



1991 • CELEBRATING **25** YEARS • 2016

Celebrating the Past... Improving the Future

It's hard to believe but this is Supportive Living's 25th year. From our grass root beginnings focused on developing a home-like residential program for survivors of brain injury, we have expanded the breadth and depth of our services to now include four residential programs, active physical and functional fitness programs, and cognitive and social engagement programs. The field of brain injury research continues to grow, and SLI is conducting and coordinating applied research activities to further our understanding of how to improve life for survivors. Our new logo reflects the integration of these three areas of service – Residential, Wellness and Research. Please join us in celebrating 25 years!



Carrol Stephens (center) and SLI Board of Directors at Warren House ground breaking – 1996



Meet one of our First Residents – David Keane

Dave Keane was one of the first residents at Warren House when it opened in 1997, and has lived there since.

Dave was about to return for his sophomore year at Colby College in Maine before his windsurfing accident. He planned to become an architect and was playing soccer as well as running track. His 1991 accident left him with an anoxic brain injury, and he had to learn everything again – reading, writing, simple math and even feeding himself. Dave's accident changed life forever and he and his family accepted the new normal.

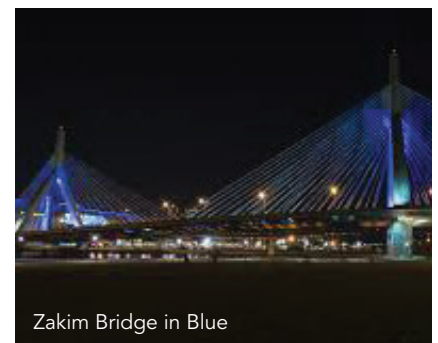
Today Dave does grocery shopping, plans his meals with a staff assistant and is very comfortable with his surroundings. With his Daytimer to aid with his memory difficulties, Dave volunteers at Lahey Clinic as an Escort Messenger, volunteers as an assistant at the SLI Brain Injury Wellness Center and works out at Peoplefit, a gym in Woburn.

Dave has a big smile and infectious laugh. He is now a proud uncle to his 22-month-old niece Lizzy, as his T-shirt shows!

March is Brain Injury Awareness Month

To raise awareness of brain injury, the Brain Injury Association of America and Massachusetts celebrate March as National Brain Injury Awareness Month. Last year for the first time the Brain Injury Association of Massachusetts (BIA-MA) illuminated several well-known venues in light blue – the color symbolizing the many challenges of brain injury. Spaulding Rehabilitation Hospital, South

Station, TD Garden and the Zakim Bridge were all lit blue for one or more days in March. Supportive Living will recognize National Brain Injury Awareness month by lighting the outside of our residences in blue. SLI residents and families will also be recognizing Brain Injury Awareness Month with their annual pot luck dinners at each program.



Zakim Bridge in Blue

Board of Directors

The Board of Directors of Supportive Living, Inc. is made up of concerned citizens from the community who are committed to the mission of SLI. They include family members of survivors, business leaders, physicians and professionals in the field of brain injury.

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*Deceased

Winter Update - Progress and Challenges

It's an exciting time in brain injury research. Clinicians and rehabilitation specialists continue to expand our understanding of brain function which leads to new approaches and techniques for improving lives of individuals who have suffered a brain injury. Prevention remains the best approach to avoiding its catastrophic consequences, but doesn't help the estimated one hundred thousand people in Massachusetts currently suffering the debilitating effects of brain injury. Medical advances now help more people survive the initial crisis that resulted in their long-term injury, but survivors find limited community resources to help with life-long care and rehabilitation needs.

This is where SLI fills such an important role. Through our work with researchers and the active wellness programs we operate, we have seen that many survivors of brain injury can improve cognitive, physical and social function, often years after their injury. Our residential programs provide safe and nurturing environments so residents maintain their dignity while living as independently as possible. In our 25 years of service, we expanded our programs because the needs of individuals with brain injury vary so much, and there is so much more to learn about the best approaches to treating them.

As an organization we are committed to finding ways to improve brain injury survivors' lives. We know our life improvement (wellness) programs help to enhance survivors' quality of life, and today grants and donations cover many of their costs. But we believe we can prove to public and private insurance providers that these programs are also cost effective for them. When we prove this, we then must push legislation to require insurance providers to pay for them. That's the focus of our research and education programs -- proving the benefits to survivors of life improvement programs, as well as their cost effectiveness. Raising funds to provide this needed programming is our #1 challenge. Fortunately we have a dedicated group of individuals and organizations supporting us. As we celebrate our 25th anniversary in 2016, we will reach out to current, previous and new supporters with a goal of raising \$250,000 for our Annual Fund. Achieving this goal will provide the foundation to expand and enhance our residential, wellness, research and education programs, which provide direct benefit to survivors, and an ongoing mechanism to continue these valuable programs.



RESEARCH PROGRAMS

Advocacy – Research and Education

The Massachusetts Health Policy Forum on "Severe Brain Injury in Massachusetts: Assessing the Continuum of Care", sponsored by Supportive Living, Inc., and the Brain Injury Association of MA was held at the Omni Parker House Hotel in Boston on December 10th, 2015. Dr. Laura Lorenz, SLI Director of Research and Education presented an issue brief at this forum that highlighted gaps in the treatment and service disparities for survivors of severe brain injury despite coverage expansions, and health care financing changes under state and national reform. In attendance were legislators, public and private sector brain injury leaders and a number of brain injury survivors.

To read the entire report, please visit our website – www.supportivelivinginc.org

Dr. Mel Glenn, Spaulding Rehabilitation Hospital



Dr. Laura Lorenz



Residential Program Highlights

The end of year holiday celebration and Yankee swap, sponsored by the Doug Stephens Memorial Fund, was once again a highlight for our residents. Food, fun and lots of visiting with friends were on tap for the evening. As usual, the gift swapping was a riot with many laughs!



In January 20 residents began the winter physical fitness program (maybe to help work off those holiday pounds!). Now in its fourth year, the program has been a welcome activity for the majority of our residents. For those with a New Year's resolution to get in shape it has been a great start.



In early February a group of residents and staff representing all the SLI programs made their way into the State House to help promote Brain Injury Advocacy Day. The day was designed to educate legislators on the general issues associated with brain injury and more specifically to get their vote on a bill to increase the amount of cognitive rehabilitation a person can receive after their injury.

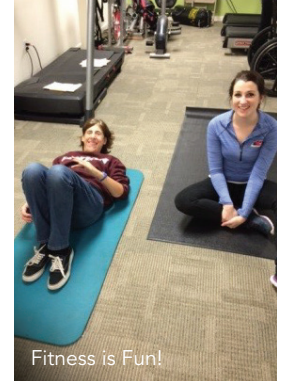


Thank You!

The residents at Norwood House at Old Farm Rockport are grateful to Spittle Electric for donating their services to relocate the TV to a more central location for all residents to enjoy. Even though the Pat's lost – the new location makes for a great group gathering area.

Intern Programs

Student interns at the SLI Brain Injury Wellness Center learn more about brain injury while getting valuable, hands-on opportunities to participate and assist in a number of programs. Occupational Therapy (OT) students returning from Boston University are running a Women's Support Group this winter. Students returning from Brandeis University and Gordon College, two of our longstanding intern program partners, are assisting in the physical fitness program. And we have just begun a new program with graduate Physical Therapy and undergraduate Exercise Physiology students from UMASS Lowell who work one-on-one with participants in the physical fitness program.



Horticulture Program

The SLI Horticulture Program will begin its second season in a few weeks when we decide which vegetables and fruits to grow this year. In early April we will start seeds indoors, and by mid-May we will be planting outdoors. The horticulture program provides fresh produce to all SLI residential programs with any extra going to local food pantries. The program is also an opportunity for residents and members of the North Shore brain injury community to help in the creation, tending, and harvesting of the gardens. We have built elevated beds to promote easy access from a wheelchair – allowing everyone to participate. For more information on this program please contact SLI.





BIA-MA Annual Conference

On Thursday, March 24, 2016 the Brain Injury Association of Massachusetts (BIA-MA) will host the 35th Annual Brain Injury Conference at the Best Western Royal Plaza Hotel, in Marlborough, MA.

For more than 30 years, this one-day, statewide conference has provided a place to gather and discuss the challenges faced by the brain injury community. Once again Supportive Living will participate in the Exhibitor Showcase where we will share information about our residential, wellness and research programs. Several members of the SLI Brain Injury Research Council will be presenting at two workshops titled: **Nuts and Bolts of Practice-Based Evidence Research** and **Writing for Our Lives**. For more information or to register please visit: www.biama.org/annualconference

The Douglas Stephens Memorial Fund



The Douglas Stephens Memorial Fund, (DSMF) was established in 2004 upon Doug's death to honor both him and his major role in developing Supportive Living, Inc. The DSMF is used SOLELY to enhance the quality of life for all the residents and to add some fun to their lives. Each year the proceeds from the SLI Annual Golf Tournament are dedicated to this fund, which sponsored tickets to a Red Sox Game along with their favorite Fenway food, and a cookout in July. In December it sponsors the "Holiday party/Yankee Swap" including a catered meal, a stuffed goodie bag, and a \$25 gift card. On their birthdays residents also receive a \$25 gift card enclosed in a personalized birthday card allowing them to indulge a little. Please help us to continue putting smiles on their faces.

Double Your Donation through Matching Gifts

Your company may increase or even double your gift's value with a matching gift program. Some companies even match gifts made by retirees. Check with your Human Resources office to learn more, or call us at 781.937.3199

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.

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400 W. Cummings Park, Suite 6100
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