



### PROGRAM UPDATE:

During the Fall 2020 semester, our Neuro-Fit members returned to the gym, got back into a “new normal” routine, and made incredible improvements!

For the Winter/Spring 2021 semester, SLI has incorporated new equipment into the gym for all members in Lexington, such as a mini-cable machine, balance cushions, resistance balls, and a new arm ergometer. Members will continue to receive one-on-one individualized training with this new equipment to improve strength, coordination, balance, and more!

We are still recruiting for our Merrimack Valley Andover YMCA program – for more information please email us at [info@supportivelivinginc.org](mailto:info@supportivelivinginc.org).



Thank you to all the donors who helped SLI reach our fundraising goal for the 25<sup>th</sup> Annual Genesis Battlegreen Run! 100% of your donation went to our residential communities, wellness programs, and scholarship fund!

### Neuro-Fit: Assisted Exercise Class

Each one-hour session in our assisted exercise program features aerobic exercises to improve cardiovascular fitness, functional exercise to improve strength and mobility, as well as challenging balance exercises with one-on-one support to help members work towards specific fitness goals. All classes involve required PPE and temperature checks upon arrival. **\$15 fee per class** (financial aid available).

#### **Limited spots available at:**

- **Neuro-Wellness Center, 7 Oakland St., Lexington |**  
Tuesday/Thursday @ 1pm, 2:30pm & 4pm
- **Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead |**  
Tuesday/Thursday @ 11:30am & 1pm

#### **Full Availability at:**

- **Merrimack Valley YMCA, 165 Haverhill St, Andover |**  
Tuesday/Thursday @ 1pm, 2:30pm, & 4pm

### Occupational Therapy and Neuroplasticity After Brain Injury

Shawn Phipps, PhD, MS, OTR/L, FAOTA tells the inspirational story of the challenges and triumphs of a patient who suffered a severe traumatic brain injury from a motor vehicle accident. The power of Occupational Therapy and Neuroplasticity is described using the CAPE Recovery Model, which requires challenge, action, practice, and evaluation to build new pathways in the brain through the ordinary and extraordinary activities of daily life that support recovery so that individuals with traumatic brain injury and other disorders of the brain can live life to its fullest.

Video: <https://www.youtube.com/watch?v=AEzsxKQ3Gfc>

### Cognitive Exercises for Brain Health

These links act as resources for both games and phone applications that can be used to help improve fine motor, visual perception, language, and memory!

- Best Phone Apps for Stroke Patient Recovery: <https://www.flintrehab.com/apps-for-stroke-patients/>
- Best Phone Apps for Parkinson's: <https://parkinsonslife.eu/five-of-our-favourite-apps-for-people-with-parkinsons/>
- 10 Best Apps to Train Your Brain: <https://www.cnn.com/2014/09/09/health/brain-training-apps/index.html>