

Lexington Douglas House Announces 2017 Summer Camp for Brain Injury Survivors, Seeks Participants and Volunteers

Douglas House, a Supportive Living, Inc. residential facility for brain injury survivors kicks off their 2017 Summer Camp with expanded programs in horticulture, physical fitness and cooking. Located in downtown Lexington, the home of the former Lexington Press was inaugurated as Douglas House in 2008, a facility providing independent affordable housing for brain injury survivors. The Supportive Living Summer Camp provides a variety of community-based health and wellness programs for survivors of brain injury. These programs are part of Supportive Living's Total Health initiative that includes a range of physical, cognitive and social fitness programs.



Similar to a community gardening project, the horticultural therapy program includes wheelchair accessible raised beds and employs square-foot gardening techniques. The \$50 fee covers the cost of garden bed material, compost and water. Produce from the gardens feeds the Douglas House residents with the overflow donated to local food banks. The program seeks volunteers to help brain injury survivors select, plant, nurture and harvest.

The physical fitness program is a vigorous exercise class that offers 25 minutes of cardio, and 25 minutes of strength and stretching. This program includes one-on-one assistance from a Supportive Living intern. One hour classes offered Tuesdays and Thursdays, June 6 through August 10, at 12:45 and 2:00pm. Fee \$10 per person.

The cooking classes unite residents and other Lexington community members to create nutritious and delicious favorite dishes. Offered Fridays, June 9 through August 11, 1:00 to 2:00pm. Fee \$2.5 per class.

All programs are open to brain injury survivors and a sliding fee scale is available to those of limited means. Interested participants or volunteers should contact Supportive Living, Inc. at 781-937-3199, www.supportivelivinginc.org.