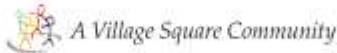


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Emerson Village
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EMERSON VILLAGE RESIDENT NEARS 2-YEAR RECOVERY WITH REMARKABLE PROGRESS

Local Man Overcomes Challenges of Traumatic Brain Injury with Support of Health Care Staff and Family

WATERTOWN, MA - David Watson is a resident of Emerson Village Nursing and Rehabilitation Center, Watertown's only comprehensive short-term rehabilitation and health care center. His wife, Sharon Brown Watson, lives a short distance away in Cambridge and visits David daily, and delivers his favorite home-cooked meals for dinner whenever possible. As a special treat, she'll sometimes bring two pizzas – one for her and David to share, and the other for Emerson Village staff as a small token of her appreciation for everything they've done for her husband.

"Everyone at Emerson Village has worked with me to help determine David's needs and create a plan of care that was right for him," said Brown Watson. "The RN's, LPN's, and CNA's are so vital to his existence and provide such a specialized kind of care. They've really listened to me and were willing to do whatever it took," she added.

Watson, now 51 years old, suffered a traumatic brain injury two years ago in November of 2009. The six-foot tall Master Carpenter, a member of the Carpenter's Local 33 Union for 25 years, and the loving father of a young daughter, Alyssa Rose, left his home in Cambridge on foot shortly before 5 pm on Friday, November 6, 2009 to make a quick run to a nearby store. He was later found unconscious in the front yard of a house only blocks from his own with a serious head injury. He was rushed to Cambridge City Hospital and then transferred to Massachusetts General Hospital, where he was put into a medically induced coma for 49 days.

"We believe that he was attacked, hit in the head by some type of blunt object, fought back, and attempted to make it back home before collapsing," Brown Watson explained of the events leading to her husband's injury. What actually happened that evening still remains unknown, making the events even more difficult for Brown Watson and her family to cope with and understand. "He is just the nicest guy, and everyone who knows him loves him," she noted.

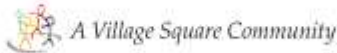
In the weeks and months that followed, Watson underwent eight brain surgeries, had a small fraction of damaged frontal lobe extracted from his brain and a large hematoma removed from his head, and lost nearly 40 percent of his body weight, dropping from 189 pounds to 119 pounds. He also received a tracheotomy and feeding tube to sustain his breathing and nutritional intake. During the aftermath of the incident, it was also discovered that Watson's brain injury led to a predisposition to frequent Tonic-clonic seizures, which are caused by abnormal electrical activity throughout the brain and cause a loss of consciousness and violent muscle contractions.

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After his release from MGH and multiple visits to Boston area rehab facilities, Brown Watson decided to place her husband at Emerson Village in March of 2010 to bring him closer to home. She met with Emerson Village Administrator John Benedetti, Director of Admissions and Marketing Allison Seavey, and Admissions Coordinator Stephanie Mooney. “Everyone who needed to be there was there to meet with me. I let them know what David’s issues were and asked how we could resolve them and found out who on the team could help me,” she remembered.

An integral member of that team is Emerson Village’s Director of Rehabilitation, Danielle Sullivan, who, based on a physician’s referral, was responsible for overseeing Watson’s plan of care. “When David first arrived, he was unable to maintain sitting unsupported and spoke only sporadically. David had trouble processing tasks, sequencing, required the assistance of three people for walking, and his primary source of nutrition was through a gastric feeding tube,” she recalled.

Watson was also a fall risk patient due to his multiple brain surgeries and his Craniotomy, which removed severely damaged bone from the right side of his head. “This procedure left him vulnerable to any impact as this bone that protected his brain was now missing. David had to wear a helmet 24/7, as even bumping his head could cause some trauma,” noted Brown Watson. Emerson Village staff took preventive measures by ensuring he wore his protective headgear and placing him in a room right next to the nurses’ station, equipped with bed alarms and Fall-Ez Mats for his protection. “On May 29, 2010, at MGH, he underwent Cranioplasty surgery, and had a prosthesis bone implanted on the right side of his brain to replace the damaged one removed 10 months prior, which allowed his head to return to a more normal state,” Brown Watson added.

Along with nursing care and meal supervision, Watson received daily physical, occupational, and speech therapy at Emerson Village, focused on rehabilitating his potential for autonomy. “People with traumatic brain injury require repetition, so we gave David increased time to learn and complete tasks because we wanted him to become as independent as possible,” Sullivan added.

As time progressed, Watson’s condition began to improve. His wife and daughter made flash cards using family photographs to help him to relearn words. When he became confused or disoriented, Emerson Village staff showed him a scrapbook containing photographs of his family and notes reminding him that he was there to get well.

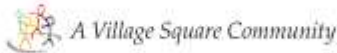
“Emerson Village has the same staff on Monday through Friday, and that was good for David because it wasn’t confusing. Everyone was so great because they gave him the repetition he needed,” explained Brown Watson. “They understood that as a brain injury

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patient, he just needed some gentle reminding, consistency, and kindness, and they gave it to him," she added.

In addition to the specialized medical care Watson received, Emerson Village staff went the extra mile to create personalized activities that focused on his interests. "A member of the activities staff would watch the Red Sox game with him, and then talk with him about what had just happened to keep David engaged," Sullivan noted. Brown Watson was also able to organize a large family celebration in the Emerson Village conference room for David's 50th birthday last year.

By June of 2011, Watson was making huge gains and began another round of therapy, including range of motion exercises six days a week. "At this point, David can brush his teeth, sit unsupported, speak regularly and have normal conversations. He can feed himself and transfer from his bed to a wheelchair with supervision, wash and dress himself with prompting, and walk with the support of only one person," said Sullivan. Through the joint efforts of both his wife and Emerson Village's nutritional team, David was able to increase his weight to 162 pounds. Additionally, the frequency and severity of his Tonic-clonic seizures have been greatly reduced.

Brown Watson knows that much of her husband's recovery is also owed to the personal efforts of the nursing and nursing aide staff that work with him on a daily basis. "Marie Gomes-Pineda, CNA, Abubaker Ssebulime, LPN, Micheal Ssentongo, LPN, and Kathy Benway, RN, are who I call the unsung heroes of David's recovery. They work busy shifts but they always make time for David," said Brown Watson. "If I had to work late, I could drop off David's dinner and Marie, a night CNA, would heat up the food, help him eat it, and sit with him and have a conversation. She really helped me to watch over him," she added.

Combining personalized care with the talent of a high caliber staff has made all the difference in Watson's remarkable gains. "I would recommend Emerson Village to anyone looking for a health care facility. David has made great progress there. I have an enormous amount of respect for everyone who works there. They are all so hardworking, committed, honest, and professional," Brown Watson noted.


Watson is now back to enjoying his wife's home cooking and gives her cell phone a call from time to time throughout the day. His daughter, Alyssa Rose, now 12, and two of his brothers visit frequently because Emerson Village is located so close to home. "His brother, Paul, walks with him every evening, as they are almost the same height. The love he has shown spending time with David after a long day of work is vital to his recovery," Brown Watson said.

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For Brown Watson, the support and encouragement of her family have been invaluable during the nearly two years that have passed since that day in November of 2009. Yet on her husband's road to recovery, she found another family who helped to make his progress a reality - the special team at Emerson Village.

"They've listened to me. They've allowed me to ask questions. It's like a little family at Emerson. I feel very close to everyone we've worked with and I've gotten to know and care for them. I feel like I'm a member of their family," said Brown Watson.



David Watson and his daughter, Alyssa Rose, share a hug before bedtime at Emerson Village Nursing and Rehabilitation Center. Watson is visited frequently by his family members due to the facility's convenient location in Watertown, MA.