 acres of land on a trout stream in Pittsburg, NH, not far from the Vermont and Quebec borders. He might be sitting on the deck with his self-trained service dog, Charlie, taking another veteran for a ride in a side-by-side ATV before taking someone else out to fish on the river, or just sitting around the fire in the evening. From this land that he and his wife bought in 1986, Worrall and his staff operate the nonprofit organization Warriors @ 45 North, which provides care and rest for military members (Active Duty, Guard, Reserve, Retired, and anyone who has served) through outdoor recreation and time in the north woods.

Warriors @ 45 North is a place where veterans and other military members can come to rest, spend time outside, and participate in different activities like fishing, hunting, paddling, boating, ATV rides, and time at the

---Continued

shooting range. Now in its 18th season and having served over 300 veterans, Jon and his team (all staff and board members are past Warriors @ 45 North program participants) have had a tremendous impact. "I never meant for it to go this far," Jon shares, "but here we are."

After a long career in the military, including time in the Navy and the New Hampshire Army National Guard, Jon found himself retired at 55 while contending with physical, cognitive, and mental symptoms in the aftermath of injuries sustained during a roadside bombing in 2004. Jon has had over 20 surgeries and deals with PTSD and traumatic brain injury symptoms (his beloved service dog Charlie helps him manage the frustrations that accompany these symptoms). "I came home relatively okay," says Jon, "and so many others didn't. If I can help them through their struggles, I want to do that." He adds, "Fishing in the river helped me heal, and my goal is to help others with that healing."

While there are numerous outdoor recreation activities for participants to choose from during their stay at Warriors @ 45 North, there is no set schedule. Individuals are encouraged to relax and to do what they like, and there is a fire every evening. There are no drugs or alcohol, and the groups are small: never more than six guests at a time, and more often just three to four. "We want them to have a good experience, and it's a very relaxing place to reflect, laugh, and enjoy your fellow veterans' company," Jon shares. There are also special excursions throughout the year, including a women's trip and a trip to New York for salmon fishing. The Satur-

day before Thanksgiving, Warriors @ 45 North hosts a Thanksgiving dinner for anyone who wants to come or doesn't have anywhere else to go. This event wraps up the season before Jon and his wife head south for the winter.



Reducing barriers to veterans accessing their programming is a big part of the Warriors @ 45 North mission, including a bunkhouse with an accessible bathroom and shower and providing the experience free-of-charge. "Everything is free to the veterans, they just have to get themselves there," Jon shares, "and sometimes we try and help with transportation and give rides if someone needs one." Jon and his team help in any way that they can, often going above and beyond. "If needed, we buy their fishing license," he says, "and we take them out to eat, provide all of the equipment and gear, and there's no cost for them to come."

Jon hopes to continue serving veterans and service members for many years to come. "It's a healing place and it's what helped me heal," he says, "and everyone who comes gets something out of it."



Relaxing at the Camp

To learn more about Warriors @ 45 North, please visit their website at www.warriors45north.org. Want to help support Warriors @ 45 North's programming? Checks can be sent to Warriors @ 45 North, P.O. Box 132, Pittsburg, NH 03592.

To learn more about the 42nd Annual BIANH Golf Tournament and register to participate or sponsor, please visit <https://p2p.onecause.com/42agt> or contact Renee Fistere at renee@bianh.org.

BIANH Board of Directors - 2024-2025

EXECUTIVE COMMITTEE

President

Jonathan Lichtenstein, Psy.D., MBA

Vice-President

Heather Rousseau

Treasurer

Garry Sherry, MS

Secretary

Tricia Desrocher, PT, MS, CSRS

Family Council Representative

Jeannine Romeo

Diane Schreck

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

Nicola Beauregard, PT, DPT, MSHA

Patricia Ciarfella, LPN, CBIS

Kyla Constant

Alana Cullen, BA, QBIAP

Tiffany Crowell, RNBC

Gina England, MA, CC-SLP

Philip Girard, MS

Bob Giuda

Holly Haines, Esq.

Mikal Payne

Lorene Reagan, RN, MS

Jonathan Routhier

Philip Viar

EX OFFICIO

Jeremiah Donovan, MBA, CBIS

Josh Gehling, M.Ed.

Michael Palmieri

PRESIDENT'S MESSAGE: Supporting Survivors: BIANH's Summer Fundraisers



by Jonathan D. Lichtenstein, PsyD, MBA

Summer in New Hampshire brings an opportunity to support the Brain Injury Association of New Hampshire (BIANH) through two of its most anticipated events: the Walk by the Sea and the Annual Golf Tournament. These gatherings not only raise vital funds, but also foster a sense of community among survivors, caregivers, and supporters.

Walk by the Sea – June 7, 2025

The 39th Annual Walk by the Sea is a favorite event at BIANH that allows participants to walk at their own pace in a beautiful setting: Hampton Beach State Park. And by all accounts, it's a team-based participation as this element has boosted fundraising efforts, engaged more business sponsorships, and just made things more fun! It is always awesome to learn about the positivity this event breeds within our community, year after year. For 2025, The Walk has raised \$28,619 to support BIANH's programs, which include prevention, education, advocacy, and support for brain injury survivors and their families. Next year will be number 40!

Annual Golf Tournament – August 6, 2025

On Wednesday, August 6, the 42nd Annual Golf Tournament will take place at Pembroke Pines Country Club in Pembroke, NH. This event features a 2- or 4-person scramble format with a shotgun start at 8:30 a.m. Registration opens at 7:30 a.m., and the day includes a welcome package, snack bag, contests, raffles, and concludes with

a buffet dinner and awards ceremony. The registration fee supports BIANH's mission to provide emergency financial assistance, prevention programs, and educational resources to those affected by brain injuries. Sponsorship opportunities are also available, offering businesses a chance to showcase their support for this important cause. This year, we are fortunate to welcome Jon Worrall as our honored speaker. Jon is a war veteran who experienced a TBI after a roadside bomb explosion in Iraq. He will share his powerful message with us.

You might be asking yourself, "How You Can I Get Involved?" For the golf tournament, get your team together! We love to see as many golfers as Pembroke Pines will fit, so sign up your friends, co-workers, and relatives. And if you don't like to swing the wrenches, become a sponsor, donate items for our raffle, or contribute to our welcome bags. And while The Walk may have already concluded, you can start preparing to join us and participate next year by forming your team and spreading the word!

By participating in these events, you contribute to a network of support that empowers individuals affected by brain injuries to lead fulfilling lives. Your involvement helps BIANH continue its vital work across New Hampshire.

EXECUTIVE DIRECTOR'S MESSAGE -

Important National Brain Injury Meeting Coming to our Region in October



by Steven D. Wade, Executive Director

This October, the National Association for State Head Injury Administrators' (NASHIA) national State of the States (SOS) in Brain Injury Conference is coming to Portland, ME, Monday - Thursday, October 27-30, 2025. This is the first time the SOS Conference has been held in Maine, and it is exciting to have the conference take place in northern New England.

The SOS brings state leaders together from throughout the country, alongside brain injury advocacy organizations, partners, researchers, and providers.

Our own Brain Injury Association of New Hampshire Board of Directors' president Dr. Jonathan Lichtenstein will be a featured presenter at the conference.

Over the course of four days, the 2025 SOS Conference will feature sessions on the intersection of brain injury and the Criminal Legal System, Behavioral Health, Long-Term Supports, and Children & Youth, as well as content for the entire brain injury community.

Learn more about the conference schedule, registration, and sponsorships: <https://www.nashia.org/sos2025>

42ND ANNUAL GOLF TOURNAMENT - REGISTER NOW!

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.



42nd Annual Golf Tournament!

**Wednesday
August 6, 2025**

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

To Register: <https://p2p.onecause.com/42agt>



TITLE SPONSOR



HOST SPONSOR



PRESENTING SPONSOR



NH POLICE DEPARTMENTS AND BIKE RODEOS

CHESTERFIELD POLICE BIKE EVENT

On April 19, 2025, the Chesterfield Police Department attended the Chesterfield Public Library Egg Hunt where 25 bike helmets were distributed to grateful children and parents. All attendees were advised of the generosity of the Brain Injury Association of NH and your benefactors who made this donation possible. Of particular note was that we were able to place so many small-sized helmets. This tells me that we are helping to get the young kids into brain protection devices as early as we can to avoid unnecessary injuries. Chief Lance Rouse is shown in the photos helping the kids choose color and size. Thank you again for allowing the Chesterfield Police to take part in this event. - Officer Steve Laskowski



NEWINGTON POLICE DEPT. BIKE RODEO

I just wanted to thank BIANH on behalf of the Newington Police Department and the town. The school did the "ride your bike to school day." It was a good turnout. We teamed up with the Newington Elementary School, Chick-Fil-A, and Seacoast E-Bikes and did an hour block of different stations where the kids had their bikes and helmets inspected/fixes and learned about safety. All of the kids wore helmets and received free dessert cards for Chick-Fil-A and after proper helmet fitting, we off loaded 16 helmets to kids who needed new ones. So, your helmets created more of an impact than I would have realized!!

- Lt. Andrew Wood



DOVER POLICE DEPARTMENT BIKE ROLL-TO-SCHOOL DAY

On Tuesday, May 20, the Dover Police Department worked closely with the PTA of the Woodman Park Elementary School in Dover to celebrate National Bike to School Day 2025, rescheduled from May 7 due to inclement weather. Officer Jonathan Palmer rode his bicycle in company with the participating youths who were encouraged to bike or roll to school. Dover Police officers also performed traffic control at key crossings and helped guide the children on the safest routes to take in getting to and from school. Through the support of the Brain Injury Association of New Hampshire, Dover Police handed out properly fitting helmets to any youths who needed them and provided bike safety educational materials.

-- Lt. Marn Speidel



41ST BRAIN INJURY & STROKE CONFERENCE - FOLLOW UP

The 41st Annual Brain Injury and Stroke Conference was held at the Courtyard Marriott and Grappone Conference Center on Wednesday, May 14th on a beautiful spring day with over 300 participants attending. Keynote Speaker, Ali Rheame, shared her story of injuries and road to recovery entitled *The Blank Paper*. Ali suffered two different brain injuries in 2016, one by being struck by a commercial-grade steel door, and a second brain injury from a severe medication reaction. Enduring a long road of recovery, Ali sought out new purposes in life and began a new perspective in creativity with artwork, mostly focusing on painting. Ali ended her presentation on a high note, encouraging professionals, family members, and survivors to communicate: no one can read anyone else's mind, and you need to talk about it – all of it, the good and the bad.

Following the morning keynote presentation, conference participants attended various workshops throughout the morning and afternoon and visited exhibitor tables. Various presentations and topics included: *Trauma and the Long-Term Impact for Individuals with Brain Injury*; *"Curtains Up!" Use of Improv for Brain Injury Survivors*; *Language and Cognitive Screening in the Acute Care*; *Sleep and Stroke*; and a *Survivor Panel*.

For a second year in a row, the Conference featured a survivor art exhibit. Local artists provided several beautiful pieces of artwork they created and allowed us to display. This year's artists were Amy Klevitch, Sidney Pratt, Debra Wagner, and also Laura Smith from Krempels Brain Injury Center.

Ellen Hayes Award

The winner of the Ellen Hayes award was presented during lunch. This award is the highest honor that BIANH bestows upon an individual for their outstanding efforts in support of individuals with brain injuries. This year's recipient was Jerry Donovan. Jerry has given generously of himself to help others in the brain injury community. He is a leader and former Vice President of BIANH, has shaped public policy through advocating for Medicaid funding programs, and worked closely with families. Jerry was also the chair for the BIANH Brain Injury Provider Council for many years, and in that role tirelessly advocated for improving community-based rehabilitation and support service for many of the most severely injured brain injury survivors. After his parents started Robin Hill Farm in the early 80s, Jerry initially left the area to pursue his education and worked outside of the brain injury field for many years. He planned to return for six months and then ended up staying for 28 years. Over the years, Jerry and both of his siblings ended up working at Robin Hill Farm in a variety of roles.

John W. Richards Professional Service Award

In memory of John Richards, former President of BIANH and in honor of his outstanding professional leadership,

support, and services on behalf of people with brain injuries and their families in New Hampshire, Garry & Patsy Sherry, owners of North Country Independent Living were the first recipients of this year's award in recognition of John's service to the brain injury community. In 1994 the Sherry's developed and opened North Country Independent Living. Since that time, NCIL has worked hard to establish a reputation to be proud of and now has approximately 100 employees working 24/7 to support, guide, and encourage individuals towards more meaningful and productive lives.

A special thank you to all our presenters –

Rebecca Baker, MS, CCC-SLP; Lesley Blecharczyk; Angela Butler, OTD, MS, OTR/L; Colleen Combs, MS, CCC-SLP; Michelle Dowling, OTD, OTR/L, CHT, CLVT; Michael Cyr, PT, DPT, NCS; Abigail Gouthro, MS, CCC-SLP; Glen Greenough, MD, FAASM; Caitlin Hebb, MT, BC, NMT; Wendy Jeffco, MS, RDN, LD; Brianna Lambert, PT, DPT; Carolyn Lemsky, PhD, C.Psych, ABPP-CN; Pat-ten Lohmann; Amy Longmoore; Sierra Longmoore; Timothy Lukovits, MD; Meredith Maceachern, MS, CCC-SLP; Sallyann Majoya, MS, CCC-SLP; Jacquelyn Moynihan, MS, CCC-SLP; Leon Nied-Gasey; Lindsay Pieper, PT, DPT; Amy Ramage, PhD, CCC-SLP; Kelly Redwine-Depierre, MS, OT, OTR, CBIS; Beverly Richardson, MEd, CSC; Jim Scott; Justin Smith, MSW; Danielle Vilmain, MA, CCC-SLP, CBIS; Craig Werth, Artist In Residence; and Jennifer Williams.

We would also like to thank 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: Encompass Health Rehab Hospital
Krempels Brain Injury Center
Rehab Without Walls

Exhibitors:

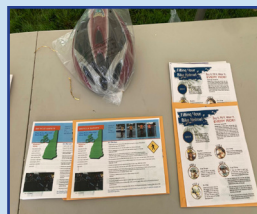
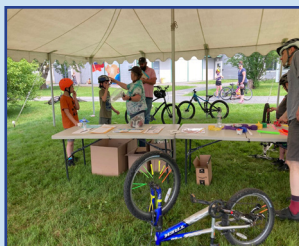
Brain Injury Association of New Hampshire
CareOne at Lowell
Laconia Housing
Mobility Works
The Moore Center
NeuroRestorative
New Hampshire Vocational Rehabilitation
North Country Independent Living
Northeast Rehabilitation Hospital Network
NuMotion
Rose Meadow Group
St. Joseph Hospital Rehab Center
Unmask the Invisible
WellSense Health Plan



PLAINFIELD BIKE EVENT

Plainfield Police sends a Thank you to the Brain Injury Association of New Hampshire for their generous donation of bicycle helmets to our community's Bike Rodeo at the Plainfield Elementary School today! (They stayed dry too!) Very much appreciated and hopefully they will be worn all summer and beyond!

-- Officer Robert DePietro

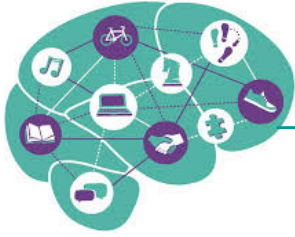


EXETER BIKE RODEO

Our "Bicycle Rodeo" was a huge success this year. Despite early morning rain, we had the largest turnout ever. We were able to teach bicycle safety and rules of the road to about 75 children. We also supplied bicycle helmets, many of which were supplied by the Brain Injury Association of New Hampshire. The bicycle helmets that we receive are often given to children who ride bicycles to school and don't have helmets of their own. A huge thank you to BIANH for helping with our event.

-- Det. Bruce Page





BRAIN MATTERS 2025

Wednesday, August 6, 2025 - 3:00 - 5:00 PM-EST

Cost: Free

Virtual Training: Stroke and Brain Injury 101-An Introductory Presentation on the Early Characteristics of a Stroke or Brain Injury
Gina England, MA, CCC-SLP, Speech/Language Pathologist

Register: <https://p2p.onecause.com/bm2025/home>

The Brain Injury Association of New Hampshire has created this webinar to help individuals navigate their way through the early days of a stroke and/or brain injury. This webinar is designed for patients, families, and caregivers. The content of this two-hour webinar covers a basic introduction to the functions of the brain as it relates to the location of an individual's stroke or brain injury and the subsequent changes in abilities/behaviors that can be anticipated. Additional content addressed: • General behavior management guide lines • The most commonly observed cognitive deficits • Changes in communication skills • The primary rehabilitation goals in the acute (early) stages of recovery • Resources for family/caregiver support • Handouts that can be printed and reviewed for permanent access to essential information.

Monday, August 11, 2025 - 9:00-10:00 AM-EST

Cost: Free

Virtual Training: Visual Changes After Brain Injury or Stroke: Perceptual Changes and Resources for Recovery
Melissa Stevens OTR, Occupational Therapist at The Elliot Hospital

Register: <https://p2p.onecause.com/bm2025/home>

Changes to an individual's perceptual vision frequently occur after a traumatic brain injury or stroke. Topics include the following: •Types of visual changes •Impact on the individual's quality of life including reading, walking, activities of daily living, driving, interpersonal relationships and a return to previous employment. •Resources for recovery will include changes to eyeglasses/prescriptions, visual training exercises, apps, community supports including the INSIGHT programs and the benefits of TBI and Stroke support groups.

Tuesday, September 9, 2025 - 12:00-1:00 PM-EST -- **Cost:** Free

Virtual Training: Krempels at 25 - Coming in Hot -- Cariann Daley, Executive Director, Krempels Brain Injury Center

Register: <https://p2p.onecause.com/bm2025/home>

Krempels Brain Injury Center is celebrating 25 years in 2025, and our work is only intensifying—not slowing down. The needs of the brain injury community are growing, not shrinking. We know individuals with post-concussive disorder require unique, tailored support compared to other types of TBIs. Additionally, we recognize that many people need more assistance than Krempels currently provides. We're also acutely aware of the demand for Krempels-style programming beyond the Greater Seacoast region. Join me to learn more about how we're addressing these growing needs and expanding our reach to support brain injury survivors.

Thursday, September 18, 2025 - 8:30-10:30 AM-EST -- **Cost:** Free

Virtual Training: Stroke and Brain Injury 101-An Introductory Presentation on the Early Characteristics of a Stroke or Brain Injury
Gina England, MA, CCC-SLP, Speech/Language Pathologist

Register: <https://p2p.onecause.com/bm2025/home>

The Brain Injury Association of New Hampshire has created this webinar to help individuals navigate their way through the early days of a stroke and/or brain injury. This webinar is designed for patients, families, and caregivers. The content of this two-hour webinar covers a basic introduction to the functions of the brain as it relates to the location of an individual's stroke or brain injury and the subsequent changes in abilities/behaviors that can be anticipated. Additional content addressed: • General behavior management guide lines • The most commonly observed cognitive deficits • Changes in communication skills • The primary rehabilitation goals in the acute (early) stages of recovery • Resources for family/caregiver support • Handouts that can be printed and reviewed for permanent access to essential information.

Monday, September 29, 2025 - 9:00-10:30 AM- EST -- **Cost:** \$25.00

Virtual Training: Sexual Education and Intimacy After Brain Injury
Melissa Bliss, MS OTR/L, Assistive Technology Specialist with Maine CITE

Register: <https://p2p.onecause.com/bm2025/home>

Brain injury and stroke can lead to changes in cognition, sensation, libido and the ability to move, which can complicate physical and intimate relationships. Altered sexual functioning and social communication may prompt people to seek adaptive means to participate in sex and intimacy. We all deserve access to accurate sexual health information and supportive resources for this basic human need. This presentation will explore: • Barriers to learning about and participating in sexual expression and intimate relationships after brain injury • Resources available to communicate sexual health information to people with various brain injury symptoms • Some resources and assistive technologies that enable people affected by brain injury to fulfill their needs for intimacy.

39TH WALK BY THE SEA & PICNIC - FOLLOW UP

On Saturday, June 7th we held our 39th Annual Walk at the Hampton Beach State Park and Pavilion. The day was a bit dreary and overcast, but not the enthusiasm and smiling faces of all the participants that arrived. We are pleased to mention that participation at this event is continuing to increase each year. Over 325 participants registered for this year's Walk. At the end of the morning check-in process and announcements, BIANH Executive Director, Steven Wade, welcomed everyone and announced the top team prizes. As a light drizzle began to fall, participants quickly put on rain ponchos and jackets – everyone was eager to begin their stroll.

Upon their return to the pavilion walkers were treated to lunch and there was also music to listen to while enjoying lunch complete with a variety of 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 sponsors were CareOne@Lowell and Rose Meadow Group. NeuroRestorative was our coffee sponsor, and a local Dunkin Donuts provided fresh coffee, hot water, and several boxes of munchkins to tie everyone over until lunch. We are also very thankful to The Munson Family and to NCIL who have been setting up rest stops along the walk and providing waters and snacks to all participants. And we are very grateful to all the volunteers and BIANH Board Members who volunteer every year to help make this a great event.

As mentioned prior, 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. Here are the winners:

Most Money Raised and Team Spirit Award:

AVM Avengers - \$10,310 - Don Winn, Team Captain

Most Original Team Name:

Rehab Rebels – Renee Duchemin, Team Captain

Team with the Most Walkers:

Sevita Superstars – Janice Comtois, Team Captain

Top three teams that raised the most money:

AVM Avengers - \$10,310.00 – Don Winn, Team Captain

NCIL INDYS – \$1,254 – Freddi Gale, Team Captain

Brain Stormers – \$1,1040, Samantha Martin, Team Captain

Top Individuals who raised the most money:

Bob & Kelly Holmes \$3,675

Gary Torrey \$1,885

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.



NORTH COUNTY INDEPENDENT LIVING -- PROUD!!!

Looking ahead for a fun-filled summer the residents have enjoyed activities over the past winter and spring! A trip to Portland for the minor hockey league game was a highlight for those who attended. Yoga continued at the North Conway Community Center twice weekly for all to enjoy with music, stretching, and companionship. The weekly recreation group continued with activities which included crafts, movies, bingo, games, and more. With the weather slowly becoming warmer, Mike B. once again started the Weekly Walking Group with differing locations designated for health and fitness in mind.



The annual Mount Washington Valley Clean-up Day was another success with so many residents and staff assisting with collecting trash and enjoying a barbecue afterward at the Hampton Inn. The Poker Run was a tremendous success! Thanks



to Terrie who organized this fun event with a cookout at Dolly Copp Picnic area and then awarding of prizes.



The Walk by the Sea was a day of coming together for everyone, a little rain did not deter our team NCIL INDY'S, and we were pleased to come in second place for fundraising!

The annual NH Brain Injury & Stroke Conference was well attended and had special meaning for all of us associated with NCIL. A new Professional Service award in honor of long-time brain injury advocate John Richards was presented. Among the very well-respected nominees, Garry and Patsy Sherry, owners of NCIL were nominated and took this high honor. For over 30 years they have been steadfast in their belief in providing the quality of life that everyone strives for within their communities. It was an incredibly special moment that their daughters were able to be in attendance, what a surprise! Special Congratulations to Garry and Patsy from all of us at NCIL who witness the daily commitment to the residents and staff alike.



North Country Independent Living

2541 White Mountain Hwy, Building #3, North Conway, NH 03860

Website: ncilnh.com

Programs and Specialty Services

- Supported Apartment Living
- Supported Residential Care/Long Term Care
- Community Residence Program
- Day Support Program
- Behavioral Consultation
- Employment Services

Program Description

North Country Independent Living (NCIL), family owned and operated since 1994 understands the various needs for specialized services and programs. NCIL designs programs for each individual based upon their strengths, abilities, goals, and where they may be in the rehabilitative process.

We pride ourselves in creating compassionate, meaningful living situations that provide individuals the opportunity to regain a sense of self-esteem and the potential to become as independent as possible in the least restrictive environment, while enjoying all aspects of community inclusion. Our residences and individuals have been embraced by the local communities who view NCIL as a community partner offering volunteering, employment, and recreational opportunities for the people we serve. We are extremely proud of our reputation and the individuals that we are entrusted with.

Referrals:

Freddi Gale, CBIS, Executive Director
603-356-0282
fgale@ncilnh.com



Resident Highlight:

Darcy has been with NCIL for a number of years and over time she has made considerable progress in all areas of life. Most recently she moved into a smaller home with one other housemate. She continues to be employed at Cranmore Mountain Resort in the housekeeping department, a position she has held for three years. Darcy's interests include cooking, (her specialty is Chinese food) she is an avid football fan and has hosted her friends with preparing a variety of football related foods. Darcy is looking forward to starting a garden this year, she also enjoys spending time with her family. She is very thoughtful, kind, and a very diligent worker!



Everyone, have a safe, healthy happy summer!



KREMPELS 25TH CELEBRATION HONORS BRAIN INJURY HEROES AND RAISES OVER \$200,000!

Friends and supporters of Krempels Brain Injury Center gathered Wednesday, June 11th in Rye to honor founders, celebrate heroes, and fundraise for the Center.

With the help of generous sponsors including the Brain Injury Association of New Hampshire, Krempels Brain Injury Center celebrated its 25th Anniversary of supporting individuals living with acquired brain injuries and raised over \$200,000 during the evening festivities on June 11th. "Not only was this event a special moment to honor our members, founders, and longtime supporters; in the end, it was Krempels' most successful single fundraising moment in the organization's history," said Krempels Executive Director Cariann Harsh Daley. "The energy in the room was so inspiring; I was at a loss for words when the total raised was announced!"

During the first half of the evening, Krempels took time to honor its Founder David Krempels as well as two collaborative heroes that have also created supports for brain injury survivors: Marilyn Spivack, founder of the Brain Injury Association of America, and Adam Pearce, Executive Director of LoveYourBrain. Both Marilyn and Adam received awards recognizing the important work they've done building their respective institutions that also support survivors of brain injury.



"There were lots of tears, tears of joy that is, that were triggered simply by the overwhelming generosity shown for Krempels, and in knowing that what we built here is still so important to so many people 25 years later," said Founder David Krempels. "Having a place like Krempels means you don't have to face it alone; that is the hardest thing about life after brain injury."

"Celebrating 25 years of modeling and empowering triumph after traumatic brain injury is what the 25th Anniversary Celebration was about. The people who came out for the event showed us that they believe in the power of the Krempels model and want to see our organization grow and thrive. For that alone, I know our staff and leadership and deeply humbled," said Susanna Fier, member of the Board of Directors.

Krempels Brain Injury Center provides its services regardless of an individual's ability to pay. While many assume public programs like Medicaid cover the cost of long-term recovery services; in reality, they often do not—and the Center relies on private donations, foundation support, and community partnerships to bridge that gap. The funds raised are critical to supporting reduced fee and free attendance waivers for survivors who otherwise would not be able to participate. Krempels is proud to offer this option to those who need it. ***"Every brain injury is unique; we get it!"***



Krempels Brain Injury Center invites the public to join in celebrating this milestone, make a donation, and learn more about its mission and other upcoming community events by visiting www.kbicenter.org.

Live your best life
after brain injury.

See what's next and how to
become a member today at
www.kbicenter.org



"WE GET IT"

Who knows better what it's like living with a brain injury than someone already living with a brain injury? For 25 years, our community has offered opportunities for members to support and advocate for one another, as well as share strategies. This is a community that values each individual and can be a place of hope, joy and connections for you.

OUR
MISSION

To improve the quality of life of people living with brain injury through evidence-based programming, shared experiences, and support in a welcoming community.



WHERE

In person Monday,
Wednesday and Friday
in Portsmouth, NH

Online every Thursday



WANT TO
LEARN MORE?

Scan below or call
603-570-2026



UPCOMING CAREGIVERS' CONFERENCE

SAVE THE DATE!!!

**2025 New Hampshire Caregiver's Conference
Friday, November 7, 2025
The Grappone Conference Center, Concord, NH**

**“The Last Dance: Facing Alzheimer's
with Love and Laughter”**

Keynote Presenter: Annie Kuster



The Last Dance is our family's story about learning to “swim in the deep end of the lake” when the woman we all loved best, our matriarch former N.H. Senator Susan McLane was slipping away one day at a time, to Alzheimer's disease.

For more information contact: Ellen Edgerly, 603-834-9570 or Ellen@bianh.org or visit the Coalition of Caring's website at www.coalitionofcaring.org
Facebook: <https://www.facebook.com/CoalitionofCaring/> Twitter <https://twitter.com/coalitioncaring>



Learn more at
drcnh.org/facility-hub

Disability Facility Hub

Your rights explained. The system simplified. All in one accessible place.



People are best supported in their homes and communities—not in institutional settings. Yet, many of NH's **300+** congregate care settings still have institutional-like conditions where people with disabilities face **abuse, neglect, exploitation, and isolation.**

Our new **Disability Facility Hub** is a first-of-its-kind tool that tracks and monitors facilities serving people with disabilities across the state. This searchable database **increases transparency system-wide** and provides critical information about facilities and the rights of residents, helping individuals with disabilities, families, and advocates push for **data-driven, meaningful change.**

A user-friendly, searchable tool that provides:

- Easy-to-understand information about each facility, including how many people it serves, photos, licensing lookup, and past reports (including police involvement).
- Clear explanations of the rights and legal protections residents have—customized for each facility.
- Resources and data for policymakers to support informed, data-driven decisions that protect the rights of people with disabilities and promote dignity for all.

CONGRATULATIONS TO JIM SCOTT, THINKFIRST VIP OF THE YEAR 2025!



Jim Scott

Jim exemplifies the ThinkFirst mission through his passion, professionalism, and powerful storytelling. A longtime VIP of ThinkFirst Northeast Rehabilitation, Jim has dedicated many years to promoting injury prevention and safety education.

His ability to connect with students leaves a lasting impact, and his story, featured in the Decisions Matter - ThinkFirst For Teens video, continues

to inspire classrooms across the country. Beyond his presentations, Jim is a tireless advocate for injury prevention, supporting ThinkFirst initiatives, raising awareness, and promoting brain and spinal cord injury prevention with unmatched enthusiasm. We are proud to recognize Jim for his outstanding dedication and lasting influence on the ThinkFirst community.

Introducing: Jim Scott, New Hampshire

Mechanism: Motor Vehicle crash

Contributing Factors: Alcohol Impairment

Diagnosis: Brain Injury

Message: "Life presents many challenges and possible

Jim & Zoe McLean
from ThinkFirst

grief. Do anything in your control to limit danger or unnecessary struggle."

Pre-injury Interests/Activities: School, finance and sports.

Goals/Dreams: Career in finance, moving to NYC or Boston

Best Description: New college graduate, Athlete

Best Question asked by a Student: "A 7th grader asked if I shrunk after my crash (I tend to joke about being vertically challenged). I said, 'Let me ask you a question. If I tell you that I used to be 6'2", but because I drank and drove, crashed and had a TBI, now I'm only 5'3" would you drive drunk?' 'Of course not' he replied. 'Well then, that's what happened!'"

Post-injury: Interests/Activities: Physical fitness, community outreach, speaking, and writing.

Goals/Dreams: Although initially to gain independence, it has progressed to making an impact on the lives of those around me.

Misses the Most: Having higher energy levels and spontaneity.

Impact on Your Life:

My injury impacts me every day. It's who I am now. I wouldn't say my life is bad, but definitely that it is harder. Whether it's how I physically move or the cognitive process, day-to-day living is more challenging with a brain injury.

www.thinkfirst.org

ARE YOU A MIDDLE PERSON? *by Jenn Williams*

In January of 2016, my husband and I closed on our first house. In August of that same year, I had a thalamic ischemic stroke (a clot in my thalamus); I was only 33 years old. Having a stroke completely upended my life. I had to learn to walk and write again, and I still battle cognitive challenges today.

In navigating my recovery over the last 9 years, I have felt dismissed at nearly every turn. I was told I wasn't "disabled enough" to receive services, that "it's been a year, you should be fine to work forty hours now," or "you are \$900 over the threshold to get assistance." What about people like me, the people in the middle? The people who aren't on brain injury waivers, are battling SSDI, don't qualify for vocational rehabilitation, but still need support. There are millions of people in the middle!

It took approximately three years for me to truly grieve the loss of my old life. I then realized I wanted to give back, so I joined the BIAA-ME Advisory Board and started sharing my story at support groups. I was already an avid support group attendee, so it made sense and did not seem intimidating. As I started connecting with my fellow survivors, I heard more and more stories like mine: denied for services, abruptly losing assistance, and screaming from the rooftops to be heard, be-

lieved, and understood. How could so many brain injury survivors be disregarded like this?

Along my journey, I was paired with John Richards, a fierce but humble advocate in the New Hampshire Brain Injury community. We worked as a team to teach survivors how to advocate for themselves. In one of our planning meetings, we were chatting about gaps in care and resources, so I shared with him my concept of "Middle People". His response was "I guess I'm a middle person". Just a few days later, he shared the idea with his best friend, David A. Grant, also a Middle Person. Our passions for this idea came together in a Zoom meeting, resulting in the creation of The Middle People Project.

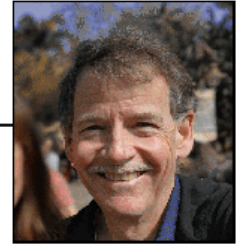
We currently have a variety of topics on our website, such as Strategies for Success, survivor stories, upcoming events, speaking information, and a small test to see if you might be a middle person. Long term, we plan to have a list of resources that are available to people in the middle, self-advocacy training, and more. Because no one should be left behind in brain injury recovery.

www.middlepeopleproject.org

INSIGHTS

Life Perspectives From a Brain Injury Survivor David A. Grant

Everything Comes at a Price: the Cost of a Brain Injury



Now in my fifteenth year as a brain injury survivor, I'm still learning how to live with what I've got. You'd think that by now, I'd be a pro—but not even close. And, as happens so often, other survivors teach me more than any professional ever has.

A couple of weeks ago, I read a social post by a fellow survivor that I haven't been able to get out of my head. They described themselves as "socially awkward" since their brain injury. Oh my goodness, did that hit home hard.

Those who have known both the "before" and "after" versions of me can vouch for the fact that I was an extrovert before my injury. I could strike up a conversation with anyone. Within a couple of minutes, we'd be friends. Professionally, I attended many trade shows, spending twelve hours straight on my feet, shaking hands. I loved being a people person.

</Insert life-changing accident and subsequent traumatic brain injury here.>

Two ticks of a clock. That's all it took. And just like that, the person I was—was gone forever. The Socially Awkward chapter had begun.

Ya know what's difficult? Trying to make small talk while stuttering. How about those word-finding issues? It can be downright embarrassing. But that's just the beginning.

Have you ever gotten halfway through a sentence and...

Oh, where was I? Then, halfway through the next sentence and—poof—there goes my conversational continuity. It's embarrassing, and it shreds my confidence and self-esteem.

That extrovert still exists, but like so much of life after brain injury, it's complicated. While I might still make small talk in the grocery store checkout line, more often than not, it's just a friendly hello. Being in small groups can be a source of abject terror. I speak slowly and deliberately, fingers crossed in my mind that I don't screw up. After social get-togethers with others, almost without exception, I ask Sarah the same question: "Did I say anything stupid?"

My self-esteem is still more fragile than most people might think. These days, I do more things alone than I ever did. Quiet time doing yard work brings me peace. A small home improvement project or two comes with no real risk of exposing my brokenness.

The nice thing about writing rather than speaking? I don't stutter. And if it takes time to find a word, it really doesn't matter. I often miss being that outgoing, confident extrovert. But these days, I weigh my options more than I ever did in my pre-injury life.

If I try to do too much, I pay a price. And if I try to speak too much, the price can be dreadful—shattered self-esteem, overwhelming brain fog, and processing at a speed that makes a sloth look speedy. It's been part of my life for so long that it actually feels normal. If I think about that realization for too long, it can be devastating as well. So, let's add another one to the list: If I think too much, there's a price to be paid.

Seems like everything in this post-injury life has a premium to pay.

Do I expect to be this way for the duration? Actually, yes. But it's okay. I'm a reasonably happy guy these days. This column is called Insights. Perhaps I've offered you a bit of an insight into what life can really be like living with a brain injury.

Elevating seniors of all abilities.

Supporting health, safety, and independence for older adults with our Adult Day Programs and In-Home Care & Health Services.

For over 30 years, Easterseals NH has had the privilege of caring for thousands of New Hampshire's older adults and helping them live each day to the fullest. From adult day programs and in-home health services, we're ensuring that you and your family can make the most of every day.

Visit eastersealsNH.org/senior-services to learn more.

603-845-9318
seniorservices@eastersealsnh.org

1,050
NH seniors were given therapeutic care and in-home assistance through our programs and services in 2024.

86%
of Adult Day Program participants report feeling less lonely.

**MANCHESTER
CLUBHOUSE**



**SEACOAST
CLUBHOUSE**

Discover the Clubhouse Community

Empowering Recovery. Fostering Purpose. Building Connections.

At our Manchester and Seacoast Clubhouses, we offer structured, work-ordered day programs tailored to individuals living with brain injury and mental health challenges. Our recovery-focused, supportive environment encourages members to build skills, foster community, and achieve greater independence. Whether your goal is to return to work, continue education, or build confidence in daily life, members shape their own journey with personalized goals and peer support.

Employment Services Program

Our employment services program assists members in securing meaningful positions in their chosen fields. Services include customized job development, employer introductions and individualized support. We work with NH Vocational Rehabilitation to help individuals overcome barriers and obtain and maintain employment with great employers.

New Monthly Support Group – Manchester

In collaboration with the Brain Injury Association of New Hampshire (BIANH), the Manchester Clubhouse is launching a Survivor and Caregiver Support Group—a welcoming space for open conversation, connection, and shared experiences.

First Meeting: June 18

Time: 6:00 PM – 7:30 PM

Location: 60 Rogers Street, Suite 204, Manchester, NH

Ongoing: Every 3rd Wednesday of the month

Summer Open House Hours – Manchester

Want to learn more about our work? Visit us during our Open House Hours every Wednesday this summer from 9:00 AM to 10:00 AM. Enjoy coffee and bagels while discovering how the International Clubhouse model may benefit you or someone you know.

Prefer a more personal visit? We're happy to schedule a private tour—please call or email us.



Manchester Clubhouse
60 Rogers Street, Suite 204
Manchester, NH 03103
603-263-1300

Email: manchesterpathwaysgp@gmail.com.

Website: <https://granitepathwaysnh.org/manchester-pathways/>



Seacoast Clubhouse
155 Brewery Lane
Portsmouth, NH 03801
603-570-9804

Email: seacoastpathways@gmail.com

Website: <https://www.seacoastclubhouse.org/>



COMPREHENSIVE BRAIN INJURY CARE

"Here I am. I can read. I can write. I'm eating a regular diet and I'm walking."

- Tom T.
Northeast Rehab Patient



"I have to give it to them... they're all so good. The entire team. They all cared so much."

- Jenna N.
Northeast Rehab Patient

The Joint Commission Disease-Specific Care Certification in Stroke and Brain Injury Rehabilitation

Certified Brain Injury Specialists on Staff
Advanced Technologies
Community Support and Resources
Patient and Family Education Programs

Four Convenient Acute Rehabilitation Hospital Locations



Salem, NH
70 Butler St.



Nashua, NH
29 Northwest Blvd



Portsmouth, NH
105 Corporate Drive



Manchester, NH
1 Elliot Way, 7th Floor

20
Outpatient
Clinics

in Seacoast NH,
Southern NH &
Greater Merrimack
Valley MA



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



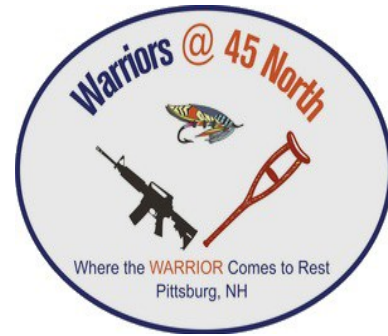
@NortheastRehabilitationHospital



For more information, call
(603) 893-2900



@northeastrehab



PO Box 132

Pittsburg, NH 03592

www.warriors45north.com

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

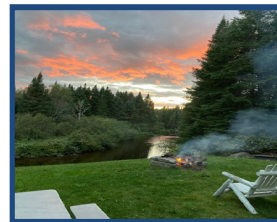
MISSION STATEMENT

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

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

RELAXATION!

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



We have many activities available including:

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

Contact:

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

Email: mmcsworrall@gmail.com

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

Email: warriorsat45n@gmail.com

Where the **WARRIOR** comes to rest



Specialized Care In The Comfort of Home



Some of the service we offer:

- Personal Care
- Companion Care
- Light Housekeeping
- Shopping & Errands
- Appointment Escort
- Discharge Transition Care
- Medication Reminder
- Meal Preparation
- Letter Writing & Household Paperwork

...and more!

Whether you are recovering from an injury, surgery, or simply need help at home, our team is devoted to your wellbeing and recovery. Our caregivers are thoroughly vetted and trained to provide tailored and quality care.

GET IN CONTACT

Email us at: intake@independencecare.pro

or

Visit us at: www.independencecare.pro

10 Ferry Street, Suite 404, Concord NH 03301 • Tel: 603-283-7778 • Fax: 412-312-3828

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

BISHOP'S CHARITABLE ASSISTANCE FUND

If you are under 22 or over 60 years or 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.

Aphasia Support Group for the Seacoast of New Hampshire at Exeter Hospital

Beth Israel Lahey Health
Exeter Hospital

For people with aphasia and care partners. Whether newly diagnosed, living with chronic aphasia, or caring for someone with aphasia, you are welcome here.

**First Thursday
each month
11 AM – 12 PM**

Exeter Hospital
Conference Room 1 North
5 Alumni Drive
Exeter, NH

Register
call 603-778-6548
email kphelps@ehr.org

Meetings are facilitated by
Kate Phelps, MS CCC SLP,
a Speech-Language
Pathologist at Exeter Hospital



Connections

Be part of a welcoming community of people facing similar challenges.



Communication Practice

Foster better communication in a comfortable environment.



Community Resources

Learn from educational presentations and get community resources.

2025 Schedule

February 6	May 1	August 7	November 6
March 6	June 5	September 4	December 4
April 3	July 3	October 2	

We welcome all people with aphasia including from a stroke, TBI, tumor, or disease like primary progressive aphasia



MENTAL HEALTH & WELL BEING

SUPPORT GROUP

---Learn to take charge of your mental well being---
---Connect and support with peers---

**COME AND JOIN THE NEW
SUPPORT GROUP MEETING - BEGINNING IN JUNE**

Third Wednesday of the Month

6:00 PM - 7:00 PM

Manchester Clubhouse

60 Rogers Street, Suite 204, Manchester

For More Information: Kelly Parsons - 603-263-1300

The Brain Injury Association of New Hampshire and the Manchester Clubhouse are partnering together to overcome challenges, build resilience, foster a positive mental well being. Reach out and seek the support you deserve!

Pizza will be available for anyone attending in person. If you plan to attend, please register:

<https://p2p.onecause.com/mhsg2025>



**MANCHESTER
CLUBHOUSE**

SUPPORT GROUPS IN NEW HAMPSHIRE

Revised June 2025 —Times and places may change without notice—please call in advance

VIRTUAL SUPPORT GROUPS

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

Virtual Youth Survivors Network - For brain injury survivors age 16-25, From Maine, New Hampshire & Vermont

Meets the Second Wednesday of the month, 4:00 – 5:00 PM

Register at: https://us02web.zoom.us/meeting/register/tZ0lcOmvgT8vH9NeQ8v9Yokb_woX0tWWuvJC

Registration contact: Dylan Campbell: dcampbell@mpf.org

Virtual Statewide BIANH HeadStrong: A Virtual Support Group for Brain Injury Survivors, Family Members & Friends

Meets the second Thursday of the month, 12:00 – 1:00 PM

To Join Meeting: <https://us02web.zoom.us/j/82052614067>

Virtual Statewide BIANH Brain Injury Caregivers Support Group, Caregivers Only

Meets the 4th Tuesday of the month, 6:30 – 7:30 PM

To Join Meeting: <https://us02web.zoom.us/j/84489789058>

IN PERSON SUPPORT GROUPS

Concord Brain Injury Support Group – Meets the 3rd Tuesday of the month, 6:30—7:45 PM

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

Conway Brain Injury Support Group –Meets the 1st Monday of the month, 6:00—7:30 PM

Journey Church, 15 Hutchins Drive, Conway, NH

Greater Atkinson/Derry Brain Injury Support Group - Meets the 2nd Tuesday of the month, 6:00—7:30 PM

Community Crossroads, 8 Commerce Drive, Unit 801, Atkinson, NH

Keene Brain Injury Support Group – Meets the 3rd Tuesday of the month, 6:00—7:30 PM

Southwest Community Services, 63 Community Way, Keene, NH (use door facing the Food Co-Op Building)

Manchester Clubhouse Brain Injury Support Group – Meets the 3rd Wednesday of the month, 6:00 pm – 7:00 pm

Manchester Clubhouse, 60 Rogers Street, Suite 204, Manchester, NH

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

Monadnock Community Hospital, Conference Rooms 1 & 2—452 Old Street Road, Peterborough, NH

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

Krempels Brain Injury Center, 100 Campus Drive, Suite 24, Portsmouth, NH

If you have any questions, please email Ellen Ederly at Ellen@bianh.org or call at 603-834-9570. Visit www.bianh.org for any calendar changes.

APHASIA:

Exeter: Aphasia Support Group for the Seacoast of NH

Meets the first Thursday of the Month, Meeting Time: 11:00 – 12:00 PM
Exeter Hospital, Conference Room 1 North, 5 Alumni Drive, Exeter, NH
Contact: Kate Phelps at 603-778-6548, kphelps@ehr.org

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

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

BRAIN INJURY & STROKE

Concord: Encompass Health Rehab Stroke Support Group, 1st Wednesday of the month, 10:30 – 11:30 AM, Encompass Health Rehabilitation Hospital at Concord.
Contact: Ashley Dupell, 603-226-9840

Dover: VIRTUAL Wentworth Douglass Hospital Stroke Support Group. 3rd Thursday of every month; 2:00-3:00 PM. Call or email Lindsey to receive the Zoom link.
Contact: Lindsey Wyma Phone: (603) 609-6161 x2731
Email: Lwyma@mgb.org

Durham: UNH Occupational Therapy Department, Hewitt Hall, Room 139, Durham, NH. Meets Tuesdays; 12:30—3:15 PM
Contact: Dr. John Wilcox, OTD for semester start up
Phone: (207) 314-3180 or email john.wilcox@unh.edu

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

Lebanon: VIRTUAL Stroke Support Group, 1st Friday of even-numbered months (Feb, Apr, Jun, Aug, Oct, Dec), 10:00 —11:30 AM, DHMC Aging Resource Center, Lebanon, NH **Contact:** Jennifer Larro, Aging Resource Center Phone: (603) 653-3460

Nashua: St. Joseph Hospital Stroke Support Group
Meets the first Wednesday of the month, 6:00 – 7:00 PM
St. Joseph Hospital Inpatient Rehabilitation Unity Community Road
Email: gmmorris@covh.org

Portsmouth: VIRTUAL Northeast Rehabilitation Hospital Stroke Support Group, Meets the Second Tuesday of the month, 4:15-5:00pm, Registration at StrokeSupportGroup@northeastrehab.com

Portsmouth: Northeast Rehabilitation Hospital at Pease Stroke Support Group, Meets the Third Wednesday of the month, 4:00- 5:00 PM, Northeast Rehabilitation Hospital, 1st Floor, Pease, Portsmouth
Contact: Strokesupportgroup@northeastrehab.com

Salem: Virtual Northeast Rehab Mild Brain Injury Support Group; Meets the 2nd Wednesday of the month, 4:00 PM – 5:00 PM
Email: bcapobianc@northeastrehab.com to RSVP

BRAIN TUMOR:

Derry: Appointment Only Due to COVID-19.
Contact: Urszula Mansur
Phone: (603) 818-9376

2025 MEMBERS AND DONORS

Thank you to all of our members and donors. This list reflects donations received from January 1, 2025 to present.

DONORS AND MEMBERS

Anonymous
Carroll Burns
Sandra Dodge
Terrance & Maureen Egan
Eastern Inter-Club Ski League, Inc.

IN SUPPORT OF HEADFIRST CHEER CLINIC

Eva Castro-Dwyer

IN SUPPORT OF THE NH SUICIDE PREVENTION

North Country Healthcare

IN MEMORY OF CHRISTOPHER BUCKNAM

Richard Bucknam
JC & JF Fisher, III
Leonardo & Elizabeth Nak
Matthew Sandler/Granite State Dispatch
Kathryn Wolcott

IN MEMORY OF DIANNE BURELLE and**DEBORAH BOLES**

Gilbert Burelle

IN MEMORY OF KAREN MERROW

Scott Merrow

IN MEMORY OF MITCHELL NORD

Pat Falcone

IN HONOR/MEMORY OF JOHN RICHARDS

Dave & Carol Bovee
Debbie Bowie
Lisa DiMartino
Kelly Erunski
Bobby & Karen Hayes
Steve & Ramie Lepler
Donald Lockwood & Joan Cormier
Shawn Paquette
Susan Sasser
John Schenk
William & Rhonda Schofield
Greggory Wade

**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 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 _____