



Meet our Ambassador...

Sierra Longmoore

In July of 2020, Sierra fell victim to a car crash leaving her with a severe traumatic brain injury among many other injuries. She miraculously survived and now strives to help other survivors through Unmask the Invisible.



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This event was sponsored by UI on June 1st to unlock the potential of art to heal and empower. This uplifting FREE event welcomed new members to the UI family and celebrated the brain injured community and the life-changing impact of art. By continuing to combine creativity with innovation, we can enhance brain function, raise serotonin levels, and create new neural connections. We experienced how the power of art can transform lives and we discovered the future of art and brain health by demonstrating our *Weighted Paint Brush*.



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President's Message



UI is proud to launch *The Halo Fund*, offering financial assistance to brain injury survivors so they can access therapies and equipment not covered by insurance.

The brain is incredibly resilient and possesses the ability to repair itself through the process of neuroplasticity, which is why many brain injury survivors can make astounding recoveries. However, brain damage cannot be healed, but treatments may help prevent further damage and encourage neuroplasticity.

If you have had a brain injury, rehabilitation (or rehab) will be an important part of your recovery. It might include physical, occupational, and speech therapy, as well as psychiatric care and social support. All these are designed to help you recover from the effects of your injury as much as possible.

But what happens when these types of therapies have been exhausted and additional therapies are needed? Conventional medicine may help survivors of acquired brain injuries only so far, the end result being heavily medicated, overwhelming family resources, or possible admittance to a care facility.

So which alternative therapies are likely to work? Where can they be found? Visit our *Resource Page* to learn more.

There are many therapies and medical equipment that can benefit a brain injury survivor. We know firsthand many of these necessities are not covered by insurances. Therefore, we created *The Halo Fund* to support you and your loved ones to access care and equipment beyond insurance.

Contact us today to see if we can help you financially access a therapy or piece of equipment to support you on your healing journey.

Amy Longmoore, Board President

National EMS Week



Unmask the Invisible volunteers sent over 50 Fire, Police, and EMS departments within Vermont and New Hampshire handwritten thank you notes celebrating every professional and their contributions to our communities.



The Lebanon Times

ALL, COVER STORY

UNMASKING THE INVISIBLE

JUNE 8, 2024 | BY SHANNON PANAGGIO | NO

COMMENTS

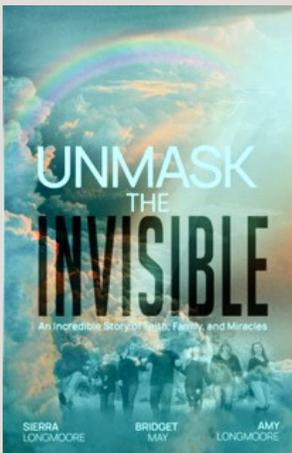


Illuminating Traumatic Brain Injury Through Art, Education, and Advocacy

Change often happens quickly and sometimes unexpectedly, and in an instant, life can get turned upside down. This is one notion that speaks to the story behind a Lebanon-based nonprofit organization, Unmask the Invisible, co-founded by Lebanon residents Amy and Steven Longmoore, that illuminates the invisibilities of traumatic brain injury (TBI) and brings hope and support to those who are affected by it.

The nonprofit was spurred from unthinkable tragedy, when Amy and Steven's daughter, a then 17-year-old Sierra Longmoore, sustained a traumatic brain injury from a horrible car accident in the summer of 2020. Sierra spent many weeks fighting for her life and months recovering at Dartmouth Health Children's in Lebanon with the support of her medical team and family.

Unmask the Invisible Book



"An amazing and thought-provoking true story of miraculous healing. It illuminates the often misunderstood journey of recovering from a traumatic brain injury, as well as demonstrating the power of prayer!" - Health Conscious Mom

Get your copy today.



**Book Signings
April 20th & May 4th**





Krista writes.....

I just read about Sierra's story in the Valley News and think what you are doing for TBI survivors is fantastic. I sustained a TBI in February of 2022, and it turned my world upside down. After 11 months of neurological PT, vision therapy, and time spent at the University of Pittsburgh Medical Center, I have finally recovered, but consider myself exceptionally lucky. I live in the Upper Valley and would love to get involved with Unmask the Invisible and help in any way that I can.

Leah writes.....

Congratulations to Sierra and your family on Unmask the Invisible- book and organization! What a wonderful way to help others who have experience something similar. I will certainly share your organization as a resource to all of our future families. Building community after an injury is so important!



Our Mission

Recently our Board of Directors revised our mission statement to more accurately reflect our programs and purpose. *Our mission is to assist the brain injured community through education, resources, and family support.* Education is fundamental whether in understanding a brain injury journey itself, to what resources are available for the survivor and their families, to educating the providers, responders, and the community at large. Resources provide an opportunity to learn and adapt to changes to a life-altering event like brain injury. And family support engages everyone through the challenges and adjustments that affect a brain injured survivor.

Visit our website for more information: www.unmasktheinvisible.org



Our Partners

At Creative Solutions for Nonprofits, www.cs4np.com, our mission is to guide and support others in their efforts to make the world a better place. As advocates in the nonprofit sector, we proudly serve as advisors to the board of directors and partners with Unmask the Invisible. This organization is steadfast in shedding light on the often-overlooked challenges faced by individuals with invisible disabilities. By raising awareness, promoting understanding, and providing much-needed resources, Unmask the Invisible aims to create a more inclusive and compassionate community where everyone feels seen, heard, and supported. At CS4NP, we believe that the success of this organization lies in the collective efforts of individuals, organizations, and businesses. We hope you will join us in becoming an ally for those with invisible disabilities. Together, we can amplify our efforts and drive meaningful change for people with brain injuries and their families.

Our Website Received a “Glow Up”



In May 2024, our website received a “glow up”! People often think of website redesign as just a visual refresh, but a true glow up is so much more than a fresh look – it’s a full transformation for the better! We are excited to announce www.unmasktheinvisible.org has so much more to offer you through our programs and services. A huge thank you to our partner **Inbound Hound Creative Agency** for their dedication and commitment to making our “glow up” a reality!



Dartmouth Health HOBSCOTCH Program

What is HOBSCOTCH? (HOMe Based Self-management and COgnitive Training CHanges Lives in Post Traumatic Epilepsy)

HOBSCOTCH is a self-management program designed to help people with epilepsy find ways to manage and cope with their memory and thinking problems in order to lead happier, more productive lives. A virtual version of the program (by phone and online) is now being studied for Veterans and civilians who have a history of a traumatic brain injury, epilepsy and memory or thinking challenges.

How can I participate?

Right now, HOBSCOTCH is being offered at no cost as part of a research study that helps us learn more about how we can help Veterans and civilians with post-traumatic epilepsy and cognitive challenges. To receive the program, you will have to meet with a study coordinator by phone to see if participating is right for you. There is opportunity for caregivers of people with PTE to participate in this study.

Contact: (603) 650-4225 HOBSCOTCH-PTE@hitchcock.org

Visit www.hobscotch.org to learn more about HOBSCOTCH

DHMC Neurology Presentation



On April 19th, UI Board Members gave a presentation to the Dartmouth Hitchcock Medical Center Neurology Department on ways UI can help survivors of brain injury and their loved ones after acute care. It was well received and has established UI as a referral source for those searching for resources and a sense of belonging in their post brain injury care.



The undergraduate engineering students from the Thayer School of Engineering at Dartmouth team continue to work on prototypes for the weighted paintbrush.

The focus gravitated to the mechanism by which the brush would tighten into the weighted sleeve and grip. The students took lots of notes as they received feedback, and we will be meeting with them again to test some revised designs. What fabulous work!



Green Up Day



Thank you to all of our Unmask the Invisible volunteers who helped “green up” our community in Hanover, NH on April 20, 2024.



Team Micky Ward Charities



Thank you to Team Micky Ward Charities for embracing Sierra's story and supporting her organization, Unmask the Invisible. Sierra was honored to meet Steve Chamberland, founder of 50 Legs Nonprofit. Sierra was recognized for her compassion, strength, and resiliency and was awarded the Micky Ward Championship belt.

Let's Stay Connected



Stay informed with resources, news, and events by following us on social media



Follow



www.unmasktheinvisible.org



Share



Those we serve

Over 9,000 people in Vermont live with a brain injury. Statistics increase in neighboring states. Our dedicated Board of Directors, Advisors, and Volunteers are making a direct impact through our programs and services, and we are just getting started! Learn more about ways you can help us illuminate the invisibilities of brain injury....

This is Your
Brain on Art

35

Reintegration

50

Caregiver
Support

14

Paint it Forward
Program

23

The Hope Cafe

76

Sibling
Support

8

Upcoming Events



07/20-21/24 - UI 1st Annual Softball Tournament - Lebanon, NH

09/21/24 - LebFest on the Green in Lebanon, NH

09/25/24 - UI Partners with Dartmouth Health-HOBSCOTCH institute (Brain Injury & Epilepsy) for an informative Presentation

09/28/24 - This is Your Brain on Art In-person Event

10/20/24 - CHAD Hero Event

Visit www.unmasktheinvisible.com for additional information on these events!