

Raising the Quality of Life for Survivors of Brain Injury



Supportive Living, Inc.

NEWSLETTER

Vol. 54 Spring 2011

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 independently as possible in their own housing in the community.

Individuals with brain injury 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.

SLI'S 19TH ANNUAL DINNER DANCE



Ms. Mass. and K.J. H.

Our 19th annual dinner dance/auction was held on October 22nd at the Marriott Hotel in Burlington, MA. The table centerpieces consisted of a large glass cylinder enclosing pictures of our residents and adorned with an 18 inch globe symbolizing "Our World", the world of brain injury. An International Buffet was served to correspond with this years' theme. A record attendance of 250 guests, family members, and residents enjoyed a fun-filled evening of dancing, bidding on auction items, and trying their luck at the casino tables.



Eric R. and Ross F.



Dancing to YMCA

This Year SLI had the privilege of having Miss Massachusetts, Loren Galler Rabinowitz, in attendance for the event. She danced with residents and family members, and posed for pictures with her newfound fans. Loren certainly added a sparkle to the evening!

Some of the items donated for the auction were Red Sox and Celtics tickets, sports memorabilia, weekend getaways, gift certificates, and handcrafted articles to name but a few.

SLI is most appreciative to all the attendees, volunteers, sponsors, and auction donors who helped to make the evening successful. Thanks to the efforts of many, over \$28,500. was raised to benefit the survivors of brain injury.

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.

CARROL STEPHENS, *Chair*
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Executive Director

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MARJORIE McDERMOTT
DEBORH McDONOUGH
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LAWRENCE KING
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TIMOTHY McCARRON
BERNARD McLAUGHLIN (deceased)
ANN MOONEY, RN
FRANCIS MOONEY
MARY ANN OUTWATER
DR. ANNA POMFRET
MARGARET RYAN
DENNIS SACCO
GEORGE SLOVER
DOUGLAS STEPHENS (deceased)

A SURVIVOR'S STORY

Howard was born in New York City to parents from Hong Kong and was raised in Westchester County until middle-school age, when his family moved to Singapore.

At the age of 10 Howard was diagnosed with kidney failure and received a kidney transplant. After 10 years the kidney ceased to function. Meanwhile the remaining kidney was functioning poorly requiring daily dialysis. By the time he started high school, the



family was in Hong Kong. Following high school, Howard returned to the U.S. to attend Wentworth Institute of Technology in Boston as a co-op student studying Computer Science. The stress of school and working not one but two jobs,

made Howard wonder now if that didn't contribute to what happened to him next in his life.

At age 22, he suffered a stroke, brought on by high blood pressure. Howard spent 6 weeks at Spaulding Rehabilitation Hospital on life support and then began therapy to improve his vision which had been considerably damaged by the stroke.

When he was well enough to travel, he returned to his family in Hong Kong where his therapy included acupuncture that improved his vision. While in Hong Kong, he heard about Supportive Living Inc., (SLI) and applied for housing. While waiting for an opening, Mentor Residential Services placed him with a foster family. Two and a half years later Howard was able to move into Douglas House where he now receives 10 hours of dialysis nightly while he sleeps.

Unable to return to Wentworth, Howard now spends time each day working on his laptop, as well as having a Wii System which helps him with his movement therapy. His chief source of exercise is AccesSportAmerica which provides individuals with varied disability activities to target one's weaknesses and to help with strength training. Twice a week he enjoys these workouts at the YMCA in Brighton. He also attends the Chariot Day Program each week.

Like all young men, Howard enjoys good-tasting food, and would like to learn to prepare his meals by himself. If he had one wish, it would be to have cooking sessions for the residents at Douglas House.

SURVIVOR'S COMMENTS

What is the best thing about the neighborhood where you live?

- Sleeping!.....Brian W., Lexington*
- Dunkin' Donuts which is right next door.....Bruce C., North Reading*
- My neighbor takes care of the snow because I like to walk a lot.....Cathy J., Quincy*
- It is close to the center, lots of places to go, and I don't need a ride to go to church.....Cheryl D., Quincy*
- I am able to hang out by myself.....Dan C., Woburn*
- I'm not a kid any more but when I was young it was fun.....Darren D., Canton*
- Being with friends.....Dave C., Lexington*
- It is a walkable city with the banks, restaurants, shops, a library, and church all nearby..... Dave K., Woburn*
- Everything is close by, like Dunkin' Donuts.....Deb T., North Reading*
- Everything is close by and in walking distance.....Denis B., Woburn*
- Everyone is very kind.....Denis H., Lexington*
- I like being so close to the center of Lexington.....Drew F., Lexington*
- I like that it is a small diversified neighborhood and I enjoy the church that I attend.....George J., Woburn*
- People are kind and friendly around here.....George R., North Reading*
- Everyone is friendly and everything is close by.....Howard L., Lexington*
- Dunkin' Donuts, the downtown area, the common, and the Battle Green.....Jack L., Lexington*
- The people, my friends, and my family.....Jedi D., Woburn*
- It is nice and quiet.....Jeff H., Woburn*
- I like working at the library.....Jeremy S., Lexington*
- My friends down at the gas station.....Jim H., Woburn*
- For a visually disabled woman I have direct access to town, shopping, and restaurants.....Joan C., Lexington*
- I live on a small dead-end street where the people are quiet and keep to themselves.....Joe T., Quincy*
- It's quiet, peaceful, and tranquil.....John L., Lexington*
- It's an active center with bus and train service.....John P., Stoughton*
- It's nice and quiet.....Judy H., North Reading*
- There is easy access to Dunkin' Donuts, the center, and all my friends at Moose Lodge.....K. J. H., Woburn*
- Love Weymouth! Nice people, great breakfast places, and everyone knows your name.....Kurt B., Weymouth*
- I like the people and Walgreen's, Elements, and shopping is close by.....Luise I., Woburn*
- People across the street have a tom cat that I see every day in their window.....Marjorie M., North Reading*
- The bank is right down the street and downtown Woburn is close by.....Mark W., Woburn*
- It's quiet.....Matt H., Braintree*
- The people at Douglas House are nice and helpful.....Michael M., Lexington*
- I can walk downtown and have coffee, shop, or sit on a bench.....Mike W., Woburn*
- It is a quiet and friendly place and I feel respected by my neighbors.....P. S. M., Dorchester*
- There is transportation! Also a supermarket, drugstore, and clothing stores are nearby.....Patty K., Dedham*
- The people at Warren House are my friends and the area, is a good place to raise a family.....Paul C., Woburn*
- It's a quiet area. I enjoy the people and they're fun to be around.....Peg R., Woburn*
- McLaughlin House is close to Rte. 93.....Peter C., North Reading*
- It's OK.....Peter R., North Reading*
- The Staff takes good care of me. I can have disabilities and it doesn't hurt.....Randy D., Lexington*
- I'm close to my mother and brother and it more accessible to my friends.....Richard D., Lexington*
- The staff and the wide open spaces at Warren House.....Roger S., Woburn*
- It's nice to live there because the people are good.....Scott C., Canton*
- It is near my business and everyone I live with is just like me.....Scott S., Woburn*
- The staff and residents are great and my apartment I live in has all the things I need.....Sheila F., Woburn*
- The friendly people.....Steve A., Lexington*
- There are no gangs.....Steve L., Lexington*
- The quietness. No yelling or screaming kids.....Tony G., North Reading*
- There is a Friendly's nearby.....William T., South Quincy*

SLI wishes to thank the many survivors who participate in our newsletter.

WARREN HOUSE UPDATE

by Christine Terrelonge-Files, Program Manager, Advocates, Inc.



During the process of hiring a new Program Manager for Warren House the residents had the opportunity to interview the final applicants. On October 4th they warmly welcomed Christine Terrelonge Files. Christine has settled in quickly and moves around the house engaging the residents in conversation and sharing her ready smile with all.

Early October in Eastern Massachusetts means the Topsfield Fair, and again, Warren House residents eagerly signed up for this annual trip.

One new activity in which two of our residents are participating in is the creation of a women's group at Community Rehab Care (CRC) in Medford. This is in addition to the monthly recreation gathering at CRC which many of our residents attend and enjoy.

The annual Supportive Living, Inc. dinner dance/auction held in October at the Burlington Marriott was the fall highlight. Residents, families, and friends eagerly bid at both the silent and live auctions and enjoyed the activities at the casino tables. This year's theme was "Our World," the world of brain injury.

A new event, "Friday Night Dinner With Movie," started in November. Residents welcomed the opportunity to gather and eat dinner followed with an enjoyable movie. It is hoped that this will become a monthly event. Also, after a hiatus of several months, Bowling Night started up again on November 30th at the Woburn Bowl-a-drome.

Another annual event, held in November, is the Shriners HONS (Helping Our Nobles Serve) fair at the Shriners Auditorium in Wilmington. Everyone enjoyed the delicious food and many of the residents took the opportunity to start their Christmas shopping. All the proceeds from the fair went to support the Shriners hospitals.

On December 10th a special musical holiday program, planned by two family members, was presented to the residents and staff. "Sounds of Grace", a local interfaith choir, selected and sang some songs from their extensive repertoire. Later, the residents were invited to join in a sing-along and concluded with a carol sing which got everyone in the mood of the season.

The final shared holiday tradition was the famous SLI Yankee Swap. This year's Christmas Party/ Yankee Swap took place at Douglas House. Residents from all three houses were in attendance and enjoyed a catered Italian dinner before an evening of choosing, unwrapping, and trading gifts. It was a lot of laughs!

Everyone welcomed 2011 at the New Year's Eve party. The perfect antidote to a snowy New England winter was a gathering at IHOP for a Sunday Brunch.

THE PROBABILITY OF THE DRIVER'S DEATH IN A CRASH AT 55 MPH IS 40%. AT 65 MPH, THE PROBABILITY JUMPS TO 73%.

McLAUGHLIN HOUSE UPDATE

by *Frank Santillo, Program Manager, Advocates, Inc.*



In September the residents attended The New England Rehabilitation Hospital Support Group. The speaker that day was a medical researcher who talked about new tests that are now being done to determine the extent of recent Traumatic Brain Injuries. Blood tests are taken and used as “biomarkers” (proteins produced by an injured brain) to determine the proper treatment for TBI. That day the support group informed everyone present that they were publishing their first newsletter. Congratulations to George R. who’s picture was on the front page.

Several of our residents had the opportunity to go on a tour of WCAT-TV, the local cable access station in Wakefield. Doug Wood-Boyle, the Program Director, took us on the tour. Their technicians showed us how videos and TV shows were made and even had several individuals do a mock weather report.

The Boston Acquired Brain Injury Support Group (BABIS) Walkathon was held on Saturday, October 2nd in Jamaica Plain. It was a gorgeous fall day, quite the opposite from last year when everyone got soaked from the occasional downpours. When they arrived they saw many of the people that attended last year’s event. The individuals in manual wheelchairs “walked” about one mile or halfway around Jamaica Pond with the help of volunteers. The speaker that day, Janet Cromer, talked about her book, *“Professor Cromer Learns to Read.”* The story is about her husband, a doctor who suffered a serious brain injury. With the help and support of his caring wife he got through a difficult recuperation.

One event that everyone looks forward to is the annual SLI Dinner Dance, held this year at the Burlington Marriott on October 22nd. An International Buffet was served which was so varied that everyone’s tastes were satisfied. Also, that evening a video of “Our World” the Brain Injury World was presented which included all of SLI’s residents. The residents were very surprised to see themselves.

On November 4th, Advocates, Inc., held their annual gala at the Sheraton Tara Hotel in Framingham. This was the first time people from our house attended. In the month before the event, Advocates, Inc., came to McLaughlin House to interview and video several residents. The evening of the gala, Advocates presented the video showcasing what Advocates is about and all the good work it does. Bruce C., George R., Marjorie M., and Judy H., who were in the video, were all dressed up for the occasion.

In December there was a flurry of activity as would be expected at that festive time of year. As in previous years, on the 15th, Pastor John Reddy of Trinity Church brought his young singers along with their parents to spread some glad tidings and good cheer. It was quite a sight to see our guest circled around all our residents singing Christmas carols. Each resident was then given a grab gift and a little handmade Christmas tree for their rooms. At the end of the evening refreshments were graciously provided by members of the church. The very next night was the annual SLI Christmas/Yankee Swap party at Douglas House, attended by residents from all three houses. It was a catered affair with delicious Italian food and desserts. After everyone had eaten more than enough there came the much-anticipated Yankee Swap in which around 40 people exchanged gifts anonymously.

Supportive Living, Inc. wishes to thank corporations, organizations, businesses, and people who contributed financially or volunteered their time and energy over this past year. Without people like yourself SLI would not be able to provide the quality of life that survivors of brain injury deserve.

DOUGLAS HOUSE UPDATE

by *Huntley Skinner, LICSW, Program Manager, Advocates, Inc.*



September marked the return to everyday life and many of our residents were ready for all that Lexington and the many good neighbors offered them in the way of recreation. Some of our residents attended the Lexington's Arts and Crafts Fall Fair, where they saw how pottery bowls were made, viewed many paintings, and just loved being outdoors. Resident Movie Night was held on Tuesdays during the fall, providing enjoyment for all. The most popular movies were *The Town*, *Hereafter*, and *Life as We Know It*. We went to the bowling alley several times which was also a big hit!

Another popular game night is Bingo. A staff person is now organizing it while Jenny A. is taking a well deserved break.

Five residents attended the SLI Dinner Dance: Steve A., Joan C., Howard L., Dave L., and Jeremy S. Howard L., Dave L., and Jeremy S. played Blackjack tables and all were big winners.

On October 9th, residents attended a forum led by Representative Jay Kaufman at the Historical Society on the Americans with Disabilities Act (ADA). Many of the residents discussed the benefits that personally affected them that was afforded by the ADA. They also shared their hopes that Lexington would continue to make its downtown more accessible. Many residents were in attendance including Drew F., who is Douglas House's Representative to the Commission on Disability for Lexington. Everyone is proud to live at Douglas House and loves being part of the Lexington community.

In November, residents took a trip to the Burlington Mall to do some shopping. Some residents attended the Busa Wine and Spirits 50th Anniversary Party and enjoyed the delicious food and dancing. The Hanscom Air Force Base in Bedford shared some of their Thanksgiving dinner with our residents. We were all grateful and enjoyed having two Thanksgiving meals.

December was a very busy month for all our residents starting with a free dress rehearsal of the Holiday Pops Concert at Cary Hall in Lexington. Other events included an invitation from the Episcopal Church in Lexington to a Candlelight Advent Choir Concert, and the annual Christmas Party/Yankee Swap at New England Rehabilitation Hospital in Woburn. The Wellesley Girls Christmas Carolers visited Douglas House and sang songs to each of the residents in their own apartments and then again in the dining room. They brought Christmas Karaoke to help them sing in tune! They also brought homemade goodies for all the residents.

More holiday celebrations followed as we hosted the annual Christmas Party/Yankee Swap. All the residents and staff from the three SLI houses were in attendance including our new resident, Michael M. People were dressed for the season with reindeer headbands, Santa hats, sweaters, etc. Christmas music was played while everyone enjoyed a catered Italian meal and a ferocious Yankee Swap! Peter Noonan, wearing a Santa hat, was the funniest Master of Ceremonies ever! Douglas House held its First Annual Staff/Resident Christmas Party. All the residents and staff attended and played a game of identifying Christmas carols using picture clues. Kathy and Huntley provided food and gifts for the staff and Huntley read "The Gift of the Magi" to the group. Kerri brought her new baby, James, who was a big hit. It was a great time to eat, talk, and relax together.



YANKEE SWAP AT DOUGLAS HOUSE

SLI Wellness Center Update Brain Injury Rehabilitation and Research



Thanks to a strong increase in end-of-year donations and recent grant awards, Wellness Center construction has started and should be 100% complete by the end of June 2011. The capital campaign has now raised over \$160,000 towards our \$300,000 goal. With a full Spring of fundraising planned, it is SLI's hope that the additional funds will be raised by the end of June.

Additionally, the Wellness Center Advisory Council has published its first research concept paper and is now introducing the paper and the Wellness Center programs to a variety of public and private foundations in its quest for research funds.

**For more information, please contact
Peter J. Noonan, Executive Director, 781-937-3199**



SUPPORTIVE LIVING, INC. IS GOING GREEN

If you would like to receive the Supportive living, Inc. Newsletter and other communications via email and help save a tree, send your email address to:

Info@supportivelivinginc.org



DON'T FORGET

March 20, 2011

SLide 'n' Ride Ski Event
Wachusett Mountain Ski Area

April 20, 2011

Board of Directors Meeting

June 27, 2011

**19th Annual Douglas Stephens Memorial
Golf Tournament**
Andover Country Club
Andover, MA

October 21, 2011

20th Annual Dinner Dance/Silent Auction
Las Vegas Style
Burlington Marriott
Burlington, MA



Don't let this date "SLide" by you!

1st Annual "SLide 'n Ride"

Sponsored by
SLI Wellness Center for Brain Injury
Rehabilitation Research and the
Brain Injury Association of Massachusetts

Hit the slopes and raise
money for brain injury!

Sunday March 20th, 2011
Wachusett Mountain
Ski Area

Ticket prices: Adults \$45
Under 13 & over 65: \$30
Under 5: FREE
NASTAR Race registration
(helmet required) \$5.00

Register at

Supportivelivinginc.org



Enjoy a fun day of skiing and
snowboarding while helping raise
awareness of brain injury

"SLide 'n Ride" will be a day of fun for
skiers and snowboarders of all ages. Your
event ticket includes a lift ticket, continental
breakfast and lunch. For those guests with a
little competitive edge, the NASTAR course
will be available to compete against other
"SLide 'n Ride" participants. Racers can also
compete against Orson, the Polar Beverages
Polar Bear. Awards will be presented.

Registration: 7:30am - 10:30am
Races: 11:00am - 1:00pm
Award Reception: 2:30pm - 3:30pm

REGISTER by March 18 at
supportivelivinginc.org
VISIT our online auction March 3-17 at
biddingforgood.com

Can't make the event? Purchase a Wachusett
ticket for use on any day - just use ticket
code DON-SLI, and you will receive a \$5
price reduction and Wachusett Mt. will
donate \$10 to SLI and BIA-MA.

SLI & BIA-MA recommend that all skiers and
snowboarders wear helmets.



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781-937-3199 www.supportivelivinginc.org

Supportive Living, Inc. is a non-profit organization formed to create long-term
housing options for people who have sustained a brain injury.

Return Service Requested

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Woburn, MA 01801



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