

## SPRING 2022

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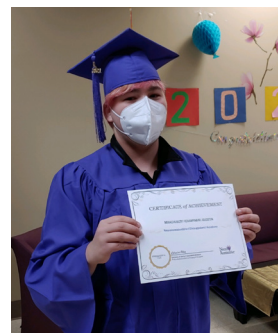
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## Bright Future Ahead: Mac Graduates from NeuroRestorative Academy and Plans For His Future

Mac Austin was adopted from Siberia, Russia, after being in three different orphanages. He was just 13 months old. Adopted by his current parents, Mac resided in the Chicagoland area, attending several schools but struggling with classroom behavior, aggression towards others, leading to psychiatric hospitalization. Mac's parents advocated for him, helping him get special education services and the supports he needed to succeed in school and get on a path for a more successful future. In 2021, Mac joined our NeuroRestorative Academy in Mount Prospect, IL, where we provided Mac with social work, daily life skills, occupational therapy, speech and language pathology, and nursing services.

"It was crucial to us that Mac was close to his family while attending a residential school program. **NeuroRestorative was the place for him because of the home-like environment and size of the school,**" said Krista Austin, Mac's mother. **"It was critical that we find a place that supported Mac and his decisions on how he wanted to live his personal life and support him in reaching those goals. It was his choice to stay at the program after he graduated due to enjoying all NeuroRestorative offers him."**

Mac, 19, recently graduated from the Academy program and decided to continue services at NeuroRestorative's Residential Program in Palatine, IL, until he is ready to return home. Mac has plans to become a Phlebotomist and wants to learn Russian. **"NeuroRestorative gave me more opportunities than other schools. They gave me a lot of life skills and support on how to care for myself. I have future plans to expand my education and get my own apartment,"** said Mac.



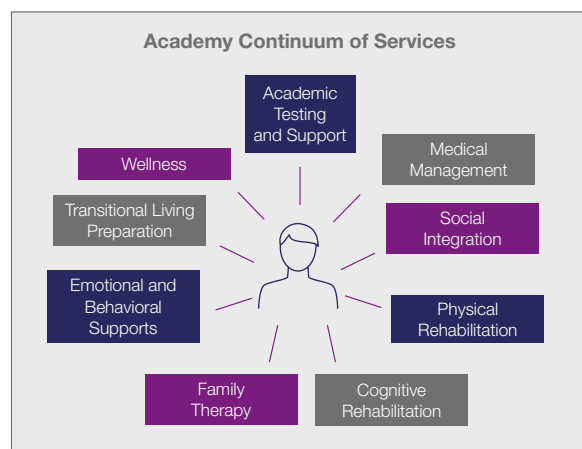
## Make a Referral

Let our caring professionals help you find the right services and resources for your patient or loved one.

 **Call**  
**800-743-6802**

Scan the QR code to view video Mac and his mother, Krista, following Mac's graduation.

To learn more about our NeuroRestorative Academy, please call 800-743-6802.



# Message from the President

Friends and Colleagues,

Happy Spring. I am looking forward to the change in season and the warmer weather this season will bring. I continue to be extremely grateful to all of our team members and partners for their dedication to providing specialized health care for the individuals we serve. Without our team members, our mission would not be possible.

I am happy to announce that our NeuroRestorative Academy has expanded in Bloomington, IL, serving children and adolescents who present emotional disturbance, multiple disabilities speech and language impairments, or other health impairments, including brain injury or neurologic impairment. Our residential and day programs help students who demonstrate perceptively high frequency/high magnitude behaviors requiring trauma-informed, person-centered environments of care that support each individual to reach their highest potential in a supportive, academic environment.



In addition, Rainbow Rehabilitation Centers, Resilient Life Care and Rehab Transportation will now be operating its Michigan programs as NeuroRestorative. This positive transition will help us increase access to quality services and offer employment opportunities for the Michigan community.

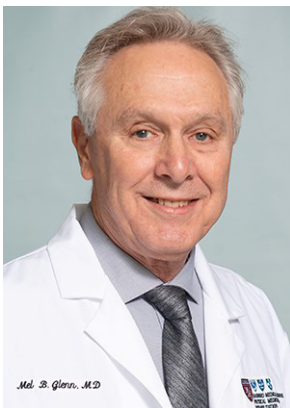
In this quarter's newsletter edition, we have highlighted our comprehensive stroke program, which treats the challenges following a stroke with best-in-class, evidence-based rehabilitation medicine. Additionally, you will read success stories from individuals who have experienced traumatic brain injuries, a student who graduated from our NeuroRestorative Academy, our team member highlights, and more.

Regards,

**Bill Duffy**

President, NeuroRestorative

A handwritten signature in black ink that reads "Bill Duffy". The script is fluid and cursive.



Hello Friends and Colleagues,

Throughout the month of March, we have honored Brain Injury Awareness Month by creating a brain health & wellness activity calendar for our team members to participate in completing. It was fun seeing our team members work together, raising awareness on brain injury and brain health.

We've recently welcomed a team of Medical Directors from Rainbow Rehabilitation Centers, Resilient Life Care and Rehab Transportation. I am looking forward to working alongside each of these Medical Directors in helping to provide the best supports and services for the individuals we serve. We've also received CMS certification for our 12-bed Skilled Nursing Facility in Dallas, TX. The addition of a skilled nursing program in this area allows us to serve people closer to the time of injury and continue to serve their habitation needs as they transition to our neurorehabilitation program on the same campus. It's a true continuum of care from coma to community to college and career.

**Did you know?** NeuroRestorative has a team of 70+ Medical Directors, serving individuals across 26 states. Our Medical Directors provide direction and consultation related to an individual's overall medical and health services at all of our program locations.

Sincerely,

**Mel Glenn, MD**

National Medical Director

# Telling Her Story Through Art: Rachel, TBI Survivor, Uses Art to Heal

Rachel suffered a stroke three years ago at age 37, causing a brain injury. She was treated at a hospital for three months and then to a nursing home for four months, having to relearn how to walk, talk, and feed herself. Rachel's mom took the initiative to get Rachel the support and services she needed to become more independent, connected with our admissions coordinators and transferred Rachel to our NeuroRestorative Lexington, KY, program.

Since joining the program, she has worked tremendously with her therapists on physical, occupational, and speech therapy and counseling. When She first started therapy, Rachel had difficulty with daily life skills such as communicating, walking, and usage of her right hand due to loss of mobility, but has proved herself to be a fighter, and is now able to live alone.

"Rachel has been one of the most motivated people I have ever supported. She comes in each day ready to work hard and asks for things outside of therapy to help her rehabilitation," said Leslie Atwood, MS/CCC-SLP, CBIS, Speech-Language Pathologist. "She started in our program three years ago, unable to say anything other than her first name. Now, she lives independently and actively gets involved in the community by volunteering. She is a true success story!"

Before her injury, Rachel was an avid artist, drawing detailed and animated animals and creatures. Today, she continues to create art but has taken a different approach, creating pieces symbolizing nature, peace and serenity. Her future goal is to start an Etsy shop featuring her pieces. She credits NeuroRestorative's supports and services for where she is today. "I wouldn't be where I am at today without my therapists. I am in my own apartment and advancing every day," said Rachel.



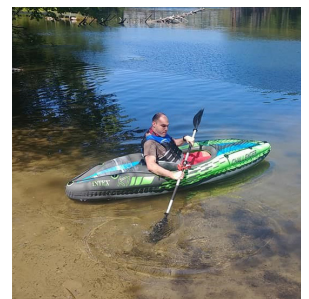
Pictured: Leslie and Rachel



# Unstoppable: Chris Mallette's Recovery Back to an Active Life

At eight months old, Chris suffered a prenatal stroke while in his mother's womb, causing some lifelong underlying health issues. In first grade, he fell and hit his head on the sidewalk, causing a brain injury and hematoma. He needed an emergency craniotomy and after surgery, participated in a variety of therapeutic programs. Eventually, in 2017, Chris was referred to NeuroRestorative's Standish, ME program in the hopes that NeuroRestorative would help him become more independent.

Chris has worked on Occupational, Physical, and Recreational Therapy and attends counseling in our outpatient program. His goals were to get back to his active lifestyle, which he was able to do with the help of our dedicated care team. Chris currently works at a local hardware store as the System Administrator and Cashier. He enjoys woodworking, rock-climbing, kayaking, and biking. He is now advancing his education and certifications to get a position in cybersecurity. Chris credits NeuroRestorative for getting him back to doing what he loves in the community and continuing his education.



"I would be less successful without services provided by NeuroRestorative. My previous outpatient program didn't offer as many options as NeuroRestorative," said Chris. **"My therapist(s) are willing to go above expectations to see me succeed. I don't think I would be able to take high-level college-level courses and taking certifications without the support I get from NeuroRestorative."** At NeuroRestorative, we are proud to help serve people like Chris get back to doing what they love in their homes and communities.

## Better Together: Twin Sisters, Katrina and Barbara, Credit NeuroRestorative for Helping Them Find Confidence and Self-love

Katrina and Barb had a challenging childhood, which caused both to deal with depression and mental health issues. They came to our NeuroRestorative Chicagoland Academy in 2019 to attend school in a supportive, therapeutic environment and be surrounded by children who were going through similar emotions and situations. Both sisters recently graduated from the program. As their own legal guardians, both decided to stay in NeuroRestorative's residential and vocational program due to enjoying the supportive environment and progress they've both made. "Despite all the hardships, Barb and Katrina never gave up. I'm amazed at how resilient both can be. I'm so proud of Barb and Katrina's accomplishments, thanks to their hard work and our great team," said Camelia Botez, Program Director.



Katrina credits NeuroRestorative for where she is today. Having suffered for many years, she now is able to say she is happy and looking forward to her future. "I now enjoy life. But, I want others like me never to give up. No one is perfect, and life isn't perfect," said Katrina.



Barb and Katrina are focusing on the next step in their life, which they noted leads to living a successful life, college, and continuing to work on self-love. They both have goals to go to college and do what they can to give back to the community. They do that by volunteering at Feed My Starving Children, which provides meals for kids specially designed to assist in reversing and preventing undernutrition. "NeuroRestorative has not only taught me how strong and brave I am but also brought out a side of me and my love to help others and give back," said Barb.

Barb and Katrina are planning on continuing to live together, getting an apartment once they leave NeuroRestorative. **Scan the QR code to view a video both sisters sent in thanking NeuroRestorative for their support and services over the years.**

## Josh Howe Follows His Dreams as an Entrepreneur

In 2004, Josh Howe, 15, collapsed after experiencing a headache. Rushed to the hospital, doctors discovered a brain tumor, which had been growing undetected since birth, was the size of a plum that would've taken his life within hours. Josh immediately had surgery to remove the tumor, and his rehabilitation journey began.



Josh had gone to various other rehab programs before joining NeuroRestorative's Kennebunk, ME, supported living program in 2013, which he calls "heaven on earth." Needing to work on his physical and mental health, our support staff put together a plan to get Josh back to his active life as an entrepreneur.

Now 33, Josh continues his physical and cognitive therapy at NeuroRestorative while running two businesses as a photographer and fisherman. Josh is passionate about nature and takes photos throughout Maine, creating notecards with his photographs, which he sells at a local market and on Facebook. He also makes and sells streamer flies for fishing and sells them at a local bait shop, Uncle Lunkers in Bridgton.

**"NeuroRestorative has provided a nice comfortable, stress-free environment to live in. I love living here,"** said Josh. **"It took me years of rehab to get to where I am today. The best advice I could give to others is to live the best life you can. Accept yourself and live in the moment."** Josh has goals to expand both businesses and get his own apartment soon.



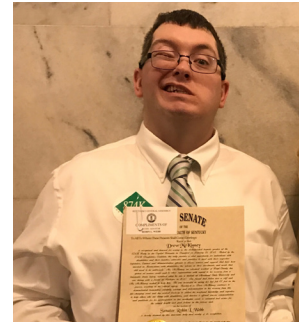


# A Real Life Hero: Drew McKinney Puts His Life on the Line to Save His Friend

In March of 2010, Drew McKinney went on a routine hike with seven friends, not knowing his life would forever change within a blink of an eye. One of Drew's friends slipped on the hill, causing her to fall, and she was lucky enough to grab onto a tree while falling down the mountain. Drew rushed down to grab her and push her to safety, only to then fall himself -- 87 feet. He saved his friend's life. Unfortunately, Drew was left with broken bones in his face and body and suffered a brain injury. He was rushed to the hospital, where he was in a coma for five months.

Drew was unable to walk, see out of his right eye and had impaired speech. Knowing the active life Drew has lived, Drew's family was determined to get him into a rehabilitation program that would get him back to his active life as an outdoorsman. So, Drew came to our Ashland, KY, program to work on Occupational, Physical, Speech, Cognitive Therapy, and daily life skills. In addition, Drew's injury has caused him to read and see everything upside down, although he has not let that stop him from pursuing his dreams.

Drew continues to do exceptionally well in his therapies in our residential program, which has prepared him to expand his education at Ashland Community College and plan to become an occupational therapist assistant. Drew hopes his story can motivate others not to let certain circumstances stop them from pursuing their dreams. Drew is passionate about sharing his story and has given a speech at the Frankfort, KY, State Capital in advocacy for TBI. In addition, he remains in touch with the woman he saved, who is doing well and has started her own family.



## Employee Highlight: Lonnie Carpenter, MS, CCC/SLP, CBIS, Speech-Language Pathologist, NeuroRestorative Ashland, KY

Lonnie "Sonny" credits NeuroRestorative for allowing him to have a rewarding career, helping change people's lives. Seeing individuals who he's supported achieve monumental goals such as returning to work, college, speaking in front of large groups are the moments that make him realize his impact. Sonny's primary focus has been helping those with neurology and traumatic brain injury. He decided to get certified as a brain injury specialist (CBIS) because of his passion for helping others and desire to provide even better, more knowledgeable services for the individuals we serve.

"NeuroRestorative offers a unique blend of challenges with the safety net of trained and knowledgeable staff. I think it is the best place for an individual who has experienced a TBI because they can work with team members who are experts in the rehabilitation of the multitude of deficits that can arise following a TBI," said Lonnie.

**"Additionally, NeuroRestorative offers a sense of community within the facility as individuals with a traumatic brain injury get to work alongside others that have also experienced trauma and understand the unique challenges one can face following a TBI.** The multidisciplinary approach of multiple services (e.g., speech therapy, occupational & physical therapy, counseling services) allows us to develop highly individualized treatment protocols to assist survivors of a traumatic brain injury in their recovery."



Pictured: Sonny and Drew

## We're hiring! Join our mission.

We're made up of caring team members dedicated to helping the people we serve grow and live well.

Scan the QR code to search for job opportunities near you!



# NeuroRestorative's Stroke Speciality Day Program

At NeuroRestorative, we believe that after stroke, individuals can do more than recover. They can thrive. Our stroke specialty program provides ongoing medical management and skilled rehabilitation treatment to minimize impairment while helping people regain as much independence and functioning as possible.

Our Day Treatment Stroke Specialty Program provides therapy care to help individuals recover from:

- Arteriovenous Malformation (AVM)
- Cerebral Vascular Attack (CVA)
- Transient Ischemic Attack (TIA)
- Brain Aneurysm
- Brain Stem Stroke
- Hemorrhagic Stroke
- Ischemic Stroke
- Traumatic Brain Injury

## Supports and Services

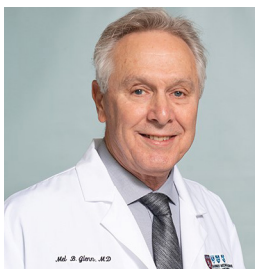
Our comprehensive program treats the challenges following a stroke with best-in-class, evidence-based rehabilitation medicine to address:

- Paralysis or problems controlling movement
- Sensory disturbances including pain
- Problems using or understanding language (aphasia)
- Problems with thinking and memory
- Emotional changes



## The Expert Corner: Quick Tips & Reminders

Mel Glenn, MD, National Medical Director, NeuroRestorative









### May is National Stroke Awareness Month.

**It's important to know the signs of a stroke and B.E F.A.S.T. If you or a loved one experience any of the below warning signs, call 911 immediately.**

NeuroRestorative's specialized stroke programs are individually designed to help individuals relearn skills, regain independence and improve safety and quality of life. If you or a loved one have experienced a stroke and need rehabilitation support, please call 800-743-6802.

## SPOT A STROKE

Learn the warning signs and act fast.

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>
					
Loss of balance, headache or dizziness	Blurred vision	One side of the face is drooping	Arm or leg weakness	Speech difficulty	Time to call for ambulance immediately

**CALL 911 IMMEDIATELY**



NEURO  
INSTITUTE

Continuing Education for Rehabilitation Professionals

Neuro Institute offers monthly, one hour online CEU opportunities spanning a variety of topics related to rehabilitation services for individuals with brain, spinal cord and medically complex injuries and other challenges. Below is upcoming event. **Past presentations are available to view for credit by visiting: [neurorestorative.com/institute](https://neurorestorative.com/institute).** CE credit for Case Managers (CCMC), Social Workers (NASW), and Florida RN which provides National Nursing Continuing Education Courses Certification in every state with the exceptions of New Hampshire, Ohio, and Georgia. All other attendees will receive a general certificate of attendance.

FRIDAY, APRIL, 29 2022, 12-1 PM (EST)



**Topic: Mood Disorders in Traumatic Brain Injury**

**Speaker: Clausyl Plummer, MD**

**Learning Objectives**

- To explain the relation between anatomical structures of the brain and their clinical significance.
- To identify and summarize the various types of mood disorders after a TBI.
- To compare treatment options for mood disorders in TBI.

To register or learn more, visit [neurorestorative.com/institute](https://neurorestorative.com/institute).

## NeuroRestorative Heroes

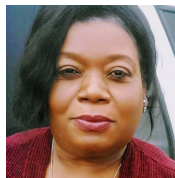
NeuroRestorative Heroes celebrates team members whose actions make them a hero to those we serve or their colleagues. This quarter, we celebrate six outstanding employees for their dedication to the individuals we serve.

### FY22 Q2 Heroes



**Ashley Ferris, PTA**

Physical Therapy Assistant  
NeuroRestorative Michigan



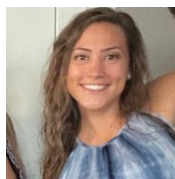
**Latanza Smalls**

Life Skills Trainer  
NeuroRestorative Texas



**Colleen Kelly**

Life Skills Trainer  
NeuroRestorative Ohio



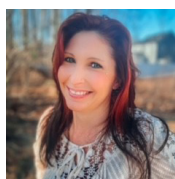
**Ashley Wiederhold, RN**

Registered Nurse  
NeuroRestorative Colorado



**Julie Mennealy**

Office Manager  
NeuroRestorative California



**Sheila Woychowski**

Residential Supervisor  
NeuroRestorative Maine

**It's important to us to give our team members the recognition they deserve. Do you know a NeuroRestorative employee whose actions make them a hero to those they serve or to their fellow colleagues? Nominate a Hero today! Scan the QR code to submit your nomination(s).**

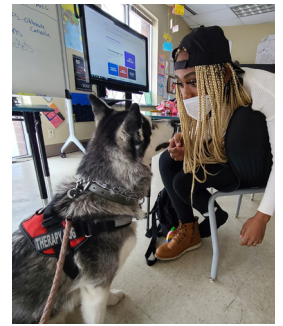


# Pet Therapy Program Helps Support Students at our NeuroRestorative Academy

NeuroRestorative Academy provides a supportive academic environment where students feel included, proud and comfortable with who they are, preparing them for who they will become. Having a dog therapy program helps provide physical stimulation and assist with mental and physical pain management. In addition, it gives students greater self-esteem and focused interaction with their classmates and teachers.

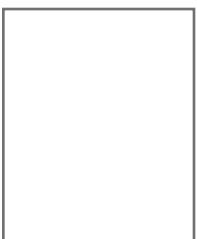
Aga Wojtowicz, MA, CCC-SLP, QBISP, Speech-Language Pathologist, has worked with MAST Therapy Dogs since 2020, which has worked with our programs to allow dogs to visit our program every other week. The dogs have to undergo rigorous training before being accepted into the program. **"The dogs are an integral part of our program and an important part of our students' lives,"** said Aga. **"I get asked several times a week when the dogs are visiting. As a result, they are learning skills such as compassion, patience, and improving morale and mental well-being."**

Not only do our students enjoy hanging out with the dogs, but so does our staff. The dogs allow our students to feel supported and loved in a way they may not have felt before. "This deeper bond awakens the innocence, the spontaneity, and the open-heartedness in both the individuals and the staff," said Tim Thomas, Special Education Teacher. **More inside on our NeuroRestorative Academy.**



Pictured top to bottom: Maddy & Therapy Dog, Luna. Kalob & Therapy Dog, Tigger, NeuroRestorative Academy Chicago, IL

Contact us: 800-743-6802 | [neurorestorative.com](https://neurorestorative.com) |



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