



INTRODUCING:

Live Well

WITH BRAIN INJURY

Live Well with Brain Injury is a new initiative from Supportive Living that offers a variety of events and classes designed for the brain injury community. **Live Well** activities originated in 2012 with the opening of the SLI Brain Injury Wellness Center in Lexington. Starting with the Assisted Exercise program, the Wellness Center began creating and evaluating new wellness programs that were first offered to Supportive Living residents. We opened the Assisted Exercise program in 2013 to community members living with brain injury, and earlier this year we began offering these wellness programs to the brain injury communities located near all our residential facilities and partner sites.



Stretching it out at the YMCA.



Teamwork at CBMW

Virtual Tour

The **Live Well** series offers so many different activities across the various classes and events that we are devoting this issue to a 'virtual tour' of a **Live Well** day. We hope to give you a sense of the full impact of how many different participants enjoy and are motivated by these activities in this tour.

Peter J. Noonan, President

First stop: *Exercise in Marblehead*

This past January we opened a second partner-site Assisted Exercise class at the Lynch/Van Otterloo YMCA in Marblehead. There are five new participants from the local area actively engaged in the class, and five new interns from Salem State University assisting them.



Salem State interns in the back row workout with Donna.

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The Center for Balance, Mobility and Wellness (CBMW)

The CBMW at Gordon College in Wenham is the second stop on our tour, our first partner-site Assisted Exercise program. Even before Supportive Living's Wellness Center opened, Gordon College was one of our first academic partners. The partnership offers opportunities for interns to actively assist in Wellness Programs and learn first-hand about the types of brain injury and their resulting effects.

Third Stop: *Warren House*

Music is the theme for our next virtual tour visit. The Real School of Music is our program partner at Warren House in Woburn and offers a number of opportunities for people to express themselves using music. The "Fabulous Five" group of singers hold our attention the entire class.



Fab Five relaxing before performance.

When we ask the group why they like the music class, we get compelling reasons. "It helps me enunciate", says one participant who has trouble speaking clearly due to his injury. Another participant indicates it helps him "express things he normally can't."

Next stop: *McLaughlin House*

Our next virtual tour stop is North Reading where the horticulture therapy class is underway and participants connect with nature. In the winter months this activity takes place indoors, but as soon as growing season starts they move outdoors to accessible elevated gardens to plant, maintain and harvest their own vegetables, herbs, and flowers.



Horticulture therapy preparing for spring.



Yo-Abilities

While at McLaughlin House we stop in for the chair yoga class. We must be quiet to avoid interrupting the calm mood of the room. However, once the calm is over all participants stretch from their chairs in the 'tree pose' with smiles as wide as their arms.

Fifth Stop: *Old Farm Rockport*

Rockport is home to many summer Live Well activities. This year we are continuing the very popular drum circle and adding chair yoga, expressive arts, healthy gardening, sailing and more. Old Farm Rockport will also host their 4th annual cookout and concert.

Final Stop: *Lexington*

We continue our virtual tour to Douglas House in Lexington and the Healthy Cooking class. Healthy eating habits play a key role in our overall physical fitness and wellness philosophy. Cooking healthy meals together as a group is a fun and engaging way to learn new recipes, be healthy and have fun.



Drum fun in Rockport.



Healthy cooking, and eating!

The SLI Brain Injury Wellness Center

Our virtual tour concludes at the SLI Brain Injury Wellness Center in Lexington where all the Supportive Living wellness and research initiatives began. We drop in on the hallmark program, the Assisted Exercise class, which started here in 2013 with six participants. Today over sixty people a week participate in these exercise

programs. Physical fitness – which includes regular and healthy nutrition, and rest - is the foundation for all our wellness initiatives. The remarkable results achieved by participants have exceeded all of our initial hopes. Physical fitness has become the leading activity helping all of our participants to **Live Well.**



Smiles everywhere – to the left and above – these two guys know how to push hard, while having some fun.
Our motto: Fitness. Function. Fun.

It's a Wrap on our Virtual Tour!

Participants in **Live Well** activities enjoy these classes and activities as opportunities to socialize while improving themselves. We believe that many individuals living with brain injury can indeed **Live Well**. Our job is to help get them there.

Fundraising Reminder

Supportive Living is a private, non-profit charity with a mission to raise the quality of life for survivors of brain injury. To achieve this mission we provide residential, wellness and education programs for individuals affected by brain injury to help live an independent, healthy, and purposeful life. To meet these goals, we ask for financial support from foundations, organizations and individuals who understand the needs of these people and see the benefits to them that our programs provide. For more information on how to support our cause please visit www.supportivelivinginc.org.



Yes, it's time to think golf!

Please join us on June 25th

26th Annual Supportive Living, Inc.

Douglas Stephens Memorial
Golf Tournament

Andover Country Club
60 Canterbury Street | Andover, MA 01810

**Registration is available online or
by calling 781-937-3199**

Douglas House Celebrates 10 years!

This year Douglas House in Lexington will be celebrating its 10th Anniversary. As part of the celebration we are promoting a neuroscience lecture series. Please join us for: **The Neuroscience of Music**, presented by Supportive Living, Inc.

May 10, 2018 at 7:00pm | Carey Library in Lexington

781-937-3199 | www.supportivelivinginc.org

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

Return Service Requested

400 W. Cummings Park, Suite 6100
Woburn, MA 01801

Supportive Living, INC.

