



• RAISING THE QUALITY OF LIFE FOR SURVIVORS OF BRAIN INJURY •

Giving Thanks

2017 has been a year filled with challenges and accomplishments for members of the Supportive Living community. Fortunately, we have a strong group of friends, partners, and supporters who help us face these challenges, allowing Supportive Living to achieve our objective – improving life for survivors of brain injury.



Howard working out on the treadmill while SLI fall intern Patrice keeps track of his speed.

Howard is healing well. When recently asked how the surgery went he simply said “I’m thankful to all my friends who have supported me, to my family, to the summer interns who visited me, and to everyone at Douglas House.”

At Supportive Living we are all thankful for Howard’s recovery.

Howard’s Story: From Dialysis to the Treadmill

Howard is a resident at Supportive Living’s Douglas House in Lexington. His life has had many challenges. At age 10 he had his first kidney transplant. At 22, while a college student, he fainted due to complications with his health, hitting his head, resulting in a severe brain injury. Howard was in a coma for six weeks, and then spent a number of years in different rehabilitation programs, including two years in a nursing home, while recovering and searching for an appropriate long-term living environment. In 2010, at 27 years old, Howard moved into Douglas House. Howard continued his daily dialysis routine, 7 days a week, while waiting for a matching donor kidney. This July Howard got the call he had been waiting many years for, a matching kidney was available.

A few days later the transplant surgery took place, and Howard spent the next 90 days in and out of the hospital while dealing with complications from the surgery. Finally, a few weeks ago, after 15 years of regular dialysis, Howard was able to end this routine! Last week we got to see Howard running on the treadmill as a participant in SLI’s Brain Injury Wellness program.



Kevin, from the SLI Wellness Center, and Howard getting ready for a bike ride. Howard’s vision is limited, however with some driving assistance he always gets in a good ride.

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Holiday Season Update: Partnerships and Opportunity

Supportive Living is thankful to countless people and organizations who have helped us since our founding in 1991. In 2017 we appreciate those who serve on advisory councils, community volunteers who help with everything needed to operate the organization from facilities to fundraising, and those who have provided financial support. Our Board of Directors have supported SLI every step of the way.

As the year draws to a close we ask you to make a donation to Supportive Living. Your support means that Howard and many of our other residents and those we serve living with brain injuries in the community can find the support they need to move their lives forward. Supportive Living's Brain Injury programs described below can grow with your support.

We wish you and your family and friends a Happy Holiday!

Carrol E. Stephens
Founder and Chairperson of the Board

Peter J. Noonan
President

Partners with SLI's Brain Injury Programs

Supportive Living has developed an innovative model for all the SLI brain injury programs that help improve the lives of people living with chronic brain injury. This model builds on a creative and collaborative effort with our partner organizations who provide specialized assistance for Supportive Living residents and those from the community. We owe a special thanks to the following organizations:

Advocates. Since 2007 has been providing the personal care services needed by Supportive Living residents*. Together we create a residential environment and provide health care services allowing residents the opportunity to live as fulfilling a life as possible.

*Residential Communities: Douglas House, Lexington. McLaughlin House, No. Reading. Old Farm Rockport, Rockport. Warren House, Woburn.



Residential staff, residents and friends enjoying a trip to Boston.

Partners with SLI's Brain Injury Programs, *continued*

AccesSportAmerica. In January 2012 Supportive Living opened the SLI Brain Injury Wellness Center to provide evidence-based physical, cognitive and social fitness programs for survivors of brain injury. The physical fitness program, which has become the foundation of success for all our health and wellness programs, was created in partnership with AccesSportAmerica. This partnership has helped us design additional fitness programs that give participants an opportunity to push themselves to new levels of ability.

Brain Injury Research Council members. SLI's Brain Injury Research council is comprised of academic and clinical professionals in the brain injury field who collaborate, create and evaluate the effectiveness of long-term rehabilitation for survivors of brain injury.

Interns. The Intern Education Program includes partnerships with a number of local colleges and universities providing a consistent group of interns interested in the field of brain injury rehabilitation. Our health and wellness programs rely on these interns for assistance.



Ross Lilley (top left), Executive Director of AccesSportAmerica with his staff (red shirts), and this fall's physical fitness interns (blue shirts).



Volunteers planting bulbs in November.

How to Help

DONATE. Helping survivors of brain injury live a full life would not happen without individual donations.

VOLUNTEER. This year volunteers from Winchester Savings Bank helped the SLI horticulture program by spreading mulch in gardens, while volunteers from Cambridge Savings Bank planted over 1000 tulip and daffodil bulbs.

As our gardening programs grow so does our need for volunteer help. If you have a green thumb, a strong back, or just a willingness

to help please consider volunteering in our gardens. For other volunteer opportunities please contact us. Special thanks to Luc Van Dam from Lexington who donated all 1000 bulbs this fall.

SPONSOR OR ATTEND AN EVENT. Supportive Living hosts a number of events annually to introduce SLI and raise funds to deliver our programs. Sponsoring or attending these events is a way people support our cause. At our recent fall event over 150 friends of Supportive Living gathered for dinner, auctions and a hilarious show by Loretta Laroche.

SPREAD THE WORD. Introduce Supportive Living to friends, professionals, and students. Like us on Facebook. Connect and share us on Instagram.



Guests having a laughter-filled evening with Loretta.



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Return Service Requested

Supportive Living, Inc. is a non-profit organization with a mission to raise
the quality of life for survivors of brain injury.

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