



# HEADWAY Newsletter

Providing Resources – Promoting Futures

Issue #34, Summer 2007

## Garden of Hope

*Journey of a 16 year Meningioma Survivor*

by Kim Chrane

Consumer-based organization for people surviving brain injury, brain tumor and stroke and for those who care.

109 North State Street, Suite 2  
Concord, NH 03301  
Non-Profit 501 (C) (3)  
02-397683  
Phone: (603) 225-8400  
Fax: (603) 228-6749  
Family Helpline: (800) 773-8400

### IN THIS ISSUE...

Garden of Hope.....	Page 1
National News.....	Page 2
Heroes at Home Legislation.....	Page 2
A Visit to the Hill.....	Page 2
Garden of Hope Cont'd.....	Page 3
BIANH Community Fund.....	Page 3
BIANH News.....	Page 4
Eight Ways to be Involved in Politics.....	Page 5
Heroes at Home Cont'd.....	Page 5
Upcoming Events .....	Page 6
23rd Stroke Confer Wrap Up....	Page 7
Volunteers Welcomed.....	Page 7
Helping Survivors .....	Page 8
Ask Jon .....	Page 9
Co-Facilitator Needed .....	Page 9
Spotlight on Aphasia.....	Page 10
Education Update .....	Page 11
Thank You Donors.....	Page 12
BIANH Membership.....	Page 12

### UPCOMING EVENTS...

August 15, 2007  
24th Annual Charity Golf Tournament  
Pheasant Ridge Golf Course  
Gilford, NH

September 30, 2007  
21st Annual Walk-by-the-Sea  
Hampton Beach State Park  
Hampton, NH

**BIANH ONLINE**  
MAIL@BIANH.ORG  
HTTP://WWW.BIANH.ORG

**Brain injury is the leading cause of death, disability and hospitalizations for children, teens, and young adults in New Hampshire.**

Recurrent Meningioma Survivor, diagnosed in 1991 at age 26.

"I have come in contact with some of the most amazing physicians, clinicians, patients and caregivers, since my diagnosis. Of these, my husband Tom of the past nine years has been my 'Bridge over Troubled Water'. Any time I needed a lift I could count on my crane" (pun intended).

I have had stays in the hospital ranging from two to sixteen days. My six surgeries treated tumors that ranged from 1 cm to 8 cm in size. Four of these surgeries were in the past twelve month period. Tumors were resected in my parasagittal and superior sagittal sinuses, as well as the parietal, temporal, posterior frontal, falx, and convexity regions of my brain. My skull bone was involved in surgeries on November 1 and December 7, 2005. I had the skull bone replaced with one mesh and one acrylic plate both about the size of a Kennedy half dollar.

In November 2006, I learned to appreciate and sympathize with those who have had staph infections and consequently have had a partial removal of their skull bone (a craniectomy). In 2000 and 2003, I had the opportunity to use the expertise of the Boston Gamma Knife Center Team to treat areas deep within my brain. <http://www.bostongammaknifecenter.org/our.html>

I have experienced too many challenges to list throughout the treatment and management of my recurring meningiomas; some of which include occupational, physical and speech therapy. I have had grand mal, focal, tonic and speech seizures. I have REALLY learned how amazingly powerful the mind is and its ability to heal. I attribute my healing to being positive and wrapping my arms around the 'T' so to speak and having a good support system. I have always been an advocate for myself so I could handle what the best way for me to go through each segment of my treatment. This skill is more than likely from taking a business course in 'Strategic Planning'.

Hobbies are (and have been) a wonderful

inclusion in my healing process. They allowed me to maintain my independence as well as utilize an enjoyable outlet to improve my brain functioning skills. I have always enjoyed exercise, whether it was participating in a local running event or belonging to a gym. Sports have always been an important aspect of my life. The feeling of having my heart racing, and a rosy flushed face with the pain of my muscles burning because I choose to push myself to the limit and bring myself to exhaustion is pain that I control! My meningioma diagnosis has brought pain and exhaustion out of my control. Some days, I stretch and incorporate relaxation tapes and keep my muscles and blood circulating.

My life has changed and it is still great, just in a different way. I have always enjoyed swimming since I was a little girl. Swimming is terrific exercise. Just before my recurrence in 1999 and consequent surgery, I participated in the Be Tough Tri Clough Triathlon. I swam competitively in college, the president where I worked caught wind of this and said, Kim will do the swim, there was already a cyclist and runner appointed for the team and they had been training for the event. Our team placed third! This was a first for me, to do both an out-door swim as well as a triathlon. I had 3 weeks to train and all the pools were closing. I found out that the New England Masters (N.E.M.) Swimming Program uses the Jenny Thompson Pool in Dover and they had a workout group. I joined and completed a 5K Swim as part of my training. The 5K Swim was certainly not very fast however, I earned a point for the N.E.M. by participating! My time was over 2 hours finishing one hour later than a teammate of mine. I was grateful that I participated and the United States Masters Swimming site has my name on it! [http://www.usms.org/longdist/ldnats99/5kp\\_ostalresults.php](http://www.usms.org/longdist/ldnats99/5kp_ostalresults.php)

After my 1999 surgery I was unable to move the left side of my body when I awoke from the surgery. This was so scary to me. I told the nurse in ICU not to tell my husband. A huge part of our lives was our shared love of physical activity; skiing,

scuba diving, mountain biking, skating etc. I did not want to break Tom's heart.

It was very important for me to be able to regain the movement of my body. Swimming was perfect for this; perfect for my physical therapy. It allowed me to overcome the anxiety I was having with fear of motor loss. Swimming was also mechanically important to keep blood flowing to my lower extremities, which was in turn needed to regenerate new cells. Swimming gave me back my independence. I was able to recover the use of my left side.

I often found myself educating my loved ones, friends and families about brain tumors. It seemed mostly, when people find out about my having a 'brain tumor' they were surprised and did not know what it meant. Not like a broken limb. They could not see how anything was different physically. Deficits are often unnoticed. It is synonymous to traumatic brain injury and I think we need to align with those organizations to get the brain tumor community tapped into in terms of Brain Tumor Awareness. We are really starting to break through in the past decade. I recall that fifteen years ago, primarily women in their sixth decade were diagnosed with meningioma and many were diagnosed at autopsy. Things are much different today. Research, pharmaceuticals, laser surgery, imaging and treatments have evolved. I wish they had pharmaceuticals that masked the

*Continued on Pg 3*



Kim Chrane with husband Tom and their 2 dogs

BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

FAMILY HELPLINE - 1-800-773-8400



THE BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE  
109 North State Street, Suite 2  
Concord, NH 03301

CHANGE SERVICE REQUESTED

Nonprofit  
organization  
U.S. Postage  
**PAID**  
Concord, NH  
03301  
Permit No. 1665

**BIANH  
Officers &  
Board of Directors**

**EXECUTIVE COMMITTEE**

- President**  
Newton Kershaw, Jr., Esq.,  
Manchester
- Vice-President**  
Brant Elkind, Greenfield
- Treasurer**  
Kenneth Brown, Esq., Manchester
- Secretary**  
James McKenna, Nashua
- At-Large**  
Jeremiah Donovan, Hillsboro
- Family Representative**  
Richard Cunningham, Alton Bay
- Survivor Representative**  
Paul Van Blarigan, Hollis
- Professional Representative**  
James Taylor, Ph.D., New Durham
- Immediate Past President**  
Carolyn Ramsay, Wolfeboro
- Executive Director**  
Steven D. Wade, Concord

**BOARD OF DIRECTORS**

- Jennifer Andrews-Peters, New Boston
- Peggy Bedore, Gilsum
- Paul Blackford, Franklin
- Rocco A. Chiappini, M.D., Milford
- Laura Flashman, Ph.D., Grantham
- P. Joy Kiely, New London
- Jeannine LeClerc, Keene
- Margaret Louney, Bedford
- Amy Messer, Contoocook
- Eldon Munson, Jr., Frankestown
- Donna Nicholaides, Bedford
- Dennis Powers, Atkinson
- Garry Sherry, North Conway
- Joe Viana, Madison
- James Whitlock, M.D., East Hampstead

**EX OFFICIO**

- Robert Boyce, Alton Bay
- Martha Burnham, Kingston
- John Capuco, Psy.D., Concord
- David Krempels, Portsmouth
- John Richards, Deerfield
- Tina Trudel, Ph.D., Effingham

**NATIONAL NEWS**

**Brain Injury Association of America Partners with ABC Anchor Bob Woodruff to Assist Brain-Injured Veterans**

McLean, Va. – The Brain Injury Association of America (BIAA) has entered into a partnership with ABC Anchor Bob Woodruff and his family to raise awareness of traumatic brain injury (TBI) and to administer the newly created Bob Woodruff Family Fund for TBI to assist servicemen and women and their families affected by the war in Iraq and Afghanistan. The announcement was made by Susan Connors, president and CEO of the Brain Injury Association of America.

Mr. Woodruff sustained a serious brain injury as a result of an improvised explosive device while on assignment for ABC News in Iraq in January 2006. Although he received superior care, Bob, his wife Lee, and their extended family recognize that many individuals with brain injury do not receive the services and supports needed to regain their independence. They also understand the lack of funding in the public, private and military sectors, and they want to help.

**Bob Woodruff Family Fund for TBI**  
In an effort to “give back” to the people who saved Bob’s life, the family has established the Bob Woodruff Family Fund for TBI ([www.bobwoodrufffamilyfund.org](http://www.bobwoodrufffamilyfund.org)).

The Fund will raise money through events and other activities. Donations will be used to make grants to nonprofit organizations serving members of the military who have sustained a TBI. In some circumstances, funds may be used to provide direct financial assistance to military personnel and their families and/or grants for medical research, public education, awareness and prevention of TBI.

**Brain Injury Awareness Month Reports**

Woodruff filed a series of reports for ABC’s World News Tonight, Good Morning America and Nightline during the month of March. The reports covered various aspects of brain injury and included some of the individuals featured in BIAA’s Brain Injury Awareness Month campaign, “Living with Brain Injury: As Diverse as We Are”.

“We are honored to assist Bob and Lee as they embark upon their mission to assist returning veterans with TBI and their families,” said Connors. “Their actions are a rallying point for both military and non-military TBI survivors and their families to finally receive the kind of support and cognitive treatment services they so desperately need.”

**About the Brain Injury Association of America**

Founded in 1980, the mission of the Brain Injury Association of America is to create a better future through brain injury prevention, research, education and advocacy. BIAA and its nationwide network of state affiliates, chapters and support groups represent the 5.3 million Americans who live with a lifelong disability as a result of traumatic brain injury, as well as their families and the researchers, clinicians and professionals who provide treatment and long-term care.

For more information about brain injury or the BIAA, visit [www.biausa.org](http://www.biausa.org).



*Bob Woodruff Family Fund Logo*

**Heroes at Home Legislation**

On March 29, 2007 Senator Hillary Rodham Clinton (D-NY) introduced the Heroes At Home Act of 2007, a series of initiatives to improve services and support for Armed Forces personnel with TBI and their families. Senator Susan Collins (R-ME) is an original co-sponsor. BIAA Honorary Spokesperson Lee Woodruff and President/CEO Susan Connors were among the invited speakers at the press event. Together they emphasized the need for public/private cooperation in the provision of post-acute care and called for increased family caregiver training and support. To view the press release conference, go to: <http://www.youtube.com/watch?v=IKBhwJFjd0w>.

BIAA proudly endorses the Heroes at Home Act of 2007 as a critical step forward in meeting needs of service members with TBI. The bill contains two key provisions of interest to BIAA: Implementation of an objective, computer-based assessment protocol to measure cognitive functioning both prior to and after deployment in order to improve the screening process for TBI in soldiers deployed to Iraq and Afghanistan. Establishment of a Traumatic Brain Injury Family Caregiver Personal Care Attendant Training and Certification Program, which would train and certify family caregivers of TBI patients as personal care attendants, enabling them to provide quality care at home while also qualifying for compensation from the VA.

*Continued on page 5*

**A Visit to Capitol Hill**

by John Richards

On March 13, 2007, the Rayburn Office Building on Capitol Hill, Washington, DC, was, for a change, filled with members of, and advocates for, the brain injury community. We had gathered there for a Legislative Brain Injury Awareness Day, and I had the honor of representing both the Crotched Mountain Brain Injury Center and the Brain Injury Association of New Hampshire.



*John Richards and Representative Paul Hodes discuss brain injury issues and concerns.*

As you probably know, we have had a recent “sea of change” in public awareness on brain injury issues, sadly due to Bob Woodruff’s injury and subsequent willingness to “go public”, and with the countless (and uncounted) numbers of veterans coming back from Iraq with brain injuries ranging from severe to “not as severe.”

The day began with a “Public Awareness Fair” with a variety of exhibitors giving out materials and information to

Congressional members and the public, followed by time to visit with our legislators, then a round table discussion on issues connected to veterans returning from Iraq. Brain Injury Associations in some states are already getting calls from VA facilities, veterans and family members who are searching for resources.

Crotched Mountain’s formerly own Phil Girard was present representing DVBIC and honored me with a tour of Walter Reed Hospital and the DVBIC headquarters the next day.

Unfortunately, both of our Senators were busy with other duties that day, but I was graciously greeted by staff people and was able to discuss brain injury issues and concerns. Representative Hodes made time in his busy schedule to talk directly with me. He was gracious and responsive and certainly seemed to grasp the basic issues. Thursday and Friday were spent on the federal HRSA conference which centered on different states sharing the results of their development plans (here come some more new ideas!)

If you have not yet contacted your legislator, please take a moment to do so now and remind them that brain injury is a critical issue, not just to our returning veterans, but for the 5,000 people a year who sustain brain injuries in New Hampshire alone (and for their families and friends).

## Garden of Hope - Cont'd from pg 1

symptoms of nausea from the anesthetic in 1991. I will never forget the pressure in my head vomiting up the anesthetic. It was the brightest green I had ever seen. My head felt as though it would explode. Today, brain surgery you are in and out of the hospital within 3-5 days. Truly amazing!

No matter what, through prayer and the aid of my guardian angels I felt that my duty was to overcome these hurdles and become a voice of strength and encouragement to others. Each time I overcame an obstacle, I was taught how important it was to appreciate life and to do things that I want to do. I no longer have left side paralysis. My now numerous incision sites have provided me with my very own cornrow guidelines, which I used during a family vacation on Lake Vermillion in July...look out, Bo Derek!

In 2003 I went back to school and completed training in ultrasound and specialized in Maternal/Fetal Medicine so I could learn about the embryological development of the beginning of our lives. Specializing in high risk OB/Gyn has been one of the most rewarding experiences of my life. I had the opportunity to complete an Advanced Sonography Symposium in OB/Gyn through Harvard's Continuing Medical Education Program. The education I have today has helped me with all of the many life changes I have experienced.

It was the Internet that helped me meet folks all over the world. I participated in the Cyber roots Brain Registry Act Is National (B.R.A.I.N.) Campaign, lead by Chief Cheerleader Lloyd Morgan of the Central Brain Tumor Registry of the United States <http://www.cbtrus.org/to> pass a bill mandating that the American Cancer Registry include benign brain tumors in their data collection. HR239 passed in 2001, see related article UCLA published to members of the Pituitary Organization.

<http://www.pituitary.org/members/network-magazine/archives/NetworkVol8Num4.pdf>.

In 2001 I attended the South Florida Brain Tumor Association's Conference in Fort Lauderdale. Okay, the warm weather was appealing too, being from New Hampshire. I met David M. Bailey <http://www.davidm-bailey.com/>, an inspirational glioblastoma brain tumor survivor. He took the time to teach me a few chords on the piano at that first conference. I had spoken about the temporary paralysis I experienced after my

second surgery and what it was like to fulfill a dream of buying a piano and taking lessons. Today, I continue to play the piano for at least 30 minutes: my own music therapy!

The Florida conference also brought me in contact with a survivor named Patricia "Trisha" Williams. Trisha started a list of her own, <http://health.groups.yahoo.com/group/BrainSurgery/> sponsored by Braingels Project Inc. Braingels provides beautiful jewelry and donations are used in support of organizations like the Florida Brain Tumor Association.

This past year I felt a sense of community facilitating "The Meningioma List". It is important for me to give back. I want to help people that are battling the very challenges that I have made it through. My advice is to stay positive, and keep your chin up! Life is how we choose to go through each moment. The current chapter of my life journey is to self-care, rest, and most importantly heal. I am considering a new treatment for recurrent meningioma as an alternative to another brain surgery. The Brain Science Foundation added my story under the "Meningioma Projects." The highest incidence of all brain tumors are meningiomas.

[http://www.brainsciencefoundation.org/mat/riarch/MultiPiecePage.asp\\_Q\\_PageID\\_E\\_178\\_A\\_PageName\\_patientstorieschrane](http://www.brainsciencefoundation.org/mat/riarch/MultiPiecePage.asp_Q_PageID_E_178_A_PageName_patientstorieschrane).

The Chrane Garden of Hope Fund was recently added to the American Brain Tumor Association to help with a cure for brain cancer. The American Brain Tumor Association exists to eliminate brain tumors and to meet the needs of brain tumor patients and their families. To learn more about their research and patient service programs, visit [www.hope.abta.org](http://www.hope.abta.org).

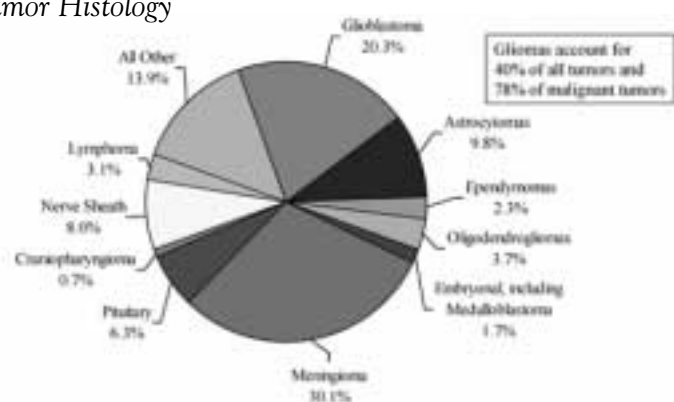
### Notable Brain Tumor Survivors

Lance Armstrong, cycling champion  
 Pete Sampras, tennis coach  
 Bob Marley, reggae singer  
 George Gershwin, composer  
 Wilma Rudolph, Olympic Gold medalist  
 Lyle Alzado, football player  
 Pete Rozelle, NFL Commissioner  
 Gene Siskel, movie critic  
 Elizabeth Taylor, actress  
 Mark Ruffalo, actor

Source: *The National Brain Tumor Foundation* - [www.braintumor.org/](http://www.braintumor.org/)



Graph of Tumor Histology



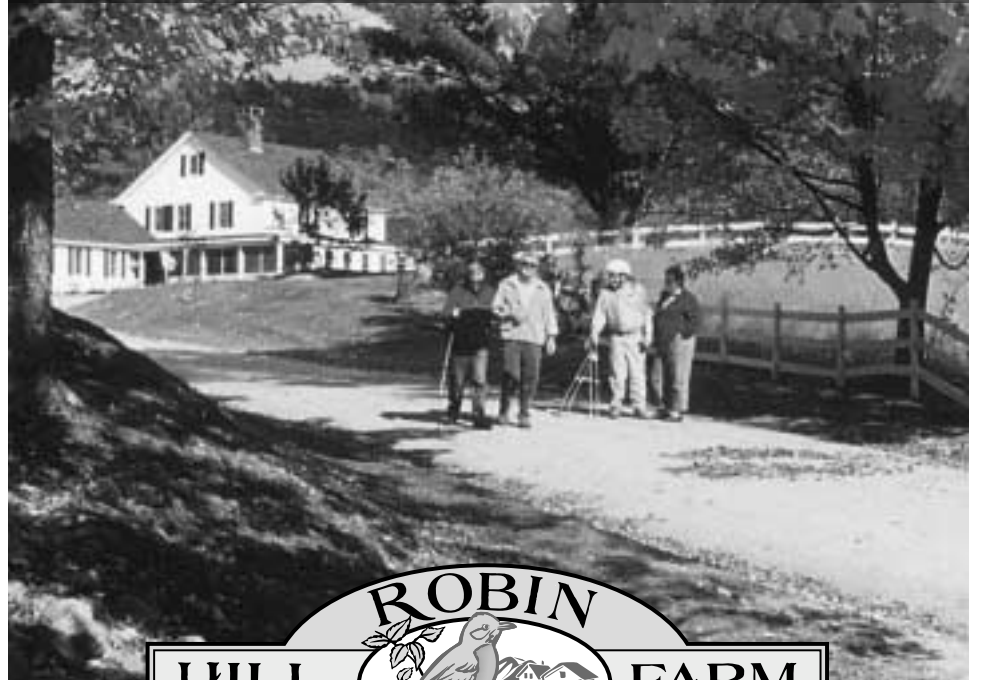
### Footnotes

1. ICBTRUS (2005), Statistical Report: Primary Brain Tumors in the United States, 1998-2002. Published by the Central Brain Tumor Registry of the United States.

2. Davis, F., Kupelian, V., Freels, S., McCarthy, B., and Surawicz, T. "Prevalence estimates for primary brain tumors in the United States by behavior and major histology groups." *Neuro-Oncology*, June, 2001

# Quality of Life... for adults with a brain injury

- Supported Residential Programs
- Residential Rehabilitation Programs
- Supported Apartment Programs
- 24 Hour Staffing for All Programs



[www.robinhillfarm.com](http://www.robinhillfarm.com)  
 55 Donovan Road, P.O. Box 1067, Hillsborough, NH 03244  
 Tel: 603-464-3841 Fax: 603-464-3851  
 e-mail: [info@robinhillfarm.com](mailto:info@robinhillfarm.com)

## Brain Injury Community Support Fund

by Erin Hall

The Brain Injury Community Support Fund is a collaborative program of the Bureau of Developmental Services and the Brain Injury Association of New Hampshire. The purpose of this program is to assist individuals with brain injuries live independently in their communities. Eligibility requirements are as follows:

- ◆ A New Hampshire resident
- ◆ Meet He-M 522 eligibility - which includes, and is not limited to, a diagnosis of TBI, ABD, Stroke, Tumor, MS, Huntington's Disease (Please note that being found eligible for this program does not automatically make you eligible for Area Agency services)
- ◆ Not eligible for the Community Care Waiver except for extreme circumstances as determined by the committee
- ◆ Financial hardship
- ◆ Do not have other assets that could be accessed
- ◆ Modest level of income

Funding has three broad areas: short-term financial crisis; transition back into and/or support to maintain community relationships; safe and dignified living. Services that could be funded include, but are not limited to, therapies, respite, assistive technology, etc.

The Committee meets monthly on the third Wednesday of the month. All applications need to be received prior to this date. The process is as follows:

- ◆ All applications are sent to the BIANH c/o Erin Hall
- ◆ Applications must include the following:
  - ◆ Description of services needed
  - ◆ Budget or cost bid (2 bids are needed)
  - ◆ Medical documentation of disability or signed release to obtain such documentation
- ◆ What other resources have been tried

Incomplete applications will be returned and not reviewed until all information is received.

Individuals may apply for \$2,000 per year. There is no lifetime cap.

If you would like more information on this program, please call Erin Hall at 225-8400. Applications can be downloaded from our website at [www.bianh.org](http://www.bianh.org).

# Brain Injury Association of America

## Policy Statement on Individuals with Impaired Consciousness

Brain injuries are a significant public health problem in the United States.

According to the Centers for Disease Control and Prevention, at least 5.3 million Americans are living with long-term disability as a result of a traumatic brain injury. For thousands of individuals who sustain a severe brain injury, the resulting disability is a prolonged state of impaired consciousness. The terminology currently used to define the varied states of impaired consciousness includes "coma," "vegetative state" and "minimally conscious state." Some object to the term 'vegetative', finding it demeaning and derogatory. Alternate terms, such as "wakeful unconsciousness" have been suggested to avoid the negative connotations of this word. Current science is just beginning to develop the tools to understand, to treat and to predict accurately recovery from impaired consciousness.

The American Congress of Rehabilitation Medicine (ACRM), a multidisciplinary group of rehabilitation professionals involved in clinical care and research, has provided the following guidance:

"After severe brain injury, some individuals remain unconscious for long periods of time. In true coma, the person's eyes remain closed and there is little or no spontaneous movement. Individuals either recover consciousness or evolve into the vegetative state within 4 weeks. In the vegetative state, the eyes are open and there is some degree of spontaneous movement, but there is no evidence that this movement is purposefully related to the surrounding environment. In the minimally conscious state, there is inconsistent but definite behavioral evidence of conscious awareness. Critical decisions in this context typically revolve around the individual's current state of consciousness and their potential for further recovery. In order to clarify these issues, it is imperative that the individual be carefully assessed by professionals skilled in distinguishing between the vegetative and minimally conscious states and evaluating prognosis."

The Brain Injury Association of America (BIAA) strongly endorses the recommendation of the ACRM that individuals with impaired consciousness receive "repeated assessments designed specifically for individuals who are unable to communicate independently and that these assessments should be conducted by specialists skilled in this process." The Brain Injury Association of America maintains that all persons should have access to the best, most recent, most accurate information about the diagnosis, treatment and prognosis of severe brain injury.

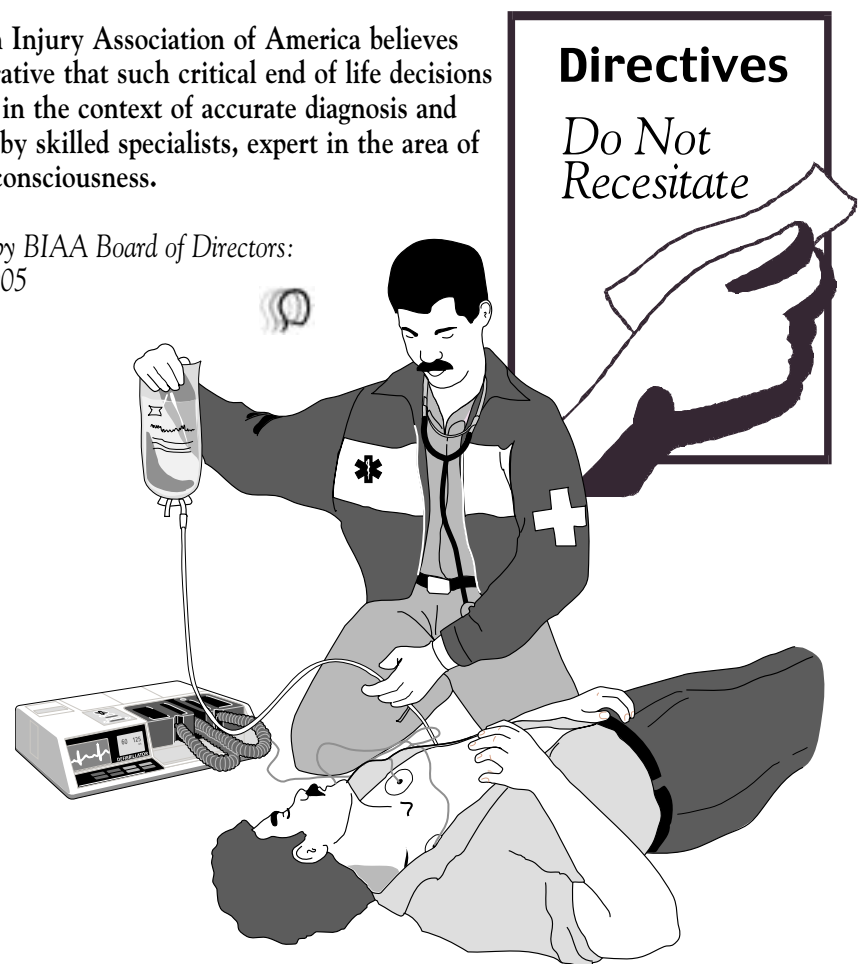
When individuals with brain injury are severely disabled as a result of impaired consciousness, families and friends can be confronted with difficult treatment decisions. Individuals can best avoid these emotional conflicts by executing an advanced directive in anticipation of situations when the individual no longer has the ability to communicate his or her wishes. The two most common forms of advanced directives are a "living will" or a "durable power of attorney for health care" (a health care proxy). The laws for advanced directives vary from state to state.

The process of developing an advanced directive can provide a forum for critical discussions with family and professionals that otherwise might not occur. Individuals are encouraged to be specific and explicit as to end of life decision making in order to ensure their expressed wishes are established and to minimize stress, conflict and guilt that may emerge in family members due to vague or ambiguous instructions.

In the event that an individual has not executed an advanced directive, the Brain Injury Association of America supports the notion that all decisions of a surrogate decision maker should be consistent with the best interests and expressed wishes of the individual with the disability. Difficult decisions, including those involving the discontinuation of life sustaining treatments in persons with terminal illnesses or with no reasonable prospect of regaining conscious awareness, should be consistent with the governing laws and made with the counsel of well-informed professionals, loved ones and any needed spiritual guidance. Use of the court to assist in the determination of end of life decision making is an option if involved parties are in conflict; however, such venues may create additional emotional burden on all who are involved.

The Brain Injury Association of America believes it is imperative that such critical end of life decisions should be in the context of accurate diagnosis and prognosis by skilled specialists, expert in the area of impaired consciousness.

Approved by BIAA Board of Directors:  
January 2005



## Brain Injury Association of America's Position on End of Life for Individuals with Brain Injury

The New Hampshire Brain Injury Public Policy Committee would like feedback from members regarding their thoughts about the Brain Injury Association of America's position on end of life for individuals with brain injury. Since the Terry Schiavo event, the public policy committee has wrestled with achieving a consensus position on proposed end of life legislation in NH.

It would be appreciated if you would review and comment as to whether you support the national BIAA position. Please e-mail your comments to Ellenedge@metrocast.net or mail to Ellen Edgerly, BIANH, 23 Isabelle Lane, Rochester, NH 03867.

### Affordable Long Term and Home Health Care Solutions for the Caregiver

**Bernier Insurance**  
Your Road to Value

Who will take care of you, the "caregiver" so your loved one can stay at home?

32 Wakefield Street  
Rochester, NH 03867  
(800) 477-6602 or (603) 335-2345  
[www.bernierinsurance.com](http://www.bernierinsurance.com)

~Call Harvey Bernier, Jr. for a personalized quote~

Proud Supporter of the 2007  
BIANH Brain Injury and Stroke Conference

*New Hampshire's Premier Medical Malpractice and Personal Injury Firm*

### Attorneys at Law

1819 Elm Street  
Manchester, NH 03104  
(800) 662-6230 or  
(603) 627-1819

**Abramson, Brown & Dugan**

# Eight Ways to Be Involved in Politics

By Vicki Gaylord, *Institute on Community Integration, University of Minnesota*



People with disabilities are a growing force in American politics. For example, during the last Presidential election in 2000 the number of people with disabilities who voted was much larger than in earlier elections, in part because of get-out-the-vote efforts by disability organizations (N.O.D., 2004). Recent laws, such as the Help America Vote Act and the National Voter Registration Act of 1993, are also raising awareness of the importance of removing barriers to voting by people with disabilities. And in addition to voting, people with disabilities have long been involved in other types of political action, such as the disability rights and self-advocacy movements, which have changed laws, won court cases, protested, educated, and empowered.

There are many ways for persons with disabilities to be involved in the American political process. If you or someone you know is looking for ideas, here are eight suggestions:

1. Join a group working on issues that are important to you. There are thousands of groups working on issues important to all Americans. Some examples include these:

Environmental groups working for clean air and water, wise use of our land and other natural resources, and preservation of wilderness areas. Religious groups advocating for inclusion of their values in public policy.

Cultural and ethnic groups working on behalf of the needs of their communities.

Social justice groups working to protect the rights of women, people of color, immigrants, people living in poverty, gay and lesbian people, families, children (born and unborn), and people with disabilities.

Labor unions working on political issues and campaigns, especially those related to jobs, wages, and working conditions.

Self-advocacy groups and disability advocacy groups working to empower persons with disabilities and bring

disability issues to the attention of leaders and the public.

Neighborhood or community improvement groups working on issues important to the residents of a neighborhood, town or city.

2. Volunteer to help with a voter registration drive. Many of the groups listed above are also involved in helping as many people as possible get registered to vote and get to voting places. They often need volunteers to work at information tables at community events or go door-to-door helping people get registered to vote.

3. Volunteer to work on a political candidate's campaign. All people trying to be elected to public office need volunteers to work on their campaigns. People who are trying to get elected to school boards, city councils, state legislatures, the U.S. Congress, and those running for President all need people willing to help mail campaign materials to people, distribute lawn signs and fliers to homes, and call people to ask them to vote for the candidate.

4. Let leaders know your views. When local, state or national leaders are making decisions about issues important to you, let them know how you want them to vote on the issue by writing, phoning, or e-mailing them. You can also share your views at public meetings such as city council meetings and government hearings about issues and laws.

5. Invite leaders to talk about disability issues. Self-advocacy groups can sponsor public meetings in which people who are running for political office and people who are already in leadership in government are invited to talk about the issues important to people with disabilities.

6. Participate in protest marches and rallies. When large numbers of people feel strongly about an issue they may gather together to hold a march or rally to make their views known. This happens most often when people want to protest an action

taken by the government at the local, state or national level. There are also rallies to support candidates for public office.

7. Stay informed about issues affecting you and encourage others to stay informed. Staying informed includes attending the debates and speeches by candidates running for public office, listening to or watching news broadcasts, reading newspapers and organization newsletters, attending community meetings about issues, and talking with others.

8. If you're eligible to vote, vote! When there are elections, learn about candidates and issues, think about your values and needs, make sure you're registered to vote and know where to vote, and vote for the candidates who best represent your views.

These are just a few of the ways people with disabilities can participate in the American political process and use their freedom and power as citizens to influence the leadership and laws of this country.

What will you do?

*Reprinted with permission from Impact: Feature Issue on Political Activism and Voter Participation by Persons with Intellectual and/or Developmental Disabilities Summer/Fall 2004. Published by the Institute on Community Integration (UCEDD) and the Research and Training Center on Community Living, College of Education and Human Development, University of Minnesota. The entire newsletter can be found at <http://ici.umn.edu/products/impact/172/default.html>.*



## Brain Injury Community Support Fund

*A Collaborative Program of the State of New Hampshire Bureau of Developmental Services and the Brain Injury Association of New Hampshire.*

If you are an individual living with a brain injury and find yourself in a financial crisis, this program may provide assistance. The purpose of the program is to assist individuals with brain injuries live independently in their communities.

For more information or an application, please call Erin Hall at 603-225-8400. Applications can be downloaded from our website at [www.bianh.org](http://www.bianh.org).

## Neuro-Resource Facilitation Program

If you are struggling with attaining the appropriate services, think about applying to the Neuro-Resource Facilitation Program. This program aims to assist families and individuals who have experienced a brain injury or stroke.

For more information or an application, please call Nicole Burnett at 603-225-8400. Applications can be downloaded from our website at [www.bianh.org](http://www.bianh.org).

**Brain Injury Association of New Hampshire**  
 109 North State Street, Suite 2  
 Concord, NH 03301  
 Family HelpLine: (800) 773-8400  
 Phone: (603) 225-8400  
 Website: [www.bianh.org](http://www.bianh.org)

### Heroes at Home Legislation

*Continued from page 2*

Note: The legislation specifies that the curricula for the TBI Family Caregiver Personal Care Attendant Training and Certification Program "shall incorporate applicable standards and protocols utilized by certification programs of national brain injury care specialist organizations."

BIAA supporters can take two key actions to support this bill:

1 - Initiate a letter-writing campaign as soon as possible generating short notes from brain injury advocates across the nation thanking Senator Clinton for introducing this bill and for her leadership on brain injury issues.

2 - Encourage brain injury advocates to write to their Senators and encourage them to co-sponsor the Heroes at Home Act of 2007.

*Reprinted from <http://www.biausa.org/policyissues.htm>*

# Upcoming Events - Mark Your Calendars!

**Join the Brain Injury Association  
of New Hampshire  
for the 24th Annual Charity Golf Tournament  
August 15, 2007  
Pheasant Ridge Golf Club  
Gilford, NH**

Join Us! This event is dedicated to raising awareness about brain injury prevention initiatives for children in New Hampshire. All funds go toward supporting the ThinkFirst educational program and the Children’s Bicycle Helmet Safety initiative.

*Your participation, sponsorship or gift will help to insure  
the success of this event!  
Call BIANH for more details – 603-225-8400*



2006 golf tournament participants

## 21st Annual Walk by the Sea

On Sunday, September 30th 2007, we will celebrate our 21st annual Walk by the Sea Against Brain Injury at Hampton Beach Start Park. It is the one time during the year when the whole brain injury community comes together to celebrate our accomplishments and enjoy the beauty of the New Hampshire coast line.

It is a wonderful way to spend the day with family and friends and help make a difference in the fight against brain injury. We hope you will be able to join us so mark your calendars now.

If you are interested in organizing a team, it is an easy and fun way to participate. Your team can be any size and can include family, friends, neighbors and co-workers. If you would like to get started right away simply cut out the forms below or contact our office for more information. Our goal is to exceed last year’s 700 attendees and we can do this with your help.

**Come to Hampton Beach and Sea!**

### WALK-BY-THE-SEA REGISTRATION—Collect contributions when you sign up sponsors. Make checks payable to BIANH.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone (home): \_\_\_\_\_ Email: \_\_\_\_\_

**\*WAIVER:** Submission of this entry constitutes an acknowledgment that the walker is physically able to undertake the walk and is a waiver of any and all claims arising out which the walker might assert against any parties connected with the walk. As a walk participant your photograph may be taken and used in future BIANH publications.

Signature	Date	Name		Address	
PLEDGE FORM — Please collect all contributions in advance — Contact us for additional forms					
		Ant. Pledged		Ant. Collected	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
TOTAL					

## Brain Injury Association of New Hampshire

### *21st Annual Walk by the Sea*

**Against Brain Injury  
September 30, 2007  
TEAM REGISTRATION FORM**

TEAM NAME OR THEME (Be creative) \_\_\_\_\_  
(The deadline for team name submission in order to have name printed on your T-shirts is September 8th)

TEAM CAPTAIN NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE/EMAIL \_\_\_\_\_

Our goal is to recruit \_\_\_\_\_(number) team members/walkers

Team Member Name	Team Member Address	Phone	T-shirt size

\* If more space is needed, please make a copy of this page, or use a separate sheet of paper to list additional members.

## 24th Annual Brain Injury & Stroke Conference

by Lori Sandefur

On May 16, the Brain Injury Association of New Hampshire hosted its 24th Annual Brain Injury and Stroke conference. The Grappone Conference Center was once again filled to capacity with 350 attendees. The year's keynote theme titled From Battlefield to Homefront focused on soldiers returning from Iraq with traumatic brain injuries. Joyce Goff, OT, acting coordinator for the Polytrauma Unit at the Hunter Holmes McGuire VA in Richmond, Virginia, gave the keynote address.

A number of noted specialists presented this year including Lanier Summerall, MD, Quality Scholar Program, Veterans Administration Medical Center, White River Jct., Vermont, Rocco Chiappini, MD, Director, Brain Injury Center, Physical Medicine & Rehabilitation at Crotched Mountain Rehabilitation Center, Thomas McAllister, MD Professor of Psychiatry, Laura Flashman, PhD, Associate Professor of Psychiatry at Dartmouth Hitchcock Medical Center and John Capucco, PsyD., Adminis-

trator, Brain Injury Services, Bureau of Developmental Services, Timothy Lukovits, MD, Co-Director of the Comprehensive Stroke Program at Dartmouth Hitchcock Medical Center, James Whitlock, MD, Medical Director, Northeast Rehabilitation Hospital and Laura Basili, PhD.

During the luncheon Steve Wade presented the Ellen Hayes Award. This year's recipient was Larry Hanlon. Larry was recognized for his outstanding volunteer efforts to help benefit people with brain injuries.

A special thank you to all of our presenters for sharing your time and knowledge: Joyce Goff, James Whitlock, Susan Pepin, Timothy Lukovits, Rocco Chiappini, Laura Flashman, Thomas McAllister, John Capuco, James Beauregard, Laura Basili, Jeannine LeClerc, Cameron Tease, Don Severance, Pete Wilson, Sue McConchie, Cindy Carney, Sandy Forest, Brian Bishoff, Beth Masse, Kelly Thibault, Michael Kahn, Clifford Eskey, Mary Amatangelo, Lanier Summerall, Rodney Chronister, Kenneth Nielsen, John

MacIntosh, Linda Mallon, Joanne Pennington, Nicki Beauregard, Donna Hoffman, Karen Weaver, Chris Burge, Michael Denmeade, David Lee, Ted Chen and Glenn Fogg.

Thank you to all of our sponsors & exhibitors. Your support enables us to continue providing one of the largest and most comprehensive brain injury and stroke conferences in New England.

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

**Luncheon Sponsor:** Boston Life Sciences

**General Sponsors:**

Crotched Mountain Rehabilitation Center  
Healthbridge Management

The Krempels Brain Injury Foundation

NH Bureau of Developmental Services

Robin Hill Farm



### Exhibitors & Donors:

Goodwill Industries, Harvey Bernier Insurance, Healthsouth Rehabilitation Hospital, Ivy Street School, Lakeview NeuroRehabilitation Center, North Country Independent Living, Northeast Rehabilitation Hospital, Pine Rock Manor, Residential Resources, Ride-Away, River Ridge, Rose Meadow Farm, St. Joseph Hospital, Spaulding Rehabilitation Hospital, Therapeutic Technologies, NH Vocational Rehabilitation.

## Brain Injury and Stroke Conference Silent Auction 2007 a Success!

by Judy Sullivan

The Silent Auction was a great success!!!! Not only did attendees get to view beautiful pieces of art but also place bids which will benefit the Association's library which is available to survivors, family members, and professionals. Those interested in learning more about the library, please visit our web site at [www.bianh.org](http://www.bianh.org) or call Judy Sullivan.

The following is a list of winning bidders:

Tulip – Boston Life Sciences - \$100.00  
 Sleeping Feather – Joan Foraker - \$25.00  
 Waterfall - Jennifer Bridges - \$35.00  
 Picnic for Four – Freddie Gale- \$40.00  
 Gevalia Coffee for Four – Barbara Cote - \$45.00  
 Springtime Scents – Linda Hotchkiss - \$35.00  
 Newfound lake – Helen Robinson - \$40.00  
 Lap Top Stationary – Jane Gilman- \$15.00  
 Nature Roars – Judy Sullivan - \$35.00  
 Many Moods – Lori Sandefur - \$28.00  
 Flaming Leaf – Barb Winters - \$30.00  
 A Winters Day – Patti Casson - \$30.00  
 Americana – Doti Acres- \$50.00  
 Friends- Dotti Acres- \$32.00  
 A Day at The Ocean- \$35.00

TOTALLING \$575.00 RAISED

**Thank you to all artists who donated their pieces !!!!** Due to this success there will be a 3rd annual Silent Auction at our 25th Brain Injury & Stroke Conference. Those interested in donating art for this auction, please contact Judy Sullivan. The auction is open to all artists.

### Art Exhibit 2007 Winners

Each winner will have a photo of their winning piece placed in the 2008 Brain Injury Association of New Hampshire calendar. For further information regarding the availability of the next calendar, please call Judy Sullivan at 603-225-8400.

Jeff LaChance - Cover

Julie Bickford – January  
 George W. Crowley III – February  
 Caleb Ham – March  
 John Howells – April  
 Jacquelin Cruz – May  
 Donna Hofmann – June

Victor Dewildt – July  
 Robert Boutin – August  
 Ed Sargent – September  
 Dorit Lieberg – October  
 Joe Griffin – November  
 Charlene Lister - December



Larry Hanlon in Center with Joyce Thorman and Steve Wade

## Larry Hanlon Receives the Ellen Hayes Award 2007


The Brain Injury Association of New Hampshire is pleased to announce that this year's recipient of the Ellen Hayes Award for outstanding contributions in the field of brain injury was presented to Larry Hanlon of Manchester, NH at the 24th Annual Brain Injury and Stroke Conference held on May 16, 2007 at the Courtyard Marriott and Grappone Conference Center. The award was presented by Steven Wade, Executive Director of the Brain Injury Association of New Hampshire (BIANH), during the luncheon.

The Ellen Hayes Award is presented annually by the BIANH in recognition for outstanding service in support of the brain injury community. It is the highest award given by the Association and has been given since 1985. The award is given in honor of Ellen Hayes of Wakefield, NH. Ellen was one of the original founding family members of the Association and became deeply involved in the early 1980's following her son's traumatic brain injury.

Larry Hanlon, the 2007 recipient, was injured 11 years ago during a motorcycle racing accident at New Hampshire International Speedway (NHIS) that left him with a brain injury and paralyzed from the waist down.

Six years ago Larry returned to NHIS as a part-time series assistant starter for races. He was able to re-meet many people that he'd been friends with before the accident and began to make huge strides in his ability to communicate. "He has become a fixture of race weekend, lending both a helpful and happy face".

Last Fall Larry "organized a one-lap charity ride at NHIS, conceiving the idea, getting approval, publicizing the event and even leading the on-track activity". Through his hard work he was able to raise public awareness about brain injury in addition to \$6000 for the Brain Injury Association in support of the annual Walk-by-the-Sea. Larry has been the top individual fundraiser for this event for the past two years.



**54 Wentworth Avenue**  
**Londonderry, NH 03053**  
**603-437-4444**  
[www.ride-away.com](http://www.ride-away.com)

**Proud supporter of the  
 2007 Brain Injury and  
 Stroke Conference!**

# HELPING SURVIVORS TAKE THE NEXT STEP

## Krempels offers expanded Family Support

By Erika Mantz



David Krempels

### Support for Caregivers

Family Support focuses on the needs of those people who are often most affected but least recognized in the life of an individual with a brain injury—the family members. While the survivor of the stroke or traumatic accident receives attention, care and support, there is often little available to those who are left to pick up the pieces. Without consistent opportunities for support, information and networking, these caregivers can become disenfranchised, leading to isolation, illness, depression and often, divorce.

The Family Caregiver Support Group meets weekly from 10 to 11 a.m. at the Community Campus in Portsmouth.

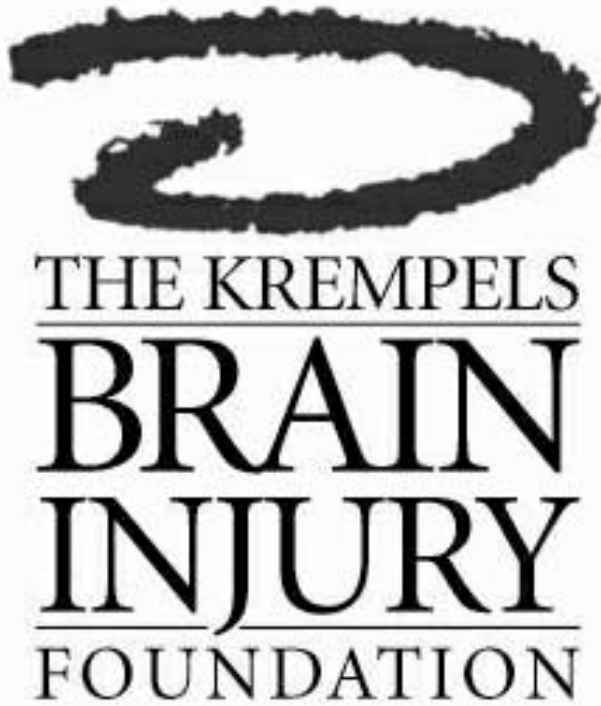
Family Support also provides case management for SteppingStones members. Recognized as another unmet need, this service is available for members and their families to assist them with issues like housing, finances, transportation, vocational pursuits, life care planning and other ways to either take a next step or prepare for the future. Unlike rehab programs and insurance companies, case management through Family Support does not have a finite time limit.

### Anna Fund

In addition to emergency grants, the foundation is now making very special awards thanks to the Anna Fund. Inspired by the generosity of 13-year-old Anna Hanson, the Anna Fund is a small grant program that provides funding for children affected directly or indirectly by brain injury.

The Anna Fund provides resources for children and their families to take a break and just have fun. Anna began donating to the foundation two years ago by giving money saved from her allowance and facepainting at the annual road race. Her efforts have raised more than \$450 as well as a greater local awareness of brain injury.

To apply or make a donation, contact Lisa Hanson in the foundation's Family Support Program at (603) 433-9821 or [familysupport@krempelsfoundation.org](mailto:familysupport@krempelsfoundation.org).



### Social Work Interns

In the Family Support Program, bachelor and master level social work students from the University of New Hampshire spend two semesters learning about the human services field in a setting where they can, and do, make a difference. Students are given the opportunity to facilitate support groups, tour brain injury rehab programs, contact grant applicants and work on special projects. What the interns take from this experience they share with and consequently educate friends and family. What they give to the members is invaluable—time, compassion, support, enthusiasm and a fresh outlook on life. The students make as much of a difference to each and every member of SteppingStones as this learning experience creates for them.



## Brain injury can happen to anyone, at any time

### The Krempels Brain Injury Foundation

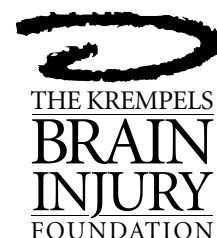
Improving the lives of people living with brain injury from trauma, tumor or stroke

SteppingStones is a community-based post-rehabilitative program located at the Foundation for Seacoast Health's Community Campus in Portsmouth, N.H. It provides opportunities for social

interaction, life skill training, recreation, and support for brain injury survivors who are now living in the community. Call (603) 430-7668 for more information.

The Family Support Program offers a community of comfort and care for families and caregivers of people living with brain injury from

trauma, tumor or stroke. Call (603) 433-9821 or e-mail [familysupport@krempelsfoundation.org](mailto:familysupport@krempelsfoundation.org) for more information.



[www.krempelsfoundation.org](http://www.krempelsfoundation.org)



**SUPPORT GROUPS  
IN NEW HAMPSHIRE**

(Times and places may change without notice – please call in advance)

**Aphasia:**  
Seacoast: Aphasia Support Group, 3rd Monday of the month, Community Campus, 100 Community Campus Drive, Portsmouth, NH  
Contact: Dave or Rosemarie  
Phone: (603) 659-6161

**Brain Injury:**  
Conway: 1st Wednesday of the month, 6:30pm, Northern Human Services, Center Conway, NH  
Contact: Joe Viana  
Phone: (603) 539-2448

Derry: 2nd Friday of the month, 6:30pm, Nutfield Building, Parkland Hospital, 44 Birch Street, Derry, NH  
Contact: Cathy Rudd  
Phone: (603) 458-5648

Greenfield: 4th Thursday of each month, 7:00pm-8:30pm, Crooked Mountain Rehab Center, Christine Hall Main Building, 1 Verney Drive, Greenfield, NH  
Contact: Tom Badgley  
Phone: (603) 547-3311 ext 238  
Co-Facilitator: John Richards  
Phone: (603) 547-3311 ext 560

Greenfield: 6:30pm-8:00pm call for dates, Children and Young Adults, Crooked Mountain Center Children & Young Adults Specialty Hospital, 1 Verney Drive, Greenfield, NH  
Contact: Lisa Walsh  
Phone: (603) 547-3311 ext 560

Gorham: 3rd Thursday of the month, 6:30pm-8:00pm, Family Resource Center, 123 Main Street, Gorham, NH.  
Contact: Kim Tardiff  
Phone: (603) 722-5389

Keene: 4th Tuesday of the month, 6:00pm-7:30pm – HCS, 312 Marlboro St., Keene, NH  
Contact: Cindy Carney  
Phone: (603) 352-6556  
Co-Facilitator: Sandy Forest  
Phone: (603) 355 9970

Lakes Region: 3rd Thursday usually every other month, 7:00pm, Lakes Region General Hospital, 80 Highland Street, Laconia, NH. call for upcoming dates.  
Contact: Helen Robinson  
Phone: (603) 279-3926 or in summer call (603) 744-2240

Manchester: Meeting on Hold

Nashua: 1st Wednesday of the month, 6:00pm, St. Joseph Hospital (4th floor), Nashua, NH  
Contact: Patti Motyka  
Phone: (603) 882-3000 ext. 7501

Rochester: 2nd Thursday of the month, 6:00pm at Frisbee Memorial Hospital, Rochester, NH  
Contact: Paula Dempsey  
Phone: (603) 539-8718  
Co-Facilitator: Marilyn Harvey  
Phone: (603) 755-3960

Salem Support Group is no longer running. Refer individuals to Derry.

Seacoast: 1st Tuesday of the month, 7:00pm, North Hampton United Church of Christ, North Hampton, NH  
Contact: Lil Charron  
Phone: (603) 659-5769  
Co-Facilitator: Rosalie Johnson  
Phone: (603) 749-1825

Upper Valley: 2nd & 4th Wednesday of the month, 6:30pm, Dartmouth Hitchcock Medical Center, Fuller Board Room, Lebanon, NH  
Contact: Donna Crowley  
Phone: (603) 650-7305

Wolfeboro: 2nd Thursday of the month, 2:00pm, SunBridge Care and Rehabilitation for Wolfeboro, 39 Clipper Drive, Wolfeboro, NH  
Contact: Pam Mott  
Phone: (603) 569-3950 – MEETING ON HOLD

**Stroke:**  
Manchester: 4th Wednesday of the month, 1:15-2:30pm, Easter Seals, 555 Auburn Street, Manchester, NH  
Contact: 1-800-870-8728

Manchester: 2nd Tuesday of the month, 6:30pm, Rehab Medicine Unit, Catholic Medical Center, Manchester, NH  
Contact: Ask-A-Nurse  
Phone: (603) 626-2626

Peterborough: 3rd Thursday of the month, 1:30-2:30pm, Wellness Center, Peterborough, NH  
Contact: Suzanne Baker  
Phone: (603) 924-4635

Lebanon: 1st Tuesday of the month, 10:30am-11:30am, Dartmouth Hitchcock Medical Center, 1 Medical Center Drive, Lebanon, NH  
Contact: Jane Stephenson  
Phone: (603) 650-5789

Nashua: 1st Tuesday of the month, St. Joseph Hospital, 172 Kinsley Street, Nashua, NH  
Contact: Karen Shaw  
Phone: (603) 882-3000

Salem: 1st Saturday of the month, Northeast Rehab Hospital, T-R Department, 70 Butler Street, Salem, NH  
Contact: Kim Errico  
Phone: (603) 893-2900 ext. 469

**???? ASK JON ????**

by Jonathan Lanteigne



Jon Lanteigne

Dear Jon,  
My family has encouraged me to start attending brain injury support group meetings which are held close to my home. I'm not sure this would be worthwhile for me as I just want to move on with my life. What is your opinion on this subject?

Thank you,

Emily

Dear Emily,

Thank you for your question. Attending brain injury support groups is an excellent idea, and in fact, I have attended some myself. Role-playing is just one of the many ways that a support group can help you. When role-playing, everyone in the support group can focus on a specific scenario that they want to succeed in by practicing with each other. You will receive excellent feedback and will gain experience on how to handle different conversations and events.

Support group members could have information about therapists, doctors, and other healthcare providers and this can be a great resource for you as you continue to recover from your brain injury. In addition, a brain injury support group is an excellent opportunity for you to vent your frustration to others in an understanding environment. Perhaps someone from your family can attend this group with you. There is a lot they can learn too!

Support groups will help you move forward with you life and soar to new heights as you gain momentum and enthusiasm from all of the support you will receive. In every brain injury support group that I have attended in the past, all of the members participated in a circle seating arrangement. This is great because it can allow everyone to see one another face-to-face. You can talk about what you have been through in the past and both provide and accept productive feedback from one another.

As you recover from your brain injury, you can gather with other brain injury survivors who are attending support groups to explain to non-brain injury survivors about what it is like to actually have a brain injury.

And remember this motto: "T.E.A.M" Together Everyone Accomplishes More.

Thank you,

Jon Lanteigne

**Co-Facilitator  
Needed!**

The Brain Injury Association of New Hampshire is looking for a professional to volunteer as a co-facilitator for the Lakes Region Brain Injury Support Group. This group meets at the Lakes Region General Hospital located in Laconia on the 3rd Thursday of the month at 7:00pm. Our facilitators have various backgrounds including family members, survivors, nurses, therapists, social workers and physicians. Our association has found that the diverse experiences that facilitators bring to their group enhance each meeting.

Our statewide support groups are the backbone of the Association as we strive to offer insight, understanding, strength, encouragement and empowerment to all in attendance. Often our facilitators find that their work with their group both rewarding to the attendees and to themselves.

If you would like additional information regarding this position and find out more about the additional benefits provided to facilitators, please contact Ellen Edgerly at (603) 332-9891 or e-mail address of Ellenedge@metrocast.net.

**VOLUNTEERS  
WELCOMED!**

We are seeking volunteers to join us as at the 2007 Wings of Hope Airshow on August 17, 18 and 19th at Pease International Tradeport. We rely almost exclusively on volunteers in our work toward our mission, "to create a better future through brain injury prevention, education, advocacy and support."

Please call Steve Wade, Executive Director at 603-225-8400 for more information or forward the information below to:

Brain Injury Association of NH, Attention Steven Wade, 109 North State Street, Suite 2, Concord, NH 03301.

-----  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_ Best time to call: \_\_\_\_\_



# SPOTLIGHT ON APHASIA

## PARTNERS IN COMMUNICATION

Joyce A. Santostefano, M.S. CCC

*A man whose wife is going grocery shopping will not let her leave the house. He keeps pointing to the microwave. His perplexed wife hands him a pad and he writes laboriously "POP". This was a patient who was unable to generate any written words in therapy but in the moment's desire to get what he wanted on the grocery list, he succeeded.*

*A woman struggles to tell me something very important. I ask her to try to use her communication book, "Is it about your family." Nodding "yes, yes", she points to her daughter's picture and clasps her arms in a rocking motion to tell me she's now a grandmother. As time went on, every once in awhile words would accompany the pictures and gestures. "Baby" became part of a short list of words she could say.*

*A young man tries to tell his friend where he is going on vacation. Frustrated and embarrassed at his difficulty finding the words he wants, his friend prompts him to "tell me in another way." Thinking hard, eventually he says "the place where the mouse is." His friend gets out a map and they practice the words "Florida" and "Disneyworld."*

These are examples of people involved in a communication partnership. Despite the limitations imposed by aphasia, which can range from a mild difficulty finding words to the most severe global loss of language ability, these communication partners used tools and strategies to communicate as well as their strengths that were still preserved. Unfortunately, there is no cure for aphasia. But fortunately, humans are resilient and people with aphasia can improve their ability to communicate and participate in life in meaningful ways. For some, it may not be possible to recover speaking ability at their previous level. One of the hardest things I must do as a speech-language pathologist is tell a person with aphasia, in a compassionate but honest way, that the symptoms of aphasia maybe life-long.

We know that aphasia does not impact intelligence. People with aphasia perceive very well how the loss of the ability to communicate has altered their life. Having intact thoughts without the ability to speak them can result in frustration, depression and social isolation.

My primary role as a speech-language pathologist is to help people with aphasia be the best communicator they can be so that they can function in their daily activities. I also help family members learn to use compensatory communication strategies like facial expression, gestures, writing, word lists, drawing, pictures, and aids like maps and newspapers to enable

the person with aphasia to understand oral information and to express their thoughts. This is important to promoting communication beyond the clinic walls because some of the best communication opportunities for people with aphasia happen in real-world, everyday situations. Communication partners who are supportive have a sincere interest in having conversations with the person with aphasia. They are patient and feel comfortable using any means of communication. Certainly, this requires a more active role on the part of family and friends but the reward for both partners is succeeding in a genuine communication event that builds everybody's confidence.

Another important responsibility is to help patients and families with their adjustment to living with chronic aphasia, and in that regard, I serve as advocate. Life for individuals with aphasia is more difficult because there is limited awareness of this disorder by the general public. Society's attitudes about people who have aphasia needs to shift to an acceptance of less than "normal" speech and the use of alternative communication methods if needed. People with chronic aphasia deserve to have real relationships, they need to be part of their community, and they ought to be able to participate in desired life activities. To achieve this, continuing support after rehabilitation to prevent regression and isolation is as important as the long-term management we provide

for other chronic diseases. Families need support, respite, training and counseling to help them cope with the long-term consequences of supporting a loved one with a communication disability. Further, medical practitioners need to understand aphasia thoroughly so that people with aphasia can get holistic care throughout their life. And everybody needs information.

As Martha Taylor Sarno, a distinguished pioneer in aphasia research and treatment said, "One does not recover from aphasia, one recovers with aphasia." So if you have aphasia, go out and participate in the activities you enjoy, converse in your way with your communication partners, join an aphasia support group, and most importantly advocate for yourself and others to change society's perception of people with communication impairments like aphasia. June is Aphasia Awareness Month so spread the word, or the gesture or the picture!



### Aphasia Advocacy Foundation

**APHASIA IS a COMMUNICATIVE DISABILITY** caused by damage to the language centers of the brain, usually as the result of a stroke or head injury. It is not a loss of intelligence. Each person with aphasia has a unique set of language disabilities depending on which side and to what extent the brain is injured.

There is a sticker available to educate Police, Fire and Emergency Personnel that a person with Aphasia is in the vehicle or in a home. Our goal is to have every person with aphasia to have these stickers visible on the automobile that they drive or ride in. We are also suggesting that they be put on the entrance door to the home that they live in.

There is no charge for a sticker. Please send a self addressed stamped envelope to: AAFNH, P O Box 648, Stratham, NH 03885 and we will get a sticker to you.

**"So what, you have Aphasia!" Your mind is still intact and we need your help.**

Getting people educated about aphasia is no easy task. Not one person can do this; we all need to do it together. Our goal is to educate people about aphasia. We need help and no task that you can offer is too little.

**Please become a member and help us with our "Mission"**

Contact Information	
Name	
Street Address	
City State Zip Code	
Home Phone	
Work Phone	
E-Mail Address	

#### Aphasia Advocacy Foundation: Mission/Vision

The Aphasia Advocacy Foundation (AAF) is dedicated to the advancement of the quality of life and being for individuals with Aphasia and their families/caregivers throughout their lifespan.

We aspire to increase society's awareness of Aphasia through education, so that communicative access to society is universally available to all those affected by Aphasia.

We aim to provide education, training and coping skills for individuals with Aphasia via group sessions, social re-integration activities and outreach programs.

We aim to provide education, training and coping skills for families/caregivers of Individuals with Aphasia.

### Support Groups

Seacoast Aphasia/Stroke Support Group  
3rd Monday of the Month  
6:30-7:30 pm  
Held on the Lower Level  
Community Campus  
Portsmouth, NH

Catholic Medical Center  
Aphasia Support Group  
4th Tuesday of the month  
6:30-7:30 pm  
Level F at  
Catholic Medical Center  
Manchester, NH

Aphasia Community Group of Boston  
Is moving to Sargeant College  
E-mail us for dates and further information

Steppingstones and Seacoast  
Aphasia Support Group  
Friday 1:00-1:50  
Community Campus  
2nd Floor Movie Room

# Education Update



## Crotched Mountain To Hold Educational Series and Support Group for Brain Injury Survivors and their Families

GREENFIELD, NH — The Brain Injury Center at Crotched Mountain is launching a series of free educational programs intended for brain injury survivors and their families living in Greenfield and neighboring communities. Featured speakers, including rehabilitation professionals, advocates and survivors, will explain what happens throughout the course of a brain injury, and will describe state-of-the-art treatments used during the rehabilitation process.

Each one-hour presentation in this six-month Family and Survivor Education Series will be held at Crotched Mountain on the fourth Thursday of the month at 6:00 pm beginning in April. Light hors d'oeuvres will be served. Upcoming topics are scheduled as follows:

- April 26th Introduction to brain injury
- May 24th A medical overview of brain injury and the rehabilitation process
- June 28th The therapies
- July 26th The neuropsychology of brain injuries
- August 23rd The ingredients to recovery
- Sept. 27th What's out there for survivors – the larger world "off the mountain" after a brain injury

Crotched Mountain is also sponsoring a brain injury support group immediately following each presentation from 7:00 – 8:30 pm. Participants include current and former inpatients and outpatients of the Brain Injury Center and their families. Any local adult survivors and their family members are encouraged to attend as well, free of charge.

For further information, please call 603-547-3311, ext. 487 or visit the organization's website: [www.crotchedmountain.org](http://www.crotchedmountain.org).

Crotched Mountain is a charitable organization employing more than 900 people. Its mission is to serve individuals with disabilities and their families, embracing personal choice and development, and building communities of mutual support. Crotched Mountain provides specialized education, rehabilitation, community, and residential support services for more than 2,000 consumers, including individuals with disabilities and the elderly, living in New England and New York.

## THIRD THURSDAY AT THREE SPEAKER SERIES

July through December 2007  
Lakeview Neurorehabilitation Center

July 19 – Traumatic Brain Injury Needs and the Challenges in Recovery Among Native Americans: Alta M. Bruce.

August 16 – When is a Life Care Plan Important? The Benefits and Components. Dianne Simmons-Grab, MA, CCM, CDMS, CLCP.

September 20 – The Functional Behavioral Assessment: Sean Coriaty, MA, BCBA.

October 18 – Traumatic Brain Injury and Epilepsy: Stefanie Griffin, Ph.D.

November 15 – A Look at the Blast Injury: Tina M. Trudel, Ph.D.

December 20 – Treating the Medically Fragile Child: Jim Para-Cremer, MA, BCABA; James Cohn, M.D.; Lorrie Carpenter, OTR, CLT.

Participate and Earn One Certified Education Contact Hour. The presentation will last for one hour.

### Register and Direct Questions

Please direct all questions regarding the registration process to Sheila Evans, Speaker Series Coordinator at 603.323.7434 or [lcs@lakeview.ws](mailto:lcs@lakeview.ws).

## AFTER INJURY OR STROKE THE BRAIN CAN HEAL.



Dr. Rocco Chiappini, Director, Rehabilitation and Physical Medicine

### SOMETIMES IT NEEDS A LITTLE HELP.

#### *There are options. We can help.*

After a brain injury or stroke, a person may go back home or to work...but still may need additional care. We now provide intensive outpatient services, on a weekly or even monthly basis, that can significantly improve a patient's functioning—months or even years after the original brain injury. Ask your doctor about a referral to Crotched Mountain. Information is available in the Outpatient Services section of our website: [www.crotchedmountain.org](http://www.crotchedmountain.org)



**CROTCHED MOUNTAIN**  
OUTPATIENT ADULT  
BRAIN INJURY SERVICES

One Verney Drive, Greenfield, NH 03047  
603.547.3311 ext. 360  
and toll-free in NH 800.258.1466  
email: [outpatient@crotchedmountain.org](mailto:outpatient@crotchedmountain.org)

## Brain Injury Association of NH "Headway"

### Newspaper Ad Rates

#### Advertising Format and Rates

Size	\$ Per Issue
1/2 page (10"w x 6-1/8"h or 4-7/8"w x 12-5/8"h)	\$470 p/issue
1/4 page (5"w x 7 1/4"h)	\$355 p/issue
Business Card (4-7/8"w x 2"h)	\$165 p/issue

\*The Headway Newsletter is published quarterly. BIA-NH can bill you on a per issue basis or annually.

\*Circulation: approximately 7,500

\*Please supply us with a clear, black and white camera ready copy. Ad/artwork cannot be submitted by fax.

#### How To Place Ads

\*Complete and submit the attached Advertising Insertion Order or call 603-225-8400 Monday – Friday, 9:00am to 5:00pm.

\*Please call for deadline dates for each issue.

#### Annual Advertising Insertion Order

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
 Institution or Company: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Contact Person: \_\_\_\_\_ Tel #: \_\_\_\_\_  
 Ad Size: \_\_\_\_\_ Issue: Spring Summer Fall Winter Year \_\_\_\_\_  
 Payment Enclosed  
 Bill to address above  
 Bill annually  Bill per issue (quarterly)

#### Attach ad copy

Special Instructions: \_\_\_\_\_

Please send to:  
Brain Injury Association of NH  
109 North State Street, Suite #2  
Concord, New Hampshire 03301

**2007 Members and Donors**  
 Thank You To All Our Members,  
 Donors, and Event Supporters!

(reflects donations received from January 1, 2007 through March 31, 2007)

Beverly A. Abbott  
 Anonymous Donor  
 Area Agency of Greater Nashua, Inc.  
 Rhonda Barkley, MS, OTR/L  
 Tom Badgley  
 Paula & Lee Bernard  
 Paul Blackford  
 Bob and Terry's Sports Outlet  
 Jack Bopp  
 Boston Life Sciences, Inc.  
 Donna L. Bouchard  
 Laurie Boyce  
 Judith S. Burton  
 Capitol Distributors  
 Community Bridges, Inc.  
 Community Health Charities of MA  
 Cranmore Mountain Resort  
 Donna DiBello, COTA/L  
 Eastern Mountain Sports  
 Enhanced Life Options Group  
 Gayle Feick  
 Robin Galeaz  
 Great American Ski Rental  
 Joyce Hansen  
 Hill's Florist and Nursery  
 Mary Jane Holland  
 Mary C. Holmes  
 Horsefeathers  
 Leslie H. Johnson, Esq.  
 Joe Jones, North Conway  
 Lahout's Country Clothing and Ski Shop  
 Lakes Region Community Services  
 Council  
 Bethany Lavin  
 Littleton Lions Club  
 Derek Lohmann & family  
 Manchester Fisher Cats  
 Manchester Wolves  
 Mascoma Savings Bank Foundation  
 Harold & Dolores McMillen  
 MPZ Landscaping and Irrigation  
 Pamela Nation, P.T.  
 Richard & Glenna Nelson

Newborn Hairstylist  
 NH Highland Games/NHSCOT  
 Kathie Nolet  
 North Country Independent Living  
 Ralph Porfido  
 Settler's Green, North Conway  
 Ski Bees Ski Club  
 Stan and Dan's Sports  
 Joan & Francis Sullivan, Jr.  
 Synergy, North Conway  
 WKS, Inc./Residential Resources, Inc.  
 Dr. Robin Kenney  
 Jeff Woods Construction  
 WPKQ 103.7

**In Memory of Littleton "Rick" Ball**  
 Frank and Carol Robbins

**In Memory of Charlie & Ruth Gould**  
 Kathie Nolet

**In Memory of Clifton Nichols**  
 Living Innovations Home Care,  
 Greenland

**In honor of Oscar Becerril**  
 Daniel Becerril

**In Honor of John Brooks**  
 Sarah Brooks  
 Blair and Nancy Brooks  
 Ms. Miphi Hall  
 Christopher Brooks and Louisa Williams

**In Honor of Linda M. Gould**  
 Kathie Nolet

**In Honor of John W. Richards**  
 Nancy E. Richards

**In Honor of Valerie Veasey**  
 Alice Marshall



**Brain Injury Association of New Hampshire**

109 North State Street, Suite 2, Concord, NH 03301

Phone: (603) 225-8400

Family Helpline: (800) 773-8400

www.bianh.org

**Help Us Fulfill Our Mission – Become a Member!**

**Membership Benefits Include:**

- ♦ Complimentary subscription to the quarterly newsletter entitled HEADWAY
- ♦ Complimentary one year subscription to the TBI Challenge
- ♦ Membership in the Brain Injury Association of America
- ♦ Membership wallet card
- ♦ Recognition in the Brain Injury Association of New Hampshire's publications
- ♦ Informational and educational materials on request
- ♦ Notice of meetings, events and conferences
- ♦ Voting rights at the Annual Meeting
- ♦ Access to the Brain Injury Association of New Hampshire's Family Resource Library
- ♦ Public policy email list server

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Survivor     Family/Friend     Professional \_\_\_\_\_

One-time gift \$ \_\_\_\_\_     Monthly gift \$ \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Payment Method:     Check/Cash

Visa

MasterCard

Discover

Other \_\_\_\_\_

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

This gift is in honor of: \_\_\_\_\_

This gift is in memory of: \_\_\_\_\_

I wish to designate my United Way, CFC, SEC gift to BIANH

I have applied for a matching gift from my employer

I'm interested in including BIANH in my estate planning

I'd like to volunteer, please contact me

Message to BIANH:

\_\_\_\_\_

\_\_\_\_ Yes! I want to help support brain injury programs and services in New Hampshire.

**Individual Giving Levels**

\$50-\$99

\$100-\$249

\$250-\$499

\$500-\$999

\$1000-\$1999

Other \_\_\_\_\_

**Monthly gift by credit card**

\$4-\$8 monthly

\$8-\$20 monthly

\$20-\$41 monthly

\$41-\$83 monthly

\$83-\$111 monthly

Monthly gift: \_\_\_\_\_

For organization, business or corporate support levels, please call the Brain Injury Association of New Hampshire office at 603-225-8400.



**Bike Helmets are now REQUIRED**  
**for those under 16**  
**and recommended for ALL!**

**Why?** Bicycle crashes are a major cause of brain injuries. Helmets prevent 85% of these injuries and 75% of the deaths. Helmets should be buckled and worn properly to protect your brain.

**Why?** Brain injuries cause life-long problems and huge medical costs. Life will never be the same!

**Why?** Safe helmets can cost less than \$10. Look for a sticker from the Consumer Product Safety Commission (CPSC) to be sure that it meets safety standards.

**Helmets prevent BRAIN injuries!**

This law is for kids riding bicycles on public ways. Helmets protect ALL heads. ANYONE riding a bike, skateboard, scooter or skates anywhere should wear a helmet.

Brain Injury issues? Call the Brain Injury Association of NH at 603-225-8400

Safety questions? Call NH SAFE KIDS at 1-877-783-0432.

**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, 109 North State St., Suite #2, Concord, NH 03301. For advertising rates please call 603-225-8400.