

Old Farm Rockport Set for 2017 Expanded Programs, Seeks Participants and Volunteers

Old Farm Rockport, a Supportive Living, Inc. residential facility for survivors of brain injury continues the popular horticultural therapy program in 2017 and offers expanded 'Summer Camp' programs. The Old Farm Inn at Halibut Point in Rockport started a new life in 2014 as a residential facility providing independent affordable housing for brain injury survivors. In 2015 the facility inaugurated a horticultural center because the therapeutic practice of gardening is proven to have significant physical, social and cognitive benefits and has been specialized in the field of horticultural therapy.



The SLI Brain Injury Wellness Center incorporates horticultural therapy in a program of total health activities that include physical and cognitive fitness and social adaptation for brain injury survivors. Similar to a community gardening project, the horticultural facilities include wheelchair accessible raised beds and employ square-foot gardening techniques. Produce from the gardens feeds the Old Farm Rockport residents with the overflow donated to local food banks. The program is open to any individual suffering from brain injury. \$50 fee covers the cost of garden bed material, compost, and water. The program seeks volunteers to help brain injury survivors select, plant, nurture and harvest.

New in 2017, the facility is also offering a drum circle-music therapy program. Participants choose from a variety of percussion instruments to perform a number of drum exercises. Drum therapy taps into the mind and body providing a new creative outlet. On Thursdays June 8 through August 10, the 1 hour classes are offered at 10:00 and 11:00am. Fee \$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.