



Supportive Living, Inc.

NEWSLETTER

Vol. 49 Winter 2009

MISSION STATEMENT

Supportive Living, Inc. (SLI), a non-profit organization, was established in 1991 to work in partnership with public, private for-profit entities, and non-profit organizations to assist the ever increasing number of survivors of brain injury to live as independently as possible in their own housing in the community. Individuals with brain injuries

have different physical and emotional challenges than people with other types of disabilities. Often they are placed, inappropriately, in institutions or other settings where there is no real possibility for rehabilitation. Accordingly the mission of Supportive Living, Inc. is:

To create appropriate and affordable life-long supportive housing options which will enable survivors of brain injury to live with dignity and achieve their highest level of independence in the community.

SUPPORTIVE LIVING UPDATE

Executive Director, Peter J. Noonan

2008 was a milestone year for Supportive Living, Inc. with the completion of our third residence for people with brain injuries. Douglas House, located on the edge of Lexington Center, is an ideal setting convenient to shops, cultural amenities, and public transportation. In October 2008 the residents of Douglas House began moving in and by the end of January, 13 of the 15 units were occupied. With the opening of Douglas House, SLI will have a total of 38 survivors of brain injury who benefit from affordable housing with 24/7 awake staff and individual life skills programs customized for each resident.



As our SLI family continues to grow, it is important that we encourage good health for our residents. Part of this year's goal is to develop a "Wellness Center" located in the lower level of Douglas House. 2500 sq ft of space has been designed to provide a number of amenities specially designed for people with brain injuries. These amenities include:

- Gym area complete with exercise and physical therapy equipment
- A therapeutic whirlpool
- Recreation area with computers, games, etc.
- Entertainment room
- Private meeting rooms
- Kitchenette to be used for occupational therapy as well as an area for special events and functions
- Two fully handicap accessible bathrooms

With structural work having been completed, your support is needed to finish this project. While the current economic environment to raise public and private monies is challenging, the need for housing and programs for people with brain injury is even more challenging. Please contact SLI at 781-937-3199 if you would like to volunteer with fundraising, donate goods or services, or help in any way.

The Only Cure For Brain Injury is Prevention.

Board of Directors

The Board of Directors of Supportive Living, Inc. is made up of concerned citizens from the community who have an interest in the mission of SLI to assist persons with brain injuries to live more independent and productive lives. They include family members of survivors, program participants, business people, physicians and professionals in the field of brain injury.

Scheduled board meetings are held on the second Wednesday of January, April, July and October

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GEORGE SLOVER

DOUGLAS STEPHENS (deceased)

A NOTE OF THANKS



We wish to thank the many individuals and companies who made holiday contributions to Supportive Living Inc. in honor of loved ones and those who contributed to our Annual Appeal. We are very appreciative of your support.

THANK YOU FOR YOUR KINDNESS

A Special thank you to St. Theresa's Ministry led by Tracy and Mike Foley from North Reading for decking the halls with decorations at McLaughlin House for the holiday season. Thanks to Judy and Larry Fudge and family from Ipswich, for transforming Warren House into a winter wonderland. Also thanks to Joe and Jeanette Alibrandi, Norma and Michael Biggins, and Sheryl DeMaine for transforming Douglas House into a festive place for the holiday season. You all exemplify the true meaning of giving during the holiday season.

AVAILABLE



Supportive Living, Inc.

TWO completely handicap accessible Private Pay studio-style units with private baths are available at Douglas House located in Lexington, MA. All fees for housing and care are paid for through third party payers or private resources. For more information call 781-937-3199.



WARREN HOUSE NEWS

Janet Lingerman, M.S., CRC, LRC

Sr. Administrative Director

The Warren House group has had a very active fall. Three residents moved to Douglas House and three new residents moved into Warren House. In addition, 8 others moved around within the building. As each apartment was vacated, it received a thorough cleaning and paint job to get everything back into pristine condition. The group has been welcoming the three new residents who are pleased to be getting to know the veterans.

Recreational activities have included the annual Topsfield Fair trip, SLI Dinner Dance, an Italian Club dinner, several movie nights, a visit to Douglas House, the woman's Masonic Fair, dinner at Fuddruckers, and several holiday events. Mary Morgan, the Recreational Director, said "The Warren House Warriors" were proud to be able to again complete a painting this year to donate to the SLI auction. The piece, "Poppy Fields," was a group effort with some people painting with brushes and others using sponges and other items for special effects. In addition, one of our residents submitted an art piece to the Annual Advocates Art Show which was chosen as one of the featured paintings for the annual Advocates calendar.

The SLI Dinner Dance was a special event for many of the Warren House residents. Not only had they donated their painting for the silent auction but several of the residents participated in a CD which was produced by Wakefield Community Access Television on living in our homes with the support they need to live as independently as possible. It was viewed for the first time to our Dinner Dance guests which brought tears and laughter to everyone's eyes. At the end of the evening, many residents enjoyed turning in their chits to bid on the many Las Vegas items.

The annual Christmas party was held this year at Douglas House which was an ideal setting with kitchen and TV room adjoining the large dining area. The place was packed with every single resident. The Yankee Swap included 42 participants, a record high! Residents, staff members, and various volunteers served the catered Italian dinner and had a great time mingling with all the residents and swapping gifts.

McLAUGHLIN HOUSE NEWS

*Candie Donahoe, CRRN, CCM, Program Nurse and
Frank Santillo, Case Manager*



In September we attended the Classical Music Series Concerts at the Hatch Shell with the Boston Landmarks Orchestra and the Duck Tour which, due to its popularity, has become an annual event. The residents also enjoyed eating out at a couple of restaurants, going to a movie at the Woburn cinema, and attending a poker night. One of our residents returned to Linden School in Malden to tutor grammar to the children. She is happy doing what she does and was glad to start the new school year again.

One of the most popular recreational activities of the year was the Topsfield Fair in October. Everyone went to this one, which featured The Pete Best Band. As he was the first drummer for The Beatles before Ringo Starr, all were interested in seeing and hearing him perform. They were talking about this one for days. Some other noteworthy events were a macaroni supper at the South End Italian Club in Woburn, the yearly Boston Acquired Brain Injury Support Group (BABIS) walk at Jamaica Pond, and the SLI Dinner Dance, which all eagerly attended.

With the arrival of November and the long-awaited presidential election, the McLaughlin House team asked the residents if they wanted to go to the polls and vote this year, instead of doing the usual absentee ballot. The response was unanimously positive, with everyone feeling empowered to vote for their candidate.

December started off with a bang by attending the New England Rehabilitation Hospital support group Christmas party and the N. Reading Chorale Christmas concert at Aldersgate Church. One of our residents performed with the choir putting everyone in the Christmas spirit in the sold-out church. On the 10th, families members from the Trinity Church visited the residents, a December tradition since McLaughlin House opened in 2001. Church families arrived with gifts and goodies in hand. A skit was performed by the children and everyone joined in singing carols. On December 12th, several residents had the good fortune to see the musical, "Scrooge" at the Calvary Church in Lynnfield. On December 18th, the residents, along with staff, attended the SLI's Annual Christmas Party/ Yankee Swap at Douglas House. This is the first time the residents from all three houses were together and enjoyed a delicious Italian meal with scrumptious desserts.

MEMORY ISSUES ARE A COMMON SIGN OF A TRAUMATIC BRAIN INJURY. MOST PEOPLE DON'T HAVE ANY PROBLEM REMEMBERING THE PAST BUT HAVE TROUBLE WITH THE NOW.

