Community reintegration is a primary—yet elusive—aim of rehabilitation professionals working with brain injury survivors. The impact of acquired brain injury can affect a person’s physical, social, and cognitive abilities—and often these basic but profound challenges are invisible to others. It is not unusual for these challenges to be overwhelming, leading to deep social isolation. Reintegrating back into the community post-injury, with diminished social networks and loss of identity, is a hill of epic proportions for a brain injury survivor.

Krempels Center’s unique program has always been a way for brain injury survivors to take their first steps back into the community. Members at Krempels Center are no longer isolated; rather, they are with people who get what they are going through, and they’re able to learn and relearn skills that help them navigate their new world. Reintegration happens every
day at Krempels Center, and the results can be seen in the moments large and small, whether it be connecting with new friends, expressing joy in re-mastering a once-mastered skill, or finding peace and healing through the arts.

However, while those experiences create confidence, taking the leap from Krempels Center out into the "greater world" can feel daunting. Participating in typical everyday activities—whether for practical purposes like grocery shopping, or recreational purposes like meeting friends for lunch—becomes a significant challenge to overcome. This past year, we’ve worked on diminishing those barriers to greater integration.

You’ll read about: Lee, a Krempels Center member who got on a bike for the first time in 15 years; two volunteers who are helping members make connections and build confidence; a few of our community partners offering help to our members with reintegration; and two of our staff members who make it all possible. Without question, we couldn’t do this without our great staff, great partners, and you.

As we wrap up our second year of our three-year strategic plan, we know that we are meeting our own expectations regarding “quality programs.” We are ready to begin thinking about our next planning process, and the ways in which we can grow and expand, continuing to respond to the needs of our evolving membership, and begin to think about and invest in new opportunities to stretch our impact.

Thank you for all that you do in support of our services and brain injury survivors in our community, and putting trust in us to make an important difference in people’s lives every day. We hope you’ll join us in continuing this good work into the future.
Lee Harvey hasn’t been on a bike in 15 years. Once an avid runner and cyclist, he only recently attempted to ride a recumbent bike, with a lot of guidance and help from Krempels Center staff and Northeast Passage. When asked how it feels, he notes “it’s a little scary.” But Lee has gotten quite accustomed to doing “scary” things since his stroke aboard a cruise ship in the Caribbean in 2004.

Lee started coming to Krempels Center soon after, with a plan to return to his work as an architect as soon as possible. “It took a while for reality to settle in,” he says. Coming to terms with the notion that his life was never going to be the same was a difficult hurdle, but he says Krempels Center was vital to making that connection and moving on. Lee has been attending Krempels Center almost every day that programming is available since 2004. He continues to identify new goals that he wants to work towards. “The parts you lose, you lose right away. The parts you gain, you gain over time. They are subtle and you can miss it if you’re not paying attention. I appreciate good people more, and that’s why I keep coming here. It’s full of good people. Everybody matters.”

Today, Lee is active in his greater community. He is one of the hosts of a regular program called “Don’t Dis My Ability” that first aired on local radio but has since moved to PPMTV and YouTube. He helped write a song, spoke at commencement, and was even in a play for the first time in his life. He’s close friends with another member at Krempels Center, Mike, and together they’ll go to the Portsmouth Library for movies, out to breakfast, or just hang at each other’s homes. He said getting closer to someone helped him learn how hard they work. “Everybody struggles, that’s what ties us together as humans.”

Lee continues to work on his cycling skills, preparing for the King Challenge bike ride this year. He plans to ride in both heats of the Doc King Adaptive Tour. And then he wants to try sea kayaking; even if it’s scary, he’s ok with that. “People out in the community struggle too. Maybe if they saw me, they’d think ‘Well, he’s in a wheelchair, and he’s struggling but doing it.’ We’re all in this together, helping each other.”
Susette Milnor is on her honeymoon. The honeymoon she’s referring to is the feeling she has as a Program Coordinator at Krempels Center. It’s been four years now, but she said the honeymoon phase has never stopped.

Kelly Redwine-DePierre feels similarly. She was an intern at Krempels Center in 2009, and years later as she was job hunting, she was asked “if she could work anywhere in the world, where would you work?” Her answer came easily: Krempels Center. That very same day, she discovered Krempels Center posted a new open position, and she never looked back.

As the Program Coordinators, Kelly and Susette supervise and mentor over 90 interns each year who are tasked with implementing researched-based programming for members. They also know every member personally; what their goals are, what their strengths are, and what the challenges are for each
member when they walk out the doors of the community campus. Community integration is a vital piece to each member’s journey, and Kelly and Susette are passionate about providing all the skills, opportunities and tools needed for each member to be successful.

Community outings are by far the most challenging activity to orchestrate. Members plan their outings, research what is accessible by bus, the associated costs of the visit, and fine tune schedules with support of interns. “If members are part of the planning process, they are more likely to recreate the outing on their own with their friends and families, which is the entire point of the outing” says Kelly.

This model is working. Since members started planning the outings two years ago, more and more members are meeting up on non-program days, getting together on weekends, enjoying a meal at Mojo’s or catching a show together at the Seacoast Repertory Theatre. The group outings remove the fear of the unknown, helping to build confidence and independence to truly be a part of their greater community.

“If all members were fully integrated into the community, we wouldn’t need Krempels Center. But so much isn’t available for our members, who want to live full lives outside of the Center. It can be hard to navigate” says Susette. Our goal is to have members not feel so isolated or separated from their wider community.”

“It’s my dream job,” says Kelly, “and the best part is helping to restore a member’s sense of self-worth, of belonging, of mattering. We all want to be included, and Susette and I get to help make that happen for people every day.”
It was Laura Scrimshaw’s academic advisor at UNH who suggested she check out Krempels Center, given her background of running a brain injury rehabilitation facility in Nova Scotia, where she is originally from. Her brother has a brain injury, which started her on her route towards another degree, this time in Recreation Management for Adaptive Sports. She began running a short story group for Krempels Center members as a volunteer, and recalls that at first it felt challenging. After a few sessions, she realized that she felt amazing; she discovered a community that she didn’t know she was looking for. “The love and respect here makes me feel great, and I get to share my love of literature with folks who truly get so much out of it.” She has a new appreciation for the power of a metaphor. “When you read about a metaphor, it helps members put words and descriptions to feeling and thoughts they couldn’t articulate. We are reading Hemmingway’s ‘The Snows
of Mt. Kilimanjaro,’ because they can relate to the grief, the guild and the loss in the book.”

Ashlie Peters was a licensed speech pathologist in 2005 working at Portsmouth Hospital when she heard about Krempels Center. She remembers thinking at the time, “When I have some space in my schedule, I’m going to check it out and maybe volunteer.” Now that her kids are older, she was reminded of Krempels Center and the promise that she made herself, and decided to attend a Fireside Chat. That’s all it took. “I spent time at a similar program in Arizona many years ago, and I know that this kind of thing is unique. Hospital-based programs are short term, clinical, artificial, and are intensive for only short periods of time. This setting in the long term has so many more benefits, and improves the quality of life. There was a woman at Krempels Center the other day whose brain injury occurred 25 years ago – and she’s still searching for help. There is obviously a need for this type of long term care.” Ashlie leads groups that are conversational-based that also help with memory skills and aphasia, and is now helping to run a structured GIST group, which focuses on social skill building.

Both Laura and Ashlie volunteer several times a month to share their own skills and interests with Krempels Center members, and say they love the groups they lead. “There is a need for people to come and offer whatever skills they have,” says Ashlie. “We fall short giving people with brain injury a life worth saving after they leave the ER. Krempels Center creates a community that gives people meaningful lives.”

When asked why they continue to volunteer and give a part of themselves, Laura says, “I have found that members really just want to be heard and understood by doctors, by the community, and by caregivers, and that there is a need for this setting.” Ashlie nods and adds, “If someone is still coming here 25 years after their brain injury to work on it, you’ve got to help with that.” The Krempels Center community is stronger and richer, thanks to volunteers like Ashlie and Laura.
Part of the Community

Krempels Center is known as a welcoming community for brain injury survivors. It’s a place where members feel safe and accepted, free to explore their new path and learn how to navigate challenges. Yet there is so much more to explore and experience outside the doors of the community campus. We are lucky to belong to an area rich in art, history, natural beauty, and social activity. Members want to belong to that community too, and with the generosity and partnership of our neighbors, together we make that a reality. Thank you to all our partners, for the experiences you have provided, the memories you’ve helped to create, and the lives you’ve changed by providing opportunities that would otherwise be difficult to attain.

The Seacoast Repertory Theatre gives tickets to Krempels Center members for every show.

Labrie Family Skate at Puddle Dock Pond, Strawberry Banke invites members to ice skate, explore historic houses, and attend events free of charge.
We love our community! If you are interested in becoming a partner, please contact Becky Kates at 603-570-2026x23 or bkates@krempelscenter.org

**Portsmouth Music & Arts Center (PMAC)** invites members to a rehearsal/performance of their spring concert.

**Portsmouth Symphony Orchestra** provides members tickets to their four mainstage performances.

**Friends of the South End Portsmouth Fairy House Tour** provides passes to members and showcases their fairy house.

**Portsmouth Symphony Orchestra** provides members tickets to their four mainstage performances.

**Students and instructors from Portsmouth Aikido** lead an intro to Aikido summer series for members.
Mission-Driven Fundraising

Part of Krempels Center’s fundraising and outreach strategy involve two large-scale events: The Runner’s Alley Cisco Brewers Portsmouth Memorial Day 5K and the King Challenge bike ride. These events provide tremendous visibility and connect the public to Krempels Center’s mission. They also provide opportunities for members to engage the public and participate in athletic events, both of which can be challenging for individuals with brain injury.

King Challenge

The King Challenge is a unique experience for riders. Teddy King, former pro-cyclist, leads the charge along with his family to support Krempels Center, where his dad, Dr. Ted King, has been a member since 2004. In partnership with Arlon Chaffee of GRVL, riders experience a spectacular ride on either the 10, 30 or 60 mile routes, and with the support of Northeast Passage members participate on adaptive bikes during the Doc King Adaptive Ride.
As a part of the Seacoast Series, this longstanding race is a regional favorite, celebrating its 22nd year this past May. In partnership with Runner’s Alley and Cisco Brewers, runners come back year after year to experience the comradery and revelry, all while supporting brain injury survivors. Krempels Center members train for the race and run or walk the course.
FINANCIAL HIGHLIGHTS

TOTAL REVENUE & IN-KIND VALUE
$ 852,593

- **Contributions & Grants** $356,616
- **Events** $143,044
- **In-Kind Services** $238,022
- **Interest & Investments** $24,952
- **Program Fees & Services** $118,629

TOTAL EXPENSES (INCLUDES IN-KIND)
$836,563

- **Programs** $635,156
- **Management & General** $47,905
- **Fundraising & Events** $157,628
**KREMPELS BY THE NUMBERS**

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<th>Category</th>
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<td>Value of Volunteer Time</td>
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You can be a part of this community as a volunteer. There are many ways to get involved: help out during our events such as the Road Race, the King Challenge, or program events such as the Summer Bash, the Craft Fair, and the Holiday Gift Shop. Please contact Becky Kates at bkates@krempelscenter.org or 603-570-2026 x23 for more information.
Donor Honor Roll

$20,000+
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John W. Hart Memorial Fund of NH Charitable Foundation
RMH Seabrook Imprest

$10,000–19,999
Michael Berend
Blackberry Farm Foundation
David and Jeri Brownell
The C.E. & F.C.A. Foisy Foundation
David and Mary Krempels
Mancuso Family Charitable Fund
Diane Scott O’Brien
Janet and Jim Scott/The RAWZ Fund
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$5,000–9,999
Anonymous
Jesse Devitte / Borealis Ventures
Thomas W. Haas Fund of the New Hampshire Charitable Foundation

JD Fund of the New Hampshire Charitable Foundation
The Josephine A. Lamprey Fund of the New Hampshire Charitable Foundation
Limbert Family Giving Trust
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$2,500–4,999
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DARCI Creative
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Exeter Hospital
Federal Savings Bank
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Harmon Foundation, Inc.
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Neal and Darlene Ouellett
Peter Lazic Microsurgical Innovations
The Pykett Family
Mark and Anne Weidman
Denise Williams / Maxfield Real Estate
C.J. Wing

Names in bold notes our Stewardship Circle donors who have made at multi-year commitments to ensure the financial sustainability of Krempels Center.
We have made every effort to ensure the accuracy of our information, and sincerely apologize for any errors or omissions.
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Heather Stiles
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Todd Strott
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Aimee Sundberg
Erin Sunderland
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Mark Thomas
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Daryl Zerveskes
Holly Zurer
Krempels Center is a community, and as with any community, we experience both joy and grief together. When a member passes, we hold a Celebration of Life ceremony, supporting each other through stories and shared memories. Eight of our members passed away this year. We honor their memory and the joy they brought with them every day.

Ray Beattie  
January 13, 2018

Jarrod Limbert  
July 23, 2018

Stephen J. Marshall  
October 12, 2018

Bob Blackington  
October 27, 2018

Linda Mealey  
November 5, 2018

Jackie Jarest  
January 9, 2019

Lyn Dyer  
January 28, 2019

Paul Twomey  
March 16, 2019
**2018–2019**

**Board of Directors**
Jamie Joyce, President
Barbara Prudhomme White, Vice President
Jonathan Douglas, Treasurer
Tracey Bentley, Secretary
Doug Bohlman
Susanne Delaney
James Farnham
Peter Hamblett
Patricia Paine
Joy Riddell

**Executive Director**
Lisa Couture, MSW

**Krempels Center Staff**
Becky Kates
Barb Kresge, OTR/L, CBIS
Sarah Lovell, MSW, CBIS
Susette Milnor, MSW/LICSW
Betsy Oski
Kelly Redwine-DePierre, OTR/L
Megan Shapiro Ross
Elizabeth Robinson
Molly Weidman
Craig Werth

**Founder**
David Krempels
The Founder’s Society, established in 2015, recognizes individuals who made significant contributions to the organization and embody the generosity of our founder, David Krempels, and the principals under which the Center operates. Whether through helping to start the organization and its programs, serving as exceptional leaders on the board of directors, and/or sharing their expertise with the organization, all members have given generously and passionately of themselves to Krempels Center. Members of the Founder’s Society include the following:

- John Ahlgren
- Jackie Felix
- Jim Fisher* 
- Lisa Hanson
- Newton Kershaw
- Effie Malley 
- Carrie Pykett 
- Judy Ryan 
- Alice Seidel 
- Marquis Walsh

* deceased

Krempels Center is delighted to announce that Marquis Walsh has been inducted into the Founder’s Society. Since 2002, Marquis has been a dedicated volunteer and ambassador for Krempels Center. He was asked to join the board in 2004, and he served through 2012, with his last several years serving as president of the board. During his board tenure he produced several video and audio projects, including the Oral History Project in conjunction with UNH. Marquis, has been an annual major donor since 2006, has volunteered on several committees, volunteers all day at both the running and cycling fundraisers, and has captained a table at our annual fundraising breakfast since its inception in 2011. David Krempels states, “He is a volunteer extraordinaire. He truly loves the program and the members.” Thank you Marquis, for your leadership, passion, and incredible dedication to the members of Krempels Center.