



# TEDY'S TEAM



## WHO WE ARE

### **OUR MISSION**

Raising awareness of stroke and heart disease while supporting survivors on their journey, giving them the means for a comeback.

### **HOW WE RAISE OUR MONEY**

At Tedy's Team, we participate in running events that vary in distance from 5k all the way to marathons where our participants fundraise to be a member of the team. We also have wonderful corporate and individual sponsors.

### **OUR COMMUNITY COMMITMENT**

The funds we raise go towards life-saving stroke and heart disease research, educational programs for healthy eating and exercising, awareness of the warning signs of stroke and heart disease and to our Comeback Assistance Program.

**[WWW.TEDYSTEAM.ORG](http://WWW.TEDYSTEAM.ORG) #TEDYSTEAM**

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## HOW IT BEGAN

Tedy's Team started in 2005, after Tedy Bruschi suffered a stroke at the age of 31. Tedy was in the prime of his life. He had just won his 3rd Super Bowl as a member of the New England Patriots and just returned from his first Pro Bowl in Hawaii.

Tedy and his wife, Heidi, did not know the warning signs of stroke and were unaware his symptoms were stroke related. During his recovery, Tedy and Heidi approached the American Stroke Association to support them in their creation of Tedy's Team.

When Tedy's Team was created, the main goal was to raise awareness of the signs and symptoms of stroke, and to break the stigma of who can have a stroke. Then it grew to an endurance training team when Tedy was able to secure five bibs from the Boston Athletic Association for the Boston Marathon® as a member of their charity program. The focus of the team was still awareness, but through the running team, Tedy's Team helped to fund life-saving research, as well.

Since our inception, Tedy's Team has worked hard to support stroke and heart survivors, and their families, on their comeback journeys. In late 2018, we became our own 501c3 in Massachusetts. Over the last 5 years, we have made huge strides in this area by creating a new financial assistance program, called the Comeback Assistance Program, through our partnership with the MGH Institute of Health Professions to create the Tedy's Team Center of Excellence in Stroke Recovery, and most recently in our support of the Shirley Ryan AbilityLab in Chicago.

Fast Forward 19 years, over 1,500 alumni and numerous endurance races and Tedy's Team has raised over \$10 million in support of our mission.

As we continue to grow as an organization, we look forward to also continuing to grow our support locally and across the country so that we can help as many survivors as possible achieve their comeback!

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## WHAT WE DO

### COMEBACK ASSISTANCE PROGRAM

On October 30, 2005, Tedy made his return to Gillette Stadium, but the journey to get there was tough. Tedy was fortunate enough to have a great support system and amazing opportunities throughout his recovery, but not everyone is that lucky.

This is where the Comeback Assistance Program (CAP) can help make a difference.

CAP will give Tedy's Team the opportunity to assist and support stroke and heart disease survivors and caregivers on their personal comeback journeys.

For many survivors, the financial burden outside of what their health insurance covers can be overwhelming to themselves and their families.

These types of costs can include; extended physical and speech therapies, medical equipment, and other smaller costs that can add up quick.

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## WHAT WE DO

### **TEDY'S TEAM CENTER OF EXCELLENCE IN STROKE RECOVERY AT MGH IHP**

The Tedy's Team Center of Excellence in Stroke Recovery improves the quality of life for stroke survivors. This will take place through advances in clinical practice and education, clinical research and scholarship, implementation science and advocacy. We will also advance the community's knowledge of the warning signs of stroke through community outreach and education.

#### **The Center's Goals are:**

To support stroke survivors and their caregivers as they live their best lives and to create a future model of stroke rehabilitation that aligns with fast-tracking evidence-based research directly into the care of stroke survivors.

We will bring together the three existing clinical centers (the Aphasia Center, the Ionta Physical Therapy Center, and the Tabor/Connor Occupational Therapy Center). This will address the highly complex issues of stroke rehabilitation that cannot be solved by one discipline alone. Improving the functional ability and speech of stroke survivors and supporting their caregivers is the focus of this new center.

#### **Our three main objectives of the Center of Excellence are:**

- Support the advancement of research in the science of stroke recovery and work to disseminate that science to the clinicians who provide care to stroke survivors
- Educate the community of Greater Boston about the warning signs of stroke through targeted community outreach and integrating BE FAST education into the clinical visits at our pro bono health center
- Provide rehabilitative care consisting of physical therapy, occupational therapy, and speech therapy to stroke survivors who are no longer eligible for insurance covered therapy services; we will support their continued progress toward recovery

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### **SHIRLEY RYAN ABILITYLAB PARTNERSHIP**

In 2024, Tedy's Team teamed up with the Shirley Ryan AbilityLab in Chicago to help support stroke and heart survivors, and their families, on their comeback journeys. Through our donation, Tedy's Team will be supporting the below programs:

#### **PATIENT AND FAMILY EDUCATION CENTER**

Experiencing a stroke can require a sudden need to understand a broad array of information within a short period of time. Through the Henry B. Betts, MD LIFE Center, patients, families, and caregivers can access free resources to help them with educational support.

#### **PATIENT AND FAMILY HOUSING**

Many stroke and heart patients who travel long distances for Shirley Ryan AbilityLab's care often face practical challenges, such as finding temporary housing that is convenient, accessible and affordable. The Patient & Family Housing program offers qualifying patients and families with accommodations near the hospital, so that they can enjoy the comforts of home while they receive treatment. This helps to remove a significant financial barrier and source of stress while keeping families together, focused on recovery.

#### **CHARITY CARE FUND**

Shirley Ryan AbilityLab provides direct financial assistance to families in need through their Charity Care Fund, which gives these adult and pediatric patients access to the complete range of Shirley Ryan AbilityLab's services. A portion of our donation to the Charity Care Fund will be directed towards funding a stroke survivor in a one-month intensive aphasia therapy program at the Shirley Ryan AbilityLab's Center for Aphasia Research and Treatment free of charge.