

SUMMER 2021

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

 **Call**
800-743-6802

Paying it Forward: NeuroRestorative Employee and Program Participant Repair Unused Equipment to Help Those in Liberia

Michael Cyr, Physical Therapist, challenged team members and individuals at our Sebago, ME, program to a community service project in collaboration with Partners for World Health (PWH). Michael recently started working with PWH to assist in setting up a graduate chapter of the organization. Based out of Portland, ME, PWH collects medical supplies and equipment from healthcare facilities and donates them to countries with poor health infrastructure and limited resources. Their efforts also serve to keep the environment clean by diverting materials out of landfills and lowering the price of healthcare by minimizing disposal costs.

Michael reached out to his contact at PWH and found out about a need for wheelchairs and adaptive equipment for a community in Liberia. Michael worked with team members at the Sebago, ME, program and other NeuroRestorative programs in Maine. Mike Sorrells, a program participant who had also volunteered for PWH in the past, partnered up with Michael in the effort. "We took the project head-on. We started gathering unused and discarded wheelchairs, walkers, shower chairs, oxygen paraphernalia, etc., from our group homes, cleaning them and doing minimal repair work," said Michael.

Mike Sorrells, who is very passionate about helping those in need, put his special touch on the project. Mike collects four-leaf clovers—having a stock of over 1,000. He took it upon himself to tape a four-leaf clover to each piece of equipment they donated. "It is something I like doing, collecting four-leaf clovers. I can't hold on to all this luck myself, so I decided I would give it to strangers in hopes it gives them luck," said Mike. "I just hope our efforts improve their life a little bit."



For more information on our programs and services, please call 800-743-6802. To learn more about PWH, please go to partnersforworldhealth.org/about-us.

Message from the President

Dear Friends,

At NeuroRestorative, we are continually honored to support individuals of all ages with brain and spinal cord injuries and serve people who face neurodevelopmental and neurological challenges, including stroke. We provide a full continuum of supports in 26 states, including programs tailored to the needs of infants, children, adolescents, injured workers, military service members and Veterans.

Though this past year has been a challenging time for many, I hope the change of season and warmer weather brighten your days ahead and allows you to get outside and enjoy the outdoors. I am happy to share some news from our organization over the last few months.



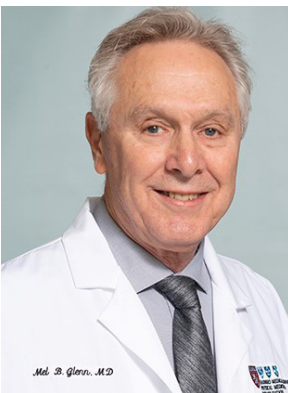
The number of those vaccinated across our organization continues to rise, making me very hopeful for the future. Our communities are starting to see the light at the end of the tunnel, and our staff and individuals who have received the vaccine continue to be a part of that.

I am excited and proud to welcome Sage Care Therapy Services, expanding offerings to include home-based delivery of pediatric therapies for children and adolescents in North Texas. Having missions that align, Sage Care provides physical, occupational, speech, and feeding therapy in the home environment, helping children gain independence and success.

In this quarter's newsletter edition, we have highlighted our NeuroRestorative comprehensive stroke program, which treats the challenges following a stroke with best-in-class, evidence-based rehabilitation medicine. You will read various success stories from program participants we have been fortunate to serve and staff members I am fortunate to call my colleagues in this work. I am proud of our team members and all they do to go above and beyond to help those we serve.

Regards,
Bill Duffy
President, NeuroRestorative

A handwritten signature in black ink that reads "Bill Duffy".



Hello friends and colleagues,

I am continually delighted to hear the many stories of people we serve at NeuroRestorative. In this quarter's newsletter, you will read about the journeys of a few of those we have served as they recover from a stroke. NeuroRestorative's specialized stroke programs are individually designed to relearn skills, regain independence and improve safety and quality of life. The severity of stroke complications and each person's ability to recover vary widely. Research has demonstrated that people who participate in a focused stroke rehabilitation program perform better than most people who don't get this option of stroke rehabilitation (see page 4 & 5 for outcomes data). Please help share the stories of people who recover well after stroke—with focused treatment, dedication and hard work.

Sincerely,
Mel Glenn, MD
National Medical Director

Gill Recovers from COVID-19 and Returns Back Home

Gilbert Kersey was admitted to the hospital and put on a ventilator in October of 2020 after having difficulty breathing following contracting COVID-19. He then was transferred to the Intensive Care Unit, where he stayed for two months, which was just the beginning of his recovery process. Gill received a brain injury from COVID-19 and needed therapy to help him gain back basic living skills. When Gill was able to leave the hospital, he went to a rehabilitation facility but did not make enough progress. It was in early 2021 that Gill was referred to our NeuroRestorative Garland, TX, program. Although it has not been easy, Gill fought COVID-19 and is now making strides in his rehabilitation.

Before having COVID-19, Gill lived a very active life. He was an enthusiastic fisherman, truck driver, actively involved in his church as Kaufmann chaplain, and a volunteer with prison ministry. With his faith and determination, Gill knew he would have to work hard in therapy to get back to his active life.



When Gill first started his therapy at NeuroRestorative, he was dependent on oxygen and a wheelchair and unable to stand. His therapy team worked with him on an individualized care plan, including physical, occupational, speech, and respiratory therapy. After the first month in treatment, he could stand up and walk with support of a walker. Over time, he became more independent. "It's amazing how much progress I have made here. The full-day schedule here makes a difference and has been really good for me," said Gill.



"NeuroRestorative was different. The care staff was phenomenal. I can't praise everyone enough. I could call up there anytime, and they were there to answer," said wife, Kim Kersey.

"I wish we found NeuroRestorative earlier, but he got there when he needed to be there, and they were there for him. They pushed him and made him prove himself."

Natalie Jackson, LBSW, Program Case Manager, has worked with Gilbert throughout this time at NeuroRestorative and is proud of the success he has achieved. "Every day of this journey, he has woken up to look adversity in the eye, using his weakness as motivation, overcoming all obstacles in his way with gratitude and appreciation for the fragility of life," said Natalie.

Today, Gill can be away from his oxygen tank and can keep up with his workout therapy. Best of all, he is home with his family and is working hard to get back into the community and doing what he loves.

SPOT A STROKE

Learn the warning signs and act fast.

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
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

NeuroRestorative's Stroke Specialty 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

Our Team

Our experienced and skilled clinical specialists include:

- Physicians and Rehab Nurses
- Neuropsychologists
- Physical Therapists
- Social Workers
- Occupational Therapists
- Speech-Language Therapists
- Vocational Therapists
- Therapeutic Recreation Specialist
- Neuropsychologist
- Social Workers



For more information on our supports and services, please call 800-743-6802.

NeuroRestorative Stroke Program: FY21 Residential Rehabilitation Outcomes

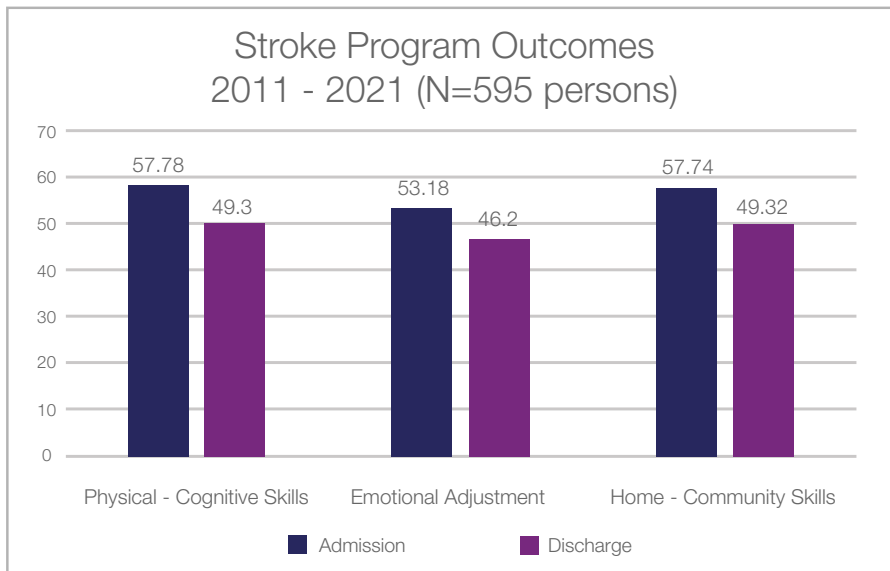
NeuroRestorative provides comprehensive rehabilitative treatment for those individuals suffering from the effects of cerebrovascular accidents (e.g., stroke). The program is designed to meet the individualized needs and promotes independence in the home and community. Research completed (Lewis and Horn, 2017; Horn, Lewis, Kincaid & Russell, 2018) revealed the positive effect of NeuroRestorative's stroke programs for reducing disability from admission to discharge. In addition, stroke recovery tended to have a shorter length of stay and less behavioral disruption than traumatic brain injury rehabilitation.

Outcomes are measured using the Mayo Portland Adaptability Inventory Version – 4 (MPAI-4). The MPAI-4 outcome measure is based upon 27 functional items in three areas:

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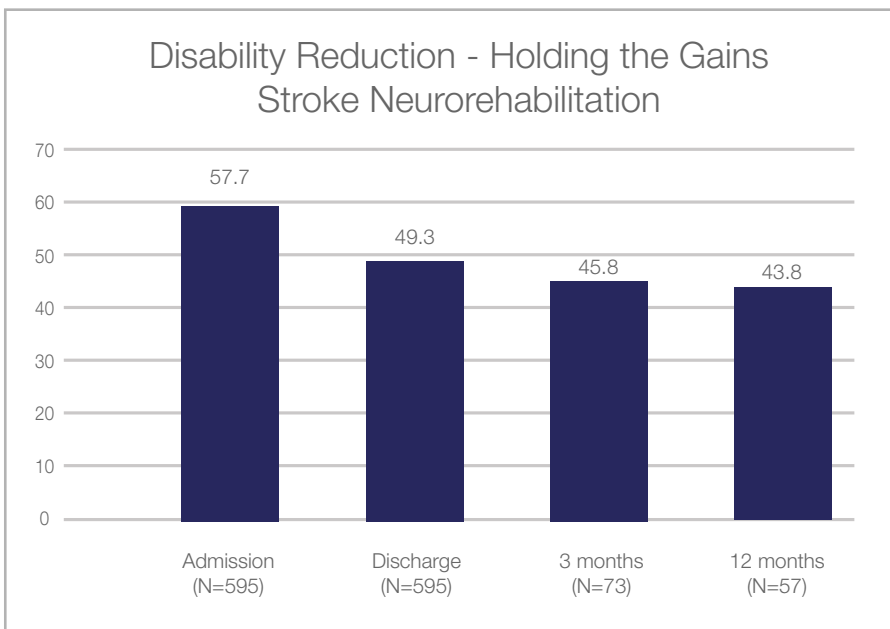
- Abilities (physical, communication, and cognitive functioning).
- Adjustment (emotional, behavioral, social and family functioning).
- Participation (initiation of activities, self-care, home skills, community involvement, and vocational readiness).

Lower scores represent less disability.



Holding the Gains Following Post-Hospital Rehabilitation:

The gains continued following discharge: 12% of the sample was evaluated at three months and 10% of the sample at 12 months post-discharge. These results show that continued modest reduction and stability of gains was demonstrated at one year. **This data indicates that gains achieved in the rehabilitation program continued after discharge.**



Persons Served Demographics

PROGRAM

**National Neurorehabilitation Reference
(N = 595)**

GENDER

60% Male

40% Female

AVERAGE LENGTH OF STAY

• 94 days.

• Average gain of 8 points by discharge.

ONSET OF INJURY TO ADMISSION

80% had chronicity <6 months duration

ADDITIONAL DATA

• 12% of persons served with stroke required supported care after active rehabilitation.

• 2% of persons served with stroke required neurobehavioral programming.

• 63% returned to a home environment at discharge.

• 6% returned to the hospital for medical complications.



Carl Suffers a Stroke, Graduates from NeuroRestorative's Tyler, TX, Program and Joins the team as Maintenance Director

Carlton Hogan came to NeuroRestorative's Tyler, TX, program following a stroke in 2018. When Carl got to NeuroRestorative, he had no use of his right arm or leg, had impaired speech, and could not walk. With his therapy team's help, Carl made considerable strides in his therapy, allowing him to get back to an active life at home, his community, and join NeuroRestorative as Maintenance Director for our Houston, Tyler, and Garland programs in Texas.

After only a few months of therapy, Carl noticed his progress. Carl's therapy team worked daily with him on physical, occupational, and speech therapy, especially his fine motor skills. His team made sure to incorporate his career goals into his therapy sessions, such as walking up and down stairs and on ladders. "Part of my job was to help him improve his speech quality, but the biggest part of my job was to help him identify and acknowledge his deficits," said Kristy Easley, Speech Language-Pathologist. "Once he began to acknowledge that he had to use new strategies to support his areas of weakness—he began noticing errors on his own and was able to make corrections independently."



After graduating from his program, Carl joined a support group that Kristy puts on through NeuroRestorative for individuals who have been discharged from the program or are from the East Texas community. Having known his extensive background in the building maintenance industry, Kristy mentioned the open maintenance director position at NeuroRestorative. Carl applied and got the job. In his current role, Carl oversees the maintenance and repair duties of our various programs in Texas. Whether it is changing light bulbs, electrical repairs, or building maintenance—Carl is there to get the job done well.

"Be patient. Work the program and do what the therapist tells you to do. No matter your opinion on what they have you do—just do it. Everything helps. The therapists have your best interest, and everything is necessary. Trust me."

To learn more about our career opportunities, visit us at jobs.thementornetwork.com.

A New Outlook on Life: Tracy Continues to Work Towards Her Goals



Tracy Morison came to our NeuroRestorative Lawrenceville, NJ, program in December 2020. Tracy was experiencing short-term memory and physical challenges following a cryptogenic stroke. Before coming to NeuroRestorative, Tracy was in a nursing home. Tracy's family wanted a program better suited for Tracy's success. "We chose NeuroRestorative because it was clear that it would be a good alternative for Tracy. Our goal was to get her to be functional and to take care of herself again," said Bill Karnuk, Tracy's father. "We connected with Andre Kerr, Clinical Evaluator, and he made a tremendous effort to get her in the program."

Tracy is paralyzed in her right arm and leg and has challenges with her speech. Tracy expressed to the NeuroRestorative team that her main goal was to be independent and live at home. The care team work with her on basics like washing, dressing, meal planning and other skills to prepare her for a more independent life in the community. "Tracy is a determined

individual who is working towards her goal to become independent where she can access the community as she once did," said Andre Kerr, Clinical Evaluator.

Tracy's strength and determination are helping her make progress. "Tracy has greatly improved on her speech and independently uses her strategies within a conversation to better connect with others," said Speech-Language Pathologist Karin Fortin. Her father has noticed a positive change, too. **"Her outlook on life has improved," said Bill. "She has a whole new meaning to life. My advice to others going through something similar is to not give up and to keep doing what you can do. Access the available resources."**



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 a schedule of upcoming events. **Past presentations are available to view for credit by visiting: 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, JULY 30, 2021, 12-1 PM (EST)



Topic: Pain: An Overview of Mechanism and Management in Acquired Brain Injury

Michael Cyr, Physical Therapist, NeuroRestorative Sebago, ME

Learning Objectives

- The learner will understand the basic mechanisms of pain.
- The learner will differentiate between types of pain.
- The learner will understand pain's effect on us and our effect on pain.
- The learner will recall pain management strategies in a brain injured population.

*This class does not provide CEU credits for NASW.

To register or learn more, visit 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.

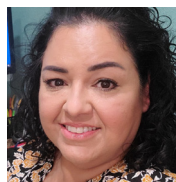
At NeuroRestorative, we are proud to have an amazing team of employees dedicated to making a difference in the lives of people with brain, spinal cord or medically complex injury, illnesses and other challenges. From clinicians to direct care workers to administrative support staff, everyone in the NeuroRestorative family plays an important part in ensuring the delivery of services that enhance quality of life. "On behalf of everyone at NeuroRestorative," said Bill Duffy, President of NeuroRestorative, "I want to thank all of our passionate and dedicated employees and congratulate all our Heroes."

FY21 Q3 Heroes



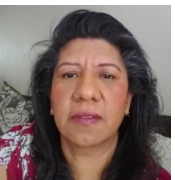
Lillian Chick

Residential Supervisor
NeuroRestorative Maine



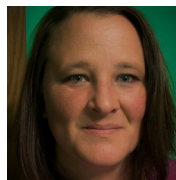
Dolores Estevez

Nursing Assistant Director
NeuroRestorative California



Sofia Cortes, CNA

Administrative Assistant
NeuroRestorative California



Stasha Rankin

Residential Supervisor
NeuroRestorative Kentucky



Harry Edwards

Residential Supervisor
NeuroRestorative Illinois



Chelsea Rumbo

Certified Occupational Therapy Assistant
NeuroRestorative Texas

Tell us how we are doing! Your Feedback is Important to us.

We want to hear from you, whether it is to let us know about a team member who has gone above and beyond or to tell us how we can improve the services and supports we provide. To let us know what we can be doing to better serve you, a family member or the community, please contact our Compliance Hotline (toll-free): 800-297-8043.

For more information or to make a referral:

☎ 800-743-6802

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