

## Massachusetts Resiliency Center Newsletter

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### **Resiliency Center Update**

A video conferencing system has been recently installed at The Resiliency Center to allow individuals to tune into events, meetings and webinars from remote locations. This tool will be used to connect survivors to one another, as well as the Center.

An informational session about how to utilize this option from your desktop will be announced soon.

**Watertown 5K**  
**April 19, 2015**

Issue: # 2

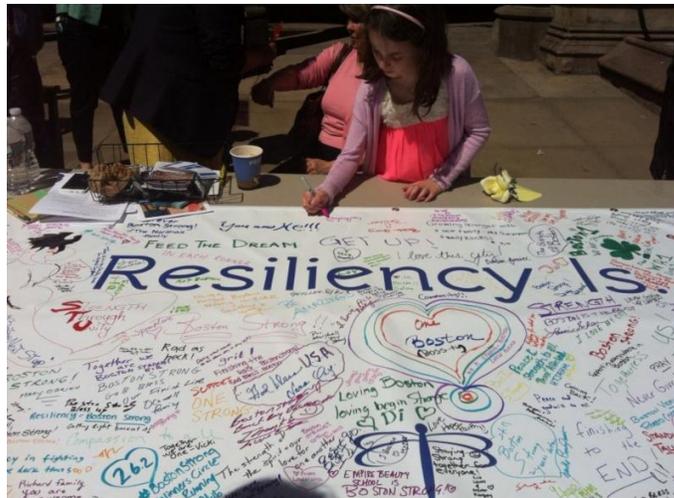
June/2015

**Purpose:** *The Resiliency Center Newsletter is committed to providing information that promotes recovery and resilience, monthly special features, and updates on a regular basis. Updates will be sent through the newsletter each month.*

## ONEBoston

**A Service of Resilience**

**4.15.2015**



**Old South Church @ Boylston Street**

On the Second Anniversary, the Massachusetts Resiliency Center and the Old South Church joined up to offer a day of wellness activities and a multi-faith service to survivors and their families. It was a beautiful day and many passers by on Boylston St. took a moment to stop and share their thoughts about what "Resiliency Is..." on a banner that will hang at the Resiliency Center.

### **Survivor Led Panel Presentation**

*In April...*



### **Community Building**

Thank You to the Watertown Police Department and Captain Ray Dupuis for another successful 5K road race for first responders in Watertown, MA.

### **Survivor Highlight**

#### **Scott W. joins Traumatic Brain Injury Task Force in Boston**

To learn more about his experience with TBI and what he is doing about it, please click [here](#)

To hear about a new blast induced concussion study offered by the Massachusetts Institute of Technology, click [here](#)

### **Boston Strong Quilt on Display at the Resiliency Center**



In collaboration with the BAA, the Resiliency Center hosted two events in the days leading up to this year's Boston Marathon. A webinar was held for runners from around the world and a dinner and series of workshops was held at Old South Church in Boston.

The webinar included contributions by Chris Troyanos, Medical Coordinator for the BAA; Dr. Jeff Brown, psychologist for the BAA; and the Resiliency Center's own Dr. Crawford and Dr. Becker. Several hundred participants joined from around the country to hear about the theme **Resilience on Race Day**. Topics included 'the impact of trauma', 'psychological resilience', and 'brain strategies for runners' followed by a vigorous question and answer session.

The dinner and workshops, several days later, featured similar topics as the webinar but was highlighted by a panel presentation which included several bombing survivors and Boston Marathon Race Director, Dave McGilvray. The panel members spoke about the theme **'What the Boston Marathon Means to Me'**. As expected, the unique perspectives provided by each of the speakers contributed to a meaningful and elucidating evening for all in attendance. Dinner was provided by the BAA and a sumptuous meal from Boloco was enjoyed by all. In addition, the 'Resiliency Is...' banner was unveiled and the first signatures/messages were applied!

### **Night at the Aquarium**



The Resiliency Center welcomes you to stop by and see this amazing quilt created by Abby Sullivan and a community of talented volunteers!

### **Contact Us**

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### **Location**

1208 VFW Parkway  
Suite 201  
West Roxbury, MA 02176

### **Quick Links:**

[maresiliencycenter](http://maresiliencycenter)



### **The New England Aquarium opened its' doors to the survivor community the day after the Boston Marathon**

Survivors were able to enjoy a **free** post marathon evening with family and friends, spending time together and viewing the many sea creatures and aquatic exhibits at the New England Aquarium.