

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.

“Through this organization I hope to pay forward all the opportunities and support I have been given.”

1st Annual Softball Tournament

The 1st Annual Softball Tournament held in Lebanon, NH on July 20-21 was a huge success! We were so grateful to all the teams who came out to support our mission and the brain injured community. We were happy to see so many participants. Thank you to all of our sponsors including Molly’s Restaurant, Stateline Sports, 99 Restaurant, Price Chopper, Shaw’s, The Home Depot, Dicks Sporting Goods, Justin Putnam, and Creative Solutions for Nonprofits.



2024 UI

Board of Directors

President & Co-Founder
Amy Longmoore

Vice President & Programs
Justin Putnam

Treasurer
Vacant

Secretary & Development
Danielle Robinson

Ambassador
Sierra Longmoore

Director & Co-Founder
Steven Longmoore

Director & Programs
Jerry Serra

Board Member, RN
Alexandria Giesing

Board Member
Sharon Miller-Dombrowski

Advisory to the Board

Liza Sivek, Marketing

Krista Duval, Business

Bonnie Holbrook, Business

President's Message



As we enter into flu season, it is important to talk about the reality of not only the flu, but reoccurring COVID.

When the pandemic started in early 2020, doctors didn't know much yet about COVID and did not think it affected the brain. Boy, they were wrong!

People who were initially severely ill with COVID are at much greater risk for cognitive decline after they recover. Even people who were less severely ill remain at a somewhat greater risk. A large study of MRI scans taken before and then again after people got COVID showed that COVID can actually shrink the brain.

Fortunately, most people who get COVID don't suffer damage to the brain. But some do, and even people who initially get just mild COVID symptoms are vulnerable. So COVID's potential to damage the brain is just one more reason to do everything we can to avoid getting this disease.

Even if people escape brain damage during the initial attack of COVID-19, they remain at considerably greater risk of various brain conditions, including strokes, depression, anxiety, and psychosis for the next several years.

You can read more here:

<https://www.health.harvard.edu/mind-and-mood/does-covid-19-damage-the-brain#:~:text=We%20now%20know%20that,%20unfortunately>,

Amy Longmoore, Board President



thiS iS yOuR bRaiN On ARt



This event was sponsored by UI on September 28th 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 through our *Weighted Paint Brush program*.





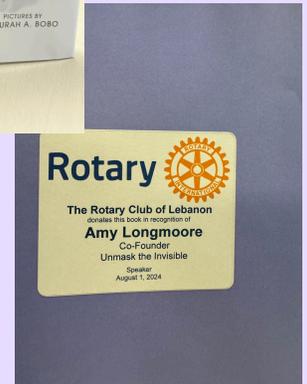
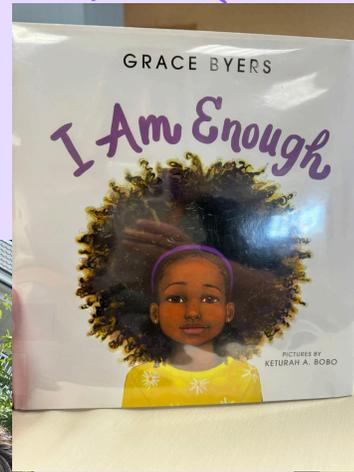
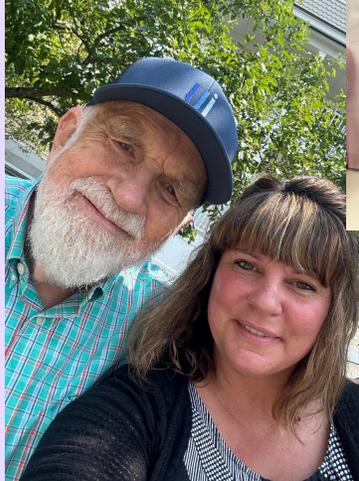
In our work with the brain injured community, it's apparent most do not arm themselves with information about navigating a brain injury until they are personally immersed in the journey, or a loved one has been affected. As one survivor writes..."it is a very strange world I am in. Any guidance and/or support is greatly appreciated. Every day is so unexpectedly different, and I really do not know what good patterns or beneficial strategies at this point are."

Through our one-on-one support and therapy referrals, we are able to guide folks through a world where they are now developing their new normal. There are so many facets to navigating a brain injury from movement to memory to emotions. Engaging with others who are on a similar journey is an important step in recovery. You are not alone- we are here to help. Learn more about our programs and services at www.unmasktheinvisible.org.

LebFest 2024



On August 1st, we gave a presentation to the Lebanon Rotary on the aftermath of a brain injury and how we as an organization help survivors and their communities navigate the invisibilities of healing and reconnecting. We were recognized by the Rotary with a donation of the book “I Am Enough” to a local library.



Let's Stay Connected

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



[Follow](#)



www.unmasktheinvisible.org

[SUBSCRIBE](#)

[Share](#)

Upcoming Events

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....

10/20/24 - CHAD Hero Event

11/16/2024 - Chuckles for Charity

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