



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

*"Hope is a very important factor in working with people with brain injury. Progress depends on their determination to reach goals they have set for themselves to improve their quality of life. Our goal is to help them set these goals and keep them motivated to achieve them." - Jen R. Summer Intern, Brandeis University*

## Don Spreads Hope

Hope was almost gone for Don R. when he suffered a severe stroke at the age of 49. That stroke, along with other medical complications, caused Don's rapid decline and he was placed in a nursing home. Don was partially paralyzed and unable to walk or talk. According to Don, "I thought I was going to die there." Fortunately, Don did not give up hope. He slowly improved and, over the next few years, was able to regain enough strength to move out of the nursing home into SLI's Douglas House in Lexington.

Soon after Don's arrival in Lexington he started the Adaptive Exercise program at SLI's Brain Injury Wellness Center. From that point, Don's improvement accelerated – and continues today. One of the summer interns working with Don describes it this way:

*"Don is the kind of person who can lift your spirits with a single conversation. Every day that Don works out in the exercise program, he comes with a smile and a keen motivation to fit as many exercises as he can into his session. As we climb the stairs for cardio each day, Don makes lively and thoughtful conversation, asks me about my week and cracks jokes. The energy and humor that Don brings to the 1:00pm fitness sessions always sets a positive mood for the rest of the day. Working with him is the part of my day that I look forward to the most because he meets each new challenge with a laugh."*



Don climbing stairs with Rachel.



*"Don's open friendly personality made it easy for me to connect with him and talk with him - and pushed me out of my introverted comfort zone. In addition to providing me with more knowledge and experience regarding brain injuries, Don helped me become a better communicator and motivator. I was able to apply this open approach to all the participants I worked with. By being himself, Don taught me to be a better and more engaged version of myself. I am grateful I had the opportunity to get to know him throughout the summer."*

*- Sonia T. Summer Intern, Colby College*



## Supportive Living, Inc. Board of Directors

Our board of directors includes family members of survivors, business and community leaders, physicians, and professionals in the field of brain injury.

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## Fall Update: SLI's Education Program

*"SLI's Wellness Center is one of the most sought after sites we offer to students. The students love the experience they receive."* – Professor Amanda S., Ph.D

SLI's mission is to raise the quality of life for survivors of brain injury. Many survivors of stroke, trauma and other brain injuries have lifelong special needs. We address these needs through affordable and supportive housing, health and wellness programs, and educational opportunities.

**There is also a need for more professionals in this field – one of the objectives of SLI's Education Program is to inspire them.**

Survivors of brain injury require and deserve professionals trained to meet their unique needs. Through hands-on internships, SLI is committed to providing undergraduate college students in the fields of neuroscience, neurobiology, health science and physiology, exposure and experience working with survivors - to deepen and inform their understanding of brain injury.



Our growing year-round Internship Program makes it possible to provide our Health and Wellness programming to our residents and to people in our community who have suffered a stroke or brain injury. They all can benefit from our applied research, specialized attention and personal approach to fitness, function and fun.

***"Getting to know Pedro during my SLI internship made me realize this is exactly the kind of work that I want to do with my life."* – Dane M., UMass Amherst**

With our growth comes the need for more space. There is a small abandoned building on our site in Lexington that can provide that crucial space. We have developed and are now implementing a plan to transform this building. We thank the Lexington community – individuals, organizations and town committees - for their wonderful continued support!

Carrol E. Stephens  
Founder, Board Chair

Peter J. Noonan  
President



## New SLI Brain Injury Wellness Center at Douglas House in Lexington

*Lexington supports the renovation of a historic Merriam Hill structure while creating a new home for SLI's Brain Injury Health, Wellness and Education programs. We hope you will participate in the Campaign!*



In 2012, SLI opened our Brain Injury Wellness Center in Lexington, expanding our residential programs to provide lifelong fitness to members of the community affected by brain injury. Today, plans are underway to renovate a small building on that property, providing additional space to increase capacity for our rehabilitation, fitness, music and art programs. This space allows us to serve more people and significantly improve the quality of life for our neighbors, friends and family affected by stroke and brain injury.

*"Over the years my husband had multiple strokes. His exercise in a supportive environment with encouraging helpers has accomplished what years of medication could not do alone."*  
– Jane W., Lexington

Thank you to our Lexington neighbors and the following businesses, organizations and committees for their generous support:

Battlegreen Run Foundation - Cambridge Savings Bank - Dana Home Foundation - Indian Americans of Lexington - Lexington Community Preservation Committee - Lexington Lions Club - Lexington Trustees of Public Trusts



**SLI Brain Injury Wellness Center Capital Campaign Committee:** Michael Martignetti, Susan Bennett, Peter Noonan, Lester Savage, David Wells, Fred Johnson and Norm Cohen (Not pictured: Gary Fallick, Kim Goldinger, Dan Voss, Ada Wong).

## Summer Camp 2018

Over 100 survivors of brain injury participated in this year's Summer Camp, including residents from SLI's residential facilities along with survivors from local communities.



Wheelchair accessible garden paths and a larger tent to keep people cool are upgrades everyone loves!

At Old Farm Rockport the gardens have expanded! Thanks to generous community support, the gardens provide a beautiful and accessible setting for our residents and other community members affected by brain injury to participate in Wellness Programs including art, horticulture, drumming, healthy meals, yoga, and more.



*"Donna's involvement in SLI's Summer Camp has been incredible! From the exercise classes to the art & music at Old Farm Rockport – she is a new person – thank you."*  
– Charlotte, Donna's mother

**Thank you to the following businesses and foundations for significant site improvements and sponsored events:** Alfred E. Chase Charity Fund - Cape Ann Savings Bank - Cell Signaling Technology



Old Farm Rockport hosted the annual Concert & Cookout. It was a very hot day but people had a great time and even danced!



Rachel and Steve

A favorite annual summer event is the Fenway outing and night with the Red Sox. More than 60 people attended the game this year. Our terrific interns were a tremendous help and joined in the fun!

## Meet our New Development Director

Deb Rourke joins SLI with over 20 years of fundraising experience in the Lexington area as both a professional and a volunteer. Most recently, Deb was the Development Director for Lexington Symphony where she significantly increased philanthropic giving for the regional orchestra. She is eager to help support and expand SLI's programs.



## SLI Planned Giving Opportunity

If you have remembered SLI in your estate plans, please let us know. We would like to recognize you as a member of our Planned Giving Society, which has been established to acknowledge individuals who have notified SLI of estate provisions including bequests and other forms of deferred support.

To learn more, please contact Deb at 781-937-3199 or at [drourke@supportivelivinginc.org](mailto:drourke@supportivelivinginc.org)

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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Return Service Requested

