



Non Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 182  
Portsmouth, NH

The Krempels Brain Injury Foundation  
P.O. Box 4388  
Portsmouth, NH 03802-4388

## News from the Krempels Brain Injury Foundation

### SteppingStones... coming soon to a community near you

If imitation truly is the highest form of flattery, SteppingStones is flattered. In the last few months, survivors, family members, and organizations in Kentucky, Vermont, New York, New Mexico, and Calgary, Canada, have expressed interest in replicating SteppingStones in their communities. Work is already underway by SteppingStones Executive Director Will DeGrauw and University of New Hampshire professors' Michael Fraas and Doug Simmons on a second edition of the manual that may one day make it possible for brain injury survivors across the country, and even the world, to attend their own SteppingStones.

### Support from The Provident Bank

The Provident Bank recently awarded the foundation a grant to increase public awareness about its programs. The money will support community education about traumatic brain injury and the foundation's programs, outreach to survivors and their families, and continued communication with the foundation's supporters. The grant will also support the foundation's Oral History Project, which gives brain injury survivors the chance to tell their stories in their own words. Hear those stories at [www.krempelsfoundation.org](http://www.krempelsfoundation.org).

*Carolyn Veasey Jackson, Valerie Veasey and Zoe Veasey model Betterment Through Beads jewelry. (Photo courtesy of Ed Veasey)*



### Start your holiday shopping early

Help the family of a SteppingStones member meet its goal of raising \$7,000 for the foundation before the end of 2006. The Veasey family is selling beautiful beaded jewelry and giving 100 percent of the proceeds to SteppingStones. Shop online at [www.bettermentthroughbeads.com](http://www.bettermentthroughbeads.com) or see it locally at Ganesh Imports in Portsmouth.

### Thank you Runner's Alley and Redhook

... and the more than 1,600 runners who participated in this year's Runner's Alley and Redhook Brewery Memorial 5K Road Race and Healthwalk. The foundation's single largest fundraiser and New Hampshire's second largest 5K, it raised over \$30,000 that directly benefits survivors of brain injury from trauma, tumor or stroke. The race also raises awareness about brain injury and provides many opportunities for SteppingStones members to participate.

### SteppingStones expands

SteppingStones is now open five days a week. The additional days—and help from two full-time University of New Hampshire interns—mean members can get individual help with everything from finding an apartment to formulating a plan for gaining skills on the path to independence. Jenn Merriam is the first social work master's student to intern at SteppingStones, and Kyle Baker is an advanced occupational therapy intern. "Having Jenn and Kyle on board acknowledges SteppingStones' commitment as a top quality, highly desirable internship site for professional development," says SteppingStones Executive Director Will DeGrauw. "It also represents additional opportunities for members to increase their quality of life by actively pursuing meaning in life post injury, to support fellow student interns in their development and to deepen the quality of the SteppingStones' program. They mean so much to us!"

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



# THE KREMPELS BRAIN INJURY FOUNDATION

Fall 2006

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

## Did you know...

- It costs just \$4,400 a year, or \$50 a day, for a brain injury survivor to attend SteppingStones.
- SteppingStones, a community-based post-rehabilitative program in Portsmouth where people living with brain injury from trauma, tumor or stroke can find friendship and support as they rebuild their lives, keeps its costs down thanks to student interns and community volunteers—240 people providing more than 8,600 in-kind hours.
- Not only does SteppingStones host student interns from the University of New Hampshire—40 from its School of Health and Human Services and four from the Whittemore School of Business and Economics—but for the fourth year it welcomed two 8th grade students from the North Hampton School.
- New Hampshire State Police troopers have referred 10 young driving offenders to SteppingStones for a community service experience. They learn about SteppingStones' commitment to prevention and education of brain injury in the community in hopes they'll make healthy choices in the future.
- Gifts of every size make a difference. Make a tax-deductible contribution online at [www.krempelsfoundation.org](http://www.krempelsfoundation.org)



## The gift—and the power—of music

Within the last year SteppingStones has been organized into quarters, two academic semesters when interns from the University of New Hampshire run the programs that help survivors rebuild their lives, and the winter and summer enrichment programs, which focus on the arts, music, travel and wellness. This summer's Enrichment Program brought in more than 40 artists, musicians, holistic health practitioners and community volunteers, as well a dozen student interns.

"Music and art are the things that add joy and beauty and meaning to a life," said the wife of a brain injury survivor and a former SteppingStones staff member. "Functional skills are necessary to exist but I would like our members to move beyond just existing. There is so much loss in their lives, and this is an area where there doesn't have to be loss. Bringing in artists goes far beyond entertainment. It's about helping people reconnect with things that make us all human. For many reasons, people who suffer from brain injury are cut off from the things that bring the rest of us joy."

Recently, the Rotary Club of Portsmouth made it possible for the foundation to expand its arts and cultural enrichment program for SteppingStones members with a grant to pay for a variety of musical instruments. The music will continue!



### Foundation leadership changes

Every year, brain injury from trauma, tumor or stroke strikes more than 4,000 people of all ages in New Hampshire. Brain injury can happen to anyone, at any time. When it happened to me, I was determined to help other survivors get some basic support that didn't exist when I was struggling to rebuild my life. Eleven years ago what's now the Krempels Brain Injury Foundation was born. Since then some extraordinary people have served on its Board of Directors with me. One of those people is Robert Carrigg, Jr. A vice president and wealth management advisor at Merrill Lynch & Co. in Portsmouth, Rob has been on the board for six years. After more than a decade with me at the helm of the foundation, it's time for some change. I've asked Rob to serve as president of the Krempels Brain Injury Foundation and he's agreed. I will remain on the board in an honorary role, and will continue to support the foundation in many ways. I hope you will join me in celebrating this new phase of the foundation.

—David Krempels