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LIFESTYLE

Great Minds: Krempels Center reimagines the future

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Never in its 21-year history has Krempels Center embarked on a fall like this one. After 15 months of exclusively online programming, followed by a summer of cautious optimism while phasing back on-site one day a week, the Community Campus in Portsmouth again welcomes members three days per week, as it had before March 2020. Many steps were taken to successfully reopen, guided by the principle that safety comes first for Krempels Center members, caregivers, staff, interns and guests.

Krempels Center reopened its doors to members on Wednesdays this summer. The community gathered at the morning meetings, with face masks donned and chairs spaced apart across the gymnasium. Members were able to take part in a variety of activities at the Community Campus. Northeast Passage hosted adaptive disc golf and archery where members were able to benefit from physical activity. Concerts filled the rooms with song and rhythm. Members created art together in the sun-filled atrium overlooking the front lawn. Lunchtime was also bustling with members reconnecting after so much time physically apart.

While excitement builds through the full return to campus this fall, the Krempels Center staff and board also realize that being accessible online is no longer just an emergency response to a global crisis. In fact, the online program can be a great option to reach brain injury survivors who cannot travel to the campus. There are members who previously would seek rides from over 100 miles away, and therefore could only attend sporadically. Members have also moved away over the years and had no comparable services available in their new communities.

Some of the key benefits reported by members taking part in Krempels Center's online program is less fatigue, flexibility with scheduling, and saving time and money not needing to arrange reliable transportation. Connecting from the comfort of home continues to be in-demand, and the ability to reach a wider audience of brain injury survivors is exciting.

What's also exciting is that Krempels Center's former Program Director Barb Kresge is at the helm of navigating the organization through the next iteration of online programming. In her new role as Director of Strategic Program Initiatives, Kresge will be facilitating the online program on Thursdays this fall. The shift now means that Krempels Center offers programming options four days per week for the first time in its history.

Krempels Center is emerging from this global crisis stronger and more hopeful than ever more. And it's all made possible by our community of supporters, who help us fulfill our mission to be there for brain injury survivors, whether 10 miles or 1000 miles away.

Krempels Center's mission is to improve the quality of life of people living with brain injury through evidence-based programming, shared experiences, and support in a welcoming community. Established in 2000, Krempels Center has built a reputation for offering high-quality, therapeutic programs for brain injury survivors. Krempels Center is unique to the Seacoast; in fact, it is the only service of its kind in New Hampshire, and only one of a few in the country.

Brain injury survivors often experience difficulty returning to their previous roles at work, home, and in the community. Krempels Center offers opportunities for social connection, skill building, and exploration of new life interests both in-person and online. In this vibrant learning community, survivors heal through shared experiences, peer support, and therapeutic programming. Research in partnership with the University of New Hampshire has shown Krempels Center members have higher quality of life, lower stress, and stronger social connectedness than typical brain injury survivors.

Visit www.krempelscenter.org to find out more about Krempels Center or call 603-570-2026 ext. 220 for more information on how to become a member.

About Krempels Center

Krempels Center's mission is to improve the lives of adults living with acquired brain injury. Established in 2000, Krempels Center has built a reputation for offering high-quality, therapeutic programs for brain injury survivors. Located at the Community Campus in Portsmouth, the center is unique to the seacoast; in fact, it is the only service of its kind in New Hampshire, and only one of a few in the country.

Brain injury survivors often experience difficulty returning to their previous roles at work, home, and in the community. Krempels Center offers opportunities for social connection, skill building, and exploration of new life interests to improve quality of life following brain

injury. In this vibrant learning community, survivors heal through shared experiences, peer support, and therapeutic programming. Research in partnership with the University of New Hampshire has shown Krempels Center members have higher quality of life, lower stress, and stronger social connectedness than typical brain injury survivors.

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