

2021 YEAR IN REVIEW

TABLE OF CONTENTS

| • | A Message from Leadership | 3 |
|---|-----------------------------------|----|
| • | Programs | |
| • | VIP Program | 5 |
| | Operation Rise | |
| • | Brain Booster. | 7 |
| • | Provider Spotlight | 8 |
| • | Referral Statistics | 9 |
| • | Website and Social Media Presence | 10 |
| • | Conferences | 11 |
| • | Making NCC a Great Place to Work | 12 |
| • | New Faces | 13 |
| • | NCC Updates | 14 |
| • | Trainings | 15 |
| • | Shout Outs | 16 |
| • | Looking Ahead | 17 |

A MESSAGE FROM LEADERSHIP



Dear partners, clients, supporters, and friends,

2021 marked Neuro Community Care's 10th year in business This has been a truly incredible journey and I am inspired by all the great work our Team has done. When I opened NCC in 2011, my goal was to fill the gap most individuals experience after an injury as they navigate the complexities at home and in the community. The premise has always been simple: focus on the person where they are because the most important place for someone to feel successful and confident, is in their own environment.

As we enter a new decade of service, I feel a sense of excitement and confidence that Neuro Community Care is well positioned for continued growth. I am thrilled to tell you that we are developing several new initiatives that will both enhance and add to the types of services we currently offer to meet the ever-changing needs of those we serve.

I hope our passion, dedication and persistence are evident. Thank you for your support and interest in furthering Neuro Community Care's mission. We look forward to many more successful years to come! We invite you to follow us on our website and social media accounts for upcoming exciting updates at NCC.

Helaine M. Bils

Helaine M. Bilos President, Neuro Community Care

Our Mission

To provide individualized, functional supports to persons with brain injury and other neurological conditions with a focus on successful transitions into their communities.

Our Vision

Empower persons with brain injury to maximize their independence and quality of life in their own communities.



Lespite and wellness Information and resources Support Engagement and empowerment

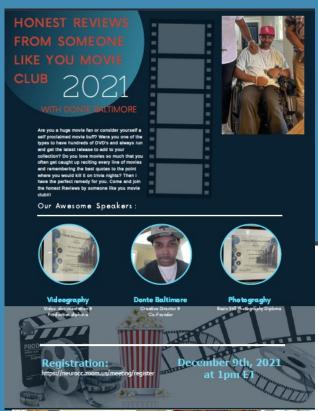
PROGRAMS



Provider Spotlight

BRAIN BOOSTER





YOU ARE INVITED



at 12pm ET / 9 am PT

Registration required: https://cvent.me/7yRQRR

Warrior Workshop: This is How We Roll



In this workshop, an IP warrior and his CSS will be sharing how they use drones and remote control cars to work toward the warrior's wellness goals!

Friday, September 3rd at 3pm ET Registration required: https://cvent.me/7yRQRR



EVENTS

VIP GAME PARTY!

Do you think you're the smartest warrior in the room? Or at least smarter than a 5th grader? We'll have a little something for everyone in this game party Second join us for some fun! Hosted by IP Warrior Aaron.

Open to warriors and families!

Tuesday, July 27, 2021 at 3pm ET Registration is required:

//cvent.me/GzOx8X



To the End of Year Event for 2021 Affinity Group...

Charcuterie Board 101

You'll be the hit of the New Years Eve party by creating your own charcuterie board full of delicious veggies, cheese, and meet. Join us to learn details on what to purchase and how to display your items. Gift card and board will be provided to each participant!

Tuesday, December 28th

at 4pm ET / 1 pm PT

Please RSVP by November 19, 2021



The Art Therapy Experience

with Salina Loriaux, Registered Art Therapist Join other warriors and family members to explore your creative side -

No experience necessary!

Doodling to DeStress

Have you ever wondered why you may doodle when you're taking notes, on the phone or lost in thought? Experience and learn about the benefits of doodling with intention. Explore the art of doodling to promote relaxation and grounding while gaining focus.

Materials: Only pencil and paper are necessary, but any colored pencils or markers are welcome to add to the process!

Thursday, April 8, 2021 at 3pm EST Registration is required:

https://www.cvent.com/d/0jqx6z





Ready, Set, Resolution!

on four pillars of wellness. We will nd resources to use in the New Year :

Join by clicking the link:

Session Dates: 1/7, 1/14, 1/21, &1/28;

Operation RISE:

Grey Matters



MARCH OPERATION RISE SERIES WHERE WE WILL HAVE INTERACTIVE ACTIVITIES AND DISCUSSIONS TO REVIEW:

- through the "Other Side of
- Identify and develop natural supports to create a community for yourself & your loved one
- Family relationships & adjustments in roles following injury/illness with a panel of experts
- · Brain injury education and sharing of resources

CLICK THE LINK TO JOIN THE SESSIONS ON 3/4, 3/11, 3/18, AND 3/25 AT 4:00 PM

Operation RISE Spectrum of Wellness

Please join us for the July series where we will focus on four pillars of wellness:

- Week 1 Nutrition
- Week 2 Financial Wellness
- Week 3 Stress Reduction/Mindfulness
- Week 4 Humor

Click the link below to join the first session on Thursday 7/1/21 from 4:00pm-6:00pm ET:

Operation RISE: a program for Independence **Program Caregivers**

We are excited about your participation in the May series session "Rise and Reset!" You will receive a special delivery of art supplies which we would like you to bring to the first session for an interactive art project. We hope you will use this time to begin to incorporate time into your day for self-care, as well as meet and get to know other caregivers.

We look forward to seeing you on: 5/6/21 from 5:00pm

Click the link below to join the zoom meeting:



—PERATION RISE

OPERATION

- R RESPITE AND WELLNESS
- S- SUPPORT
- E- ENGAGEMENT &

- INFORMATION & RESOURCES
- **ENCOURAGEMENT**



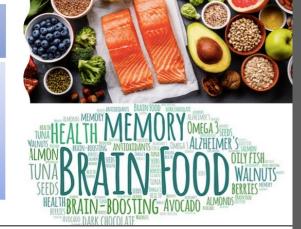
kintsugi (金継ぎ, "golden joinery") or kintsukuroi (金繕い, "golden

- . It's an art of resilience.



Operation RISE: Spectrum of Wellness

We're excited to have you join Operation RISE on Thursday 7/1/2021 at 4:00-6:00 ET. We look forward to a conversation around Nutrition especially as it relates to brain health. Included is a Walmart gift card for you to purchase nutritious snack items, of your choice, to enjoy during the workshop (ex: almonds, dark chocolate, blueberries, dried berries, pistachios, lemon and/or cucumber for water



What Is Social Capital?

Social Capital is another name for friendships and refers to the

Connections and relationships that develop around community and

the value these relationships hold for the members.







BRAIN BOOSTER Brain Booster is a series of sessions introducing functional strategies to empower warriors to be more focused, productive, purposefully engaged and in control of daily activities. These sessions are traditionally most productive with a CSS/support person present, however, it is not required to attend. Developed and facilitated by trained Occupational and Speech therapists.

- Organization - Scheduling - Prioritization - Technology / Apps

Session I: Organization - "Let's Get it Started"

May 5 1-2:30 PM EST

Session 2: Scheduling – "Working 9 to 5"

May 19 1-2:30 PM EST

Session 3 Prioritization - "Get'er Done"

June 2, I-2:30 PM EST

Participants will learn strategies to prioritize daily tasks/ activities based on level of importance (Eisenhauer Grid)

Session 4 Technology/Apps - "There's an App for That"

June 16, 1-2:30 PM EST

BRAIN BOOSTER



PROVIDER SPOTLIGHT

NCC continued to host the Provider Spotlight campaign to recognize providers for their exemplary support of clientele. Nomination forms were added to the website in an effort to encourage staff, caregivers and clients to nominate providers to be spotlighted in the monthly newsletter. There has been phenomenal feedback for this recognition program

Provider Spotlight

Kathy Lesselyoung has been working as a Community Support Specialist with Generations Home Care in Arizona and has been serving a warrior in the Independence Program since July 2020. She has demonstrated exceptional dedication and professional support fo the warriors she works with daily. We have been proud to partner with both Kathy and Generations Home Care in serving the TBI

Kathy has facilitated access to multiple resources and assisted one warrior rediscover levels of independence and quality of life unknown since before sustaining catastrophic injuries during combat and deployment in 2006. "Kathy is like a nitbull when it comes to advocating for me. She is caring, compassionate and reliable. It has been a Godsend to work with someone who really takes this job to



12520 Capital Blvd , Ste 401-139 Wake Forest, NC 27587





January 1, 2021

Neuro Community Care is proud to announce our newes Provider Spotlight recipient

Kathu Lesselyoung

Generations Home Care

"Kathy is like a pitbull when it Fled us on Facebook

Instagran

June 1, 2021

is proud to assessore June's

Strive Recreational

Therapy Services

Traci Soule





Provider Spotlight

unity Support Specialist Buzz Foster combines professionalism, experience and expertise with NEVER ending fun,

Buzz has extensive experience working with clients with brain injuries, both traumatic and acquired. He is a Certified Brain Injury pecialist (CBIS), and spent two year veterans. He's had significant experienc working with clients suffering from Post stic Stress Disorder, (PTSD)

According to one NCC caregiver, "Wow, we have known Buzz for a long time now...I can' think of another person who I would trust more with the care of a loved one. Buzz has People who I don't know walk up to him all the time to say hello and let me know how stories over the years!

NCC appreciates you, Buzzill



& December (ii) twingers

Manno Community Care is

proud to announce our newest

Provider Spotlight recipient

Buzz

Foster

Buzz Foster Therap

North Carolina

Toan't think of another person

who I would trust more with

the care of a loved one.

Provider Spotlight

March 2021

We are excited to announce that Michelle Ward. Community Support Specialist, is our Provider Spotlight Recipient for March! Michelle is amplemed by Community Workforce Solution provider team!

One of Michelle's many great attributes is her ability to personalize her supports to the need o each client she meets. For example, Michelle's client Donte, has been in his new adaptable home for a little over a year. The home has an amazing kitchen that Donte was very excited to cook in. As a result. Donte made a goal to selecingredients and prepare meals with Michelle's support. They spend time reviewing recipes and gathering the needed ingredients. They then cook the meals together. Donte has a new Ninja Foodi that gets a lot of use! They have made several different foods such as jambalaya, cooked apples, wings and several other dishes. Cooking has increased Donte's

independence and it is an activity he enjoys. Thank you for your dedication Michelle!





Provider



individual, but two very worthy recipients. Both of these indiwork with clients with tremendous cognitive and physical challenge and do as awesome job. The team at MCC couldn't choose just one this month, so both of these re-meational therapists have been chose

Marian Fink has been with Strive for 13 years. Marian has been so Mexican Fisic has been with Errire the 13 years. Mexican has been as of described accompaning has Warris to travelling events, possessing described accompaning has Warris to travelling events, possessing opting hash with relatinghish time a Mornitar track Mod show or admitted as how the Mornitary travelling and the proposally connecting with the WAY Morning and schooling event, proposally connecting with the WAY Morning that should present the proportations. By the Warris and morning events include to be deportated as much as possible. These have been many times Marian's work has provided peace of read to be the cleant travelling with PROSE. How provided peace of read to be the cleant travelling with PROSE land. support and involvement has been invaluable, especially for comeone without a caregiver and limited support team. Despite thi long and harsh Michigan wisters, she provides a variety of indoor

Kayne Kellman has been with Strive for over 2 years and she is another amazing feam planer. She held a few dual sessions with he clients working with both music and art therapists. In both virtual an cases vectoring who holds issued and attracepasts, in hors virtual and in-person sensions, the helps optimise client engagement and benefit. She adapts sections as needed to accommodate each client's addition, most and/or pain and stayue challenges, the is also a certified aquatic therapiat, and locking forward to better weather and her client's health improvement to get this started. The family is finalled with her work with this client, as she almost always leaves him uniling! She even got him danning one session to the amazeme

nored to highlight both of these individuals for the most of April. Their passion and dedication to their work is exemplary When saked, their supervisor Patty stated "They are both deper road to have them on our team? Thank you so much



April 1, 2021

Neuro Community Care is proud to announce April's Provider Spotlight

STRIVE

Recreation! Therapy Services Inc.'s

Marian Fink And Kayce Kellman

"Me at Strive have a saying: Me have the best of the best in the Recreational Therapy field, and today you are meeting 2 of our best."







Provider Spotlight





May 1, 2021

Neuro Community Care is proud to

announce May's Provider Spotlight

Art without

Boundaries

Mneme Therapist

Wendi C. Smith

1 Instagram

Linked in

Mneme Therapy is an enjoyable, multi-modality process tha

to working with Wendi, the warrior was isolated due to his diagnosis and restrictions related to the pandemic. The warrio has developed new interests with Wendi's support and dedication. The warrior arrives on time and ready for each

At Christmas, Wendi took 3 of the warrior's paintings and create





Traci Soule has been with Strive Recreational Therapy Services, Inc. for two years. In those two years she has hown just how much of an asset to the team that she can be. She is currently a recreational therapy assistant as well been extremely beneficial to the Warriors she has

Traci is someone that truly cares about her clients. She has gone above and beyond throughout the pandemic shut down finding ways to support her warrior even when she was not able to see anyone in person. Traci hosted numerous oom events such as Brain Dance, Scattergories, and Trivia

Traci does a great job of keeping her Warrior engaged and interested in exploring new options in his area. She demonstrates patience and determination in keeping her Warrior involved in each activity. Traci mils with the ounches when the Warrior appears to be stuck in a rut or lacking motivation. Additionally, her communication with the case coordinator is exemplary. She keeps the team breast of all concerns/updates on a regular basis. ing her effective communication skills.

Both Strive and HCC are proud to work with Traci. Congratulations on being recognized for your hard work







that the warrior has come a long way over the past eight years an Differer is impressive and creative. The warrior's mals include

teraction, building independence, and commu-nent. Tiffuny did not min a best when the pand and was able to keep the momentum going to ensure the warrior's quality of life all while maintaining his safety and ollowing COVID19 restrictions. CSS sessions include hea he Riverwalk, ice-cream socials, food track festivals, road trip to explore neighboring cities, pictrics, and so much more. Tiffany also supports the warrior in volunteering once a most in May, they volunteered with March of Dimes and he enjoys

The warrior's caregiver enjoys the different activities Tiffany tinds for her son and is glad that he has opportunities to social She stated that Tiffary finds whatever the warrior can do and then they go, even if it is something as simple as a haircut. She stated that he looks forward to his time with Tillary and the sessions are the highlight of his week!





July 1, 2021

Neuro Community Care is proud to

pecipient!

Youthful Aging

unce July's Provider Sportische

Provider Spotlight

Neuro Community Care is proud to recognize Becky Hayden as this month's Provider Spotlight recipient!

Becky is a dedicated Community Support Specialist and an utmost professional at her job. She conducts endless research to provide opportunities for captivating activities during sessions. Becky proves now and again how beneficial her services are directly to the warrior but also for the respite of the family caregiver. Becky help: enrich the lives of those she works with each day. Becky is artistic and is always working on at least one craft but she often has two or three in the works.

painting seasonal holiday décor, coloring, sketching clock projects, manicure/pedicures, creating yard décor making home wreaths and paper trees, she often assists with creating gift items from the warrior to the caregiver. Becky along with her warrior have prepared a salad and as walk to visit neighbors and friends. She reads stories and plays music for warrior. Becky ensures her warrio registers for virtual events in her quest to provide a well-rounded day full of therapeutic fun.

The family is so glad to have Becky as a part of their care team. Becky is always eager to serve and she does it so





proud to appounds our names

Provider Spotlight recipient

Michelle

Ward

(ii) Sudagram

Linkedin

August 2021 Neuro Community Care is groud to assounce June' rowider Spotlight recipient

Tampa Bay Institute of Music Therapy's

Becky Hayden



Drovide Spotlight

Heuro Community Care is proud to recognize Martin Smith as this month's Provider Spotlight recipient!

Martin has developed great professional rapport with his warrior. One his warrior's goals it to be open to new activities and Martin has been an important support in accrives and Martin has been an important support in reaching that goal. His mindfulness goal has been met in different ways through ongoing activities. Martin has also supported his warrior with his goals to practice skills to address his aphasia.

In addition to his fantastic work with his warrior, his is proud to assounce Nevember' in addition to his fantactic work with his warrior, his notes are succinct yet provide the reader the ability to understand what was addressed during the session. The truly heigs the CM understand the client's needs and progress towards identified goals. Provider Spotlight recipient!

Wartin's work as a community support specialist with Lutheran Services of the Carolinas has been an integral piece to his warrior's success. When working with individuals who have suffered a brain injury, it is important to identify a CSS who understands the full

Martin's work ethic is second to none. He is in the process of obtaining his Master's in Social Work (MSW) as well! NCC is grateful to partner with both Lutheran Services of the Carolinas as well as Martin. Thank you for your hard work and dedication to your warrior's success in the



November 2021

Lutheran Services

Of the

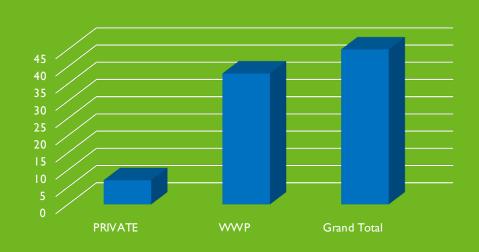
Carolinas

Marlin Smith



2021 REFERRAL STATISTICS

Number of New Referrals



| Client Type | Number of New Referrals | Total Clients |
|-------------|-------------------------------|------------------|
| PRIVATE | 7 | 11 |
| WWP | 38 | 529 |
| Grand Total | 45 | 540 |

"They are priceless people!
They are awesome!"

"You all are fantastic and very helpful. Always willing to help and I appreciate that."

WEBSITE AND SOCIAL MEDIA

NCC's website launched in January of 2020 and has continued to grow over 2021. The website has been a great platform for information relay to our partner providers, warriors and the general public throughout the pandemic which has been crucial to our service delivery. We have seen website traffic increase throughout the year. It has led to an increase in inquiry calls as well as private referrals. The website is linked to our social media accounts to grow awareness. Our Google Ad campaign has continued to run throughout 2021 and has increased our virtual foot traffic.. Follow each of our platforms and visit the website to increase our virtual footprint and increase visibility.

<u>Facebook</u>

Linked In

Instagram

You Tube











Forging Ahead: Together Towards Tomorrow

Conference Program

In-person

National Workers Comp- October

Virtual BIANC

CONFERENCES

Team,

It's hard to believe that another year has gone by and 2022 is on the horizon!

While this year has presented many challenges, it has also provided many opportunities for success. I am so proud of NCC's continued service to our Warriors and caregivers, our strengthened relationship with WWP and the new innovative programming we are offering. I want to thank each of you for your commitment to NCC and to each other.

In addition to my sincere thanks for all that each of you do for NCC, John and I would also like to extend a 10 Year Anniversary Appreciation Gift to each employee. Because Covid has been, and remains, a risk for large gatherings, I am disappointed that we have not been able to spend more time together in person, particularly for NCC's 10-year anniversary, the annual employee appreciation event, or our holiday party. While it may be a little late, I am committed to having a 10-year anniversary party next year!

I hope that each of you are able to spend time celebrating the holidays in meaningful ways with those who mean the most to you.

Here's to 2022! Helaine

Neuro Community Care, LLC

CARF Accredited – Brain Injury Specialty Program

MAKING NCC A GREAT PLACE TO WORK

Laurie Simons and Steve Johnson celebrated 5 years with NCC

53% of the staff has worked at NCC for 5 years or more!

NCC sponsored 2 families for the holidays this year!

NCC attempted a trial return
to the office in July of 2021
but in an effort to protect
the health and safety of the staff,
NCC made the decision to stay
remote until further notice

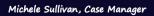
Krystal Garcia, Case Manager

Neuro community Care NEW EMPLOYEE SPOTLIGHT

Krystal received her Bachelor of Arts Degree in Psychology from Southern Adventist University in Collegedale, TN.. Krystal is fluent in Spanish, which has helped better serve the Hispanic population during her 11 years of fieldwork experience.

Although born in the Midwest, Krystal has lived most of her life in Wake Forest, NC. She currently resides there with her husband and 3 daughters. She enjoys traveling, cooking, real estate and design.

It is a humbling and rewarding experience to be able to hear a Warrior's journey and experiences. It is a privilege to be in a capacity to help and empower each individual to reach their goals."





Neuro community Care NEW EMPLOYEE SPOTLIGHT

Michele graduated from the State University of NY College at Brockport with a B5 in Social Work. She began her professional career working in a mental health setting as a day treatment counselor in Florida. She relocated to NC in 2007 where she became a Clinical Supervisor/Operations Manager, managing two group homes for adults with intellectual and developmental disabilities. Michele has also worked as a community support team leader, providing mental health and crisis services to adults in their local community.

To see read more about Michele and other Employee Spotlights go to www.neurocc.com

Laura Holmes, Case Manager



NEW EMPLOYEE SPOTLIGHT

Neuro

Laura is a Certified Therapeutic Recreation Specialist and graduated from UNC Wilmington with a Bachelors degree in Recreation Therapy. She has worked in a variety of settings including mental health, brain injury, physical rehabilitation, inclusion programming, and adapted sports. She enjoys focusing on community reintegration and setting up her warriors for success to ensure their quality of life improves.

She took a hiatus to spend time with her two young children but is glad to be back at NCC. In her free time, she enjoys baking, trying out new restaurants, and spending time with her family and friends

"Each warrior and caregiver are unique. I love that at NCC we are able to provide individualized services catered to support each individual and family with their specific needs." To see read more about Laura and other Employee Spotlights go to www.neurocc.com

NEW FACES

others. I am honored to be afforded the opportunity to assist individuals on their unique journey toward increased independence and

improved quality of life.."

NCC NEWS



NCC achieves another 3 year CARF accreditation

NCC celebrates 10 years!

WWP visited NCC 3 times in 2021 to discuss current programs as well as opportunities for future partnership!



NCC staff started traveling in July of 2021 for the first time in over a year due to the pandemic.

New measurement of goals rolled out GAS goals Goal Attainment Scale

TRAININGS

Creating Stellar Sessions 1

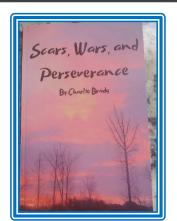
Additional Resources Guardian for Heroes https://guardianforheroes.org/services/ Catch a Lift Fund . "Through granted fitness programs nationwide, Catch A Lift is mentally and physically healing veterans one by one." https://catchaliftfund.org/ **Bridging Bionics** · "Our mission is to provide access to affordable, consistent, and ongoing physical therapy and advanced rehabilitation technology for all individuals challenged with neurological mobility impairments. Our advanced technologies are intended to assist with augmenting ambulatory functions for individuals with neurological conditions such as spinal cord injury, stroke, Multiple Sclerosis, Cerebral Palsy, Parkinson's disease, and other neurological disorders or diseases. We work every day to be a bridge between advanced technology and those in need." · https://bridgingbionics.org/ Meditate Together Free Online (Zoom) Group Meditation, on the hour, 24 hours/day, 5 days/week. Supported by 100+ volunteers worldwide. Neuro https://www.mindfulleader.org/meditate-together

Creating Stellar Sessions 2





Love Your Brain Training



Shout

Outs

Charlie Brady was able to publish his first book of poetry with help from IP, Anne Alper and his CSS!

He is so proud of this dream come true!

Veteran's Day celebrates the service of members of the armed forces. For some of those veterans, their service never stops, even years after they take off that uniform for the last time. For the Haywood County chapter of Big Brothers/Big Sisters, that service means a little something extra to warrior Kori Osienger.









American Freedom Written by Sean Cummings, Mason Douglas, Aaron Helvig,

te that license that I lost the sheriff caught me speedin' n lose it in an instant ing we love we call freedom

I was the only one of my buddies Who raised my hand and swore my duty To defend our liberty And make sure that everybody

> Can nail a 500 yard bullseye with an AR 15 Cruise the open road away from all (my) responsibility Have a family, a wife, and a message, and a voice Have a truck, a dog, a/my right, a/my choice This is what I believe in This is American freedom

Verse
I fought and I sacrificed
Brothers and sisters gave their life
Still it slips away a little more
With every restless night

I wake up every morning Prayin' for a better sunrie I hug my kids, kiss my w Grateful that I...

Chorus

Bridge Nobody sees the nightmares or the demons inside And it ain't their fault that they don't understand I fought so that everyone back home doesn't have to My Warrior Robert Liddy was involved in a CreatiVets event and the attached was the product!

Each of them was able to share their experiences in Afghanistan to create the attached song!

Just wanted to send over a clip on my WR Garrett S. Garrett sustained an anoxic injury following a lightning strike to the head during a training exercise at Fort Hood. When he first came into IP in 2015, he was in a wheelchair most of the time. One year ago, he hit his personal best of 20 feet unassisted for walking with his work with Beyond the Chair.

His CSS Jason sent me this this morning. He hit 4600 feet at a local track yesterday...that's pretty darn close to a mile! Unreal! This is Nito Blochlinger from Beyond the Chair walking with him.

LOOKING AHEAD TO 2022

In 2021, NCC continued to provide quality service to our clients through virtual programming due to the COVID pandemic. NCC has elevated services through creating additional programs to improve the quality of life for those we serve. . Some of the goals for the year 2022 include:

- NCC will be partnering with WWP to support more of their events throughout 2022
- We will host an in-person huddle with WWP and NRM in the spring of 2022
- NCC will be hosting documentation clinics for providers and CSS individuals in February
- Virtual programming goals
 - Support Identify and fill gaps not being met through available virtual programming / transition to the new normal
 - Reach- Warriors and family members who remain isolated due to physical / mental health and / or geography
 - Teach Process over product / learn concrete skills while building life skills
 - Lead provide opportunities for warriors to lead / challenge / grow themselves and one another

