

Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar
Neurological Conditions.



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Farewell to Barbara Cox-Bixby, Journey's Watercolor Instructor of 11 years!

Barbara Cox-Bixby, originally from Germany, has been an art instructor for well over 40 years and has taught watercolor to the Journey's program since 2004. Each week, Barbara brought her passion of art to her students in a variety of ways. For example, each session she would pick a genre and teach the students about the artists, their time period, and their specific styles of painting.

Barbara also had fun putting together still life pieces for students to paint, and several times she would invite guests to come in and sit for the class. In fact, one of the guests she met at Ideal Market and Barbara convinced her to model for the class and she did! We even had a few birds come and visit for us to paint.

She always encouraged her students to develop their own freedom of expression and was able to bring out the artistic power in so many of her students. One student stated, "Please tell Barbara that I will miss her and I am so glad she was my first art teacher. I really learned a lot".

Barbara encouraged and helped many students display their art at both the East and North Recreation center as well as local businesses. For several years, Barbara got students to enter their pieces in the "Tactile and Art Challenge Show" held in Louisville and many students walked away with either a ribbon or cash prize.

Barbara will be missed and we thank her for her many years of support and for spreading her contagious love for the arts and its healing power. We wish Barbara the very best on her journey ahead.



Offered by the City of Boulder Parks and Recreation Department
www.BoulderParks-Rec.org
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Kevin Pettit's Story—"Rambling Down Life's Road....with a brain injury."

On October 27, 1998 in Northfield, MN, Kevin Pettit, his wife and almost 2-year-old son, Andrew, were T-boned by a truck traveling over 65 mph in a 40 mph zone. The impact came on the front passenger side of Kevin's vehicle, right where he was seated. He was severely injured. His wife sustained a mild TBI and a broken hip, while fortunately his son was uninjured.

Kevin was driven by ambulance to Minneapolis where he remained in ICU in a coma for 11 days. His doctor, at one point, recommended withdrawal of life support. His family argued for Kevin to show some sign of life, which he did. He raised his hand, when asked by his sister. Kevin gradually returned to consciousness, but has no memory of his first 1 to 1.5 months of recovery. Kevin was transferred to Craig Hospital in Denver where he continued his recovery from Thanksgiving to mid-March. He was then transferred to Mapleton where he continued his recovery as an out-patient.

After his accident, Kevin had to learn everything over again from step one. He began to speak approximately 3 months post injury. He had to relearn how to walk, feed himself, dress himself, etc. He experienced extreme bouts of anger and depression. He and his wife divorced. It was a very difficult time for him.

Prior to his injury, he was an assistant professor at Carlton College for a little over a year. After his injury, in the fall of 1999, he taught at CU in Boulder, at first jointly with another professor, then as a TA for the next semester, and finally by himself for another year. He then returned to Carleton and taught on a reduced scale for 2 years. In his last term teaching, he underwent a review of his teaching and was judged "below Carleton standards". He was very disappointed to leave, but some of the innovations he started when at Carleton are in wider use there now.

When the Journey's program through EXPAND began in 2004, Kevin started participating. He has taken stained glass (his favorite class), water color, pottery, yoga, tai chi and participates in day trips to various places such as the Denver Art Museum, the Natural History Museum, and the Denver Zoo, just to name a few. He has attended the BOEC (Breckenridge Outdoor Education Center) and now returns for one week a year as a camp counselor for the Brain Injury Camp.

Kevin has continued to move forward with his life. He attended Iliff School of Theology where he graduated with a Master's degree in Specialized Ministry. In 2014, he began the organization called **Faith4All** and hopes to soon be commissioned in the United Church of Christ to serve as a minister. As the CEO for **Faith4All** he works as a congressional consultant and assists communities of any faith with learning how to invite, embrace, include, and empower people living with disabilities into the life of their faith community.

Kevin Pettit's Story—by Diane LaTourrette—continued

Kevin and Mary have been dating for two years. Mary has experienced two brain injuries and as it turns out they both had graduated from Carlton—she five years before him. His son, Andrew is a sophomore at Tufts University in Boston. There he is the outreach coordinator for Tufts Emergency Medical Services. Andrew wants to become a medical doctor majoring in public health. When in Boulder, Andrew works as a safety instructor at the Boulder Reservoir and as a volunteer with the Boulder Emergency Squad.

Kevin says he is happy with his life, but continues to want more. (For instance, he would like to go to Hawaii). Kevin feels it is important to always look forward to finding ways to improve yourself and better the lives of others in your community.

I feel Kevin serves as an inspiration to all of us. He truly shows how, with determination and persistence, one can travel on the long road of recovery.

Kevin will be offering a free workshop on Wednesday, January 11 on the Power of Meditation and how it has helped him. Please refer to the program flyer for more information and how to register.



If you would like to learn more about Kevin's story, you can purchase his book called "Rambling Down Life's Road...with a brain injury." If interested you can contact him at Kevin.Pettit@comcast.net. as he may have a copy just for you!