



## **Southwest Family YMCA Donation to Brain Injured Woman**

September 10, 2008  
Dripping Springs, TX

For More Information Contact:  
Nicole Harmon, MA  
(512) 894-0801 ext 23  
[nharmon@corehealth.com](mailto:nharmon@corehealth.com)

---

In December of 2002, seventeen year old Erica Gonzales' life was drastically changed. She was injured in a motor vehicle accident from which she sustained a traumatic brain injury, subdural hematoma and hydrocephalus. The results have affected every part of her life including her sight, ability to walk and cognitive functioning. Erica has experienced trouble keeping up with a schedule, lack of motivation, depression and anxiety in social settings.

Prior to the accident, Erica was a healthy active adolescent who played softball and was very involved with her friends and family. Her family has continued to be a strong asset for Erica encouraging her through numerous therapies and rehabilitation programs over the last six years. In October, Erica admitted to CORE Health Care in Dripping Springs funded through the Texas Department of Rehabilitative and Assistive Services (DARS) Comprehensive Rehabilitation Services (CRS) Program for intensive Post Acute Rehabilitation for Brain Injury. Her time at CORE included participation in Physical Therapy, Occupational Therapy, Speech Therapy, Cognitive Therapy and Psychotherapy with the goals of improving her self esteem, self confidence, motivation, and maximizing her participation in vocational and leisure pursuits including studying sports therapy.

CORE Health Care embraces the concept of neuroplasticity as their guiding philosophy for rehabilitation. In the context of an intense, comprehensive program, repeated learning trials are presented that can actually rebuild connections that were damaged by the injury or illness. These new discoveries provide reason for hope and optimism in the long rehabilitation process as well as motivation for the individual to persist with the hard work necessary to improve. Additionally, research has shown that exercise can improve cognitive functioning and psychological health therefore prior to her discharge, the therapists at CORE desired for Erica to be able to continue her physical and mental improvements.

CORE contacted the Southwest Family YMCA regarding a donation of exercise equipment. The YMCA generously donated a Precor Elliptical trainer to Erica. This donation has meant increased independence and quality of life because Erica would not have to rely on friends and family to take her to a gym which has been one of her long-term goals.

CORE Health Care and the Gonzales family would like to thank the Southwest Family YMCA for their generosity and for being an integral part of the Southwest Austin community providing a preschool, annual easter egg hunt, work out facilities, indoor pool and family and youth activities throughout the year.