



Supportive Living, INC.

BRAIN INJURY PROGRAMS

FALL 2016
NEWSLETTER

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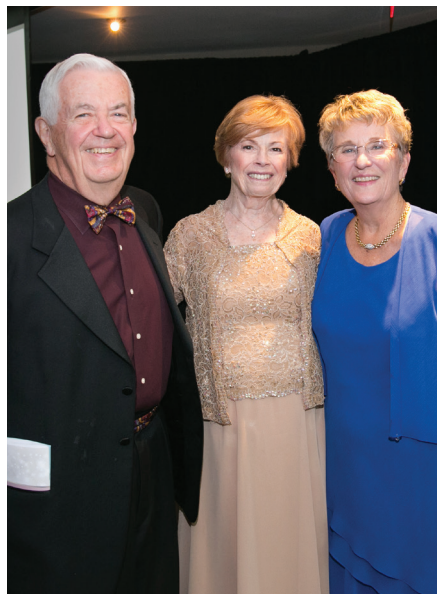
1991 • CELEBRATING **25** YEARS • 2016



SLI's 25th Gala *A Perfect Evening*

Fenway Park was a perfect setting on Saturday night November 19th as SLI celebrated our 25th anniversary with the "Dream the Impossible Dream Gala". The evening had a fun and festive atmosphere while 250

guests enjoyed a reception, complete with World Series trophies, and a delicious dinner overlooking the historic ball park.



Gala Honorees

The 25th Anniversary Gala also included honoring Carrol Stephens, co-founder of Supportive Living, and Joyce and Bill Cummings, long-time friends of Carrol and SLI and leading philanthropic supporters of the organization. SLI would not be here without their commitment.



Smiles and Laughs

The evening had many friends of SLI, old and new, catching up, with smiles everywhere. Hank Morse, local radio host from WROR, served as Master of Ceremonies and had the entire crowd laughing and bidding, as he raised funds for SLI in the live auction.

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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Fall Update

A Positive Outlook

A few days ago I was at the SLI Wellness Center in Lexington and met up with Helen, one of the participants in a physical fitness study underway. "Guess what", Helen exclaimed and then proudly told me she had achieved one of her fitness goals and walked to the drugstore. Helen is in her late 70's and has had a number of small strokes over the past few years.

She has suffered some paralysis, but fortunately re-gained most of her functionality. When Helen showed up in late September she could walk, but very slowly, very carefully, and always concerned about falling. For 10 weeks Helen has been using our adaptable bikes and treadmills, while also performing a variety of exercises to improve strength and balance. I could see her improvement, but was not as aware of how important it was for her until I saw her beaming when she told me what she had accomplished.



The study we are working on was created to show the benefits of physical fitness for people age 60 and over who have suffered a stroke. For Helen there are multiple benefits. First, she is stronger and walking better; second, she feels great about her accomplishment; and third, she has created a friendship with the assistant trainer who has worked with her through all her exercises.

This story illustrates what we are trying to accomplish at SLI. We know that life after a brain injury can be very tough, however it can also be good. We create positive environments at our residential facilities, and encourage active participation in our wellness programs to help make that life good again.

This has been a milestone year for SLI as we celebrated our 25th anniversary. As we look ahead to 2017, and our next quarter-century, we look forward to learning new ways to help improve the quality of life for survivors of brain injury. Please enjoy a safe, happy and healthy holiday season and new year.

— Peter J. Noonan, Executive Director

Gala Guests





Music Program

Residential Life and Wellness Programs

— *plenty of activities and fun for all*

This fall each of our residential programs continued to offer at least one wellness activity at their location, keeping the home active and the residents engaged. At **Warren House** music was the theme as our friends from *Amplifi Adaptive Music* held another 8-week class with 6 budding musicians. Warren House was also the place to be for a Yankee – Red Sox cookout. With the addition of a new large screen TV, family members took to the grill and provided a cookout for all to enjoy.

At **McLaughlin House**, with the help of interns from Boston University, creative arts were the special focus, and creative they were. Clay sculpture, theme cooking, painting, drawing and more activities kept residents active expressing their artistic side. McLaughlin House also hosted a concert with *Ten Tumbao*, an Afro-Latin-Caribbean Band, who has volunteered their time and performed four concerts for SLI over the past year. The band also brings different instruments for the audience to play. They always offer a great show and we look forward to another musical year with them.



Horticulture



Creative Arts



Exercise Program

Douglas House has been busy on multiple fronts; hosting a piano concert, celebrating Halloween with a costume party, continuing cooking classes, running support groups, and the horticulture program has moved indoors where they are now growing lettuce, herbs and spices.

Old Farm Rockport is preparing for winter; the gardens are being put to bed and the generators fueled and tested. Rockport winters can be very harsh along the shore, and we want to be ready. It was also reported that a small **Chess Club** has started there, and at least two “chess masters” are looking for a challenge. It has been rumored a similar club is starting at Douglas House. Time for a Winter Chess Tournament.

The **Wellness Center** at Douglas House hosts a growing physical fitness program. This fall we conducted a fitness study working with five Lexington residents who have had a stroke. Our goal was to introduce them to our physical fitness program and establish some basic goals for achievement.

Four of the five participants have already hit their goal – and the fifth is not far behind. Meanwhile over 40 residents and community members continue to work-out at the center. Every one of them perform to our tagline: **FITNESS. FUNCTION. FUN.**



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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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Supportive Living, INC.

