



Real People. Real Support. Real Recovery.








Hello . Welcome to our Summer Edition of the Ambrose Spotlight.

With longer Michigan summer days in our midst, we would like to help you find ways to relax and enjoy these sunny, carefree months of 2026.

At Ambrose, a person's recovery is our top priority. This newsletter is designed to offer guidance, education from the experts, useful information, and resources to assist with the journey. So, grab a cool glass of lemonade and take time to read a good book, meditate, go on a nature walk, practice deep breathing, or enjoy the outdoors by taking your dog to a local park.

Inside, you'll find:

-  Ambrose in the community
-  A provider spotlight to connect you with trusted care and advice
-  Helpful tips from a case manager: Building resilience after a brain injury
-  Reading inspiration from our Book Nook that will tug at your heart strings
-  A delicious recipe recommended by one of our Ambrosians

Ambrose in the Community

Lids for Kids



On May 16, Ambrose Care Management proudly participated in the Lids for Kids community event at Francis Park in Lansing, organized by the Sinas Dramis Law Firm. This family-friendly event focused on bicycle helmet safety and injury prevention for children in the community.

During the event, 379 children were custom-fitted with free bicycle helmets, promoting safe riding habits and reducing the risk of head injuries. In addition, 24 bicycles were awarded through prize drawings, with Ambrose Care Management donating two bicycles to support the initiative.

Ambrose was honored to take part in this important community event and help raise awareness about bike safety while encouraging children and families to stay active and protected.

BIA Legacy Dinner



The Ambrosians attended the BIA Legacy Dinner on April 25. This event was held to honor community leaders who have contributed by helping support people with catastrophic injuries. We would like to congratulate award winners, Erica Coulston and Tammy Hannah, for their contributions in this field!

★ Provider Spotlight ★



Introducing:

Erica Coulston

- President, Co-Founder -

Walk The Line Recovery Therapy



Erica is the President and Co-Founder of Walk The Line To SCI Recovery, Inc., which she founded with her family after sustaining a C6/7 spinal cord injury. Erica's responsibilities include leadership over the management team for therapy Operations, long-term planning, strategy and business development, and community advocacy. Under Erica's leadership, Walk The Line has become recognized as a world-leading program for recovery therapies.

Erica also advocates for improved access and equity in our community for people with disabilities. She serves on the Board of Directors for The Michigan Statewide Independent Living Council (MISILC) and is an Advisor to Oakland County's Accessibility Initiative. She's a past Board Member to Brain Injury Association of Michigan (BIAMI) and Coalition Protecting Auto No Fault (CPAN).

In 2001, Erica Coulston's life took an unexpected turn when she sustained a C6/7 spinal cord injury from a car accident. She was 23 years old, and the future seemed daunting.

The traditional rehabilitation programs she encountered focused more on her limitations than her potential, leaving her feeling frustrated and constrained.

There was a day in the hospital not long after her accident when Erica and her dad dreamed of a place that was recovery-minded, innovative, creative, and filled with hope.

In their vision, there were wheelchairs hanging from the ceiling, no longer needed by their users. That dream laid the foundation for what would eventually become Walk The Line Recovery Therapy.

In 2007, Erica and her family turned that vision into reality. They combined everything they had learned and created a program that embodied hope and innovation. Walk The Line started as a spinal cord injury functional activities-based program, but quickly grew into a comprehensive specialized clinic offering Occupational Therapy and Physical Therapy for neurological injuries and impairments, including brain injury.

What makes Walk The Line truly special is its application of neuroplasticity principles across various disciplines and diagnoses, providing hope and opportunity to a wide range of clients. The clinic also fosters a supportive community with monthly peer groups and social events.

Walk The Line is excited to announce the acquisition of the groundbreaking ARC-EX System from Onward Medical. In February 2025, Walk The Line became the first facility in Michigan to offer this FDA-approved therapy for people with chronic spinal cord injuries (SCI).

The ARC-EX System is the first and only FDA-approved non-invasive technology clinically proven to improve hand strength and sensation for individuals with SCI. The possibilities for recovery with this new technology are endless!

With over 18 years of experience, Walk The Line has become a place where hard work, determination, and innovation converge. "Good things happen here", says Erica proudly.

Walk The Line is a place where possibilities are endless, and the spirit of determination is alive and well.

[More about Walk The Line](#)



Tips From a Case Manager



Tips for Building Resilience after a Traumatic Brain Injury

Building resilience is a key part of moving forward after a brain injury. Here is what we've learned about being resilient:

- **Find Gratitude and Look for Silver Linings**
- **Focus on Small Steps**
- **Expand Your World:** After a brain injury, you may need to revise your dreams and discover a new path.

- **Accept and Celebrate the New You**
- **Find Support:** Living with a brain injury is a team effort. Remember that it's okay to reach out for support or help. Look for local support groups in your community. Ask your case manager if you need assistance in locating one.

[More about Ambrose Care Management](#)

The Book Nook



The Team at Ambrose is pictured here with Mitch Albom at the BIA Legacy Society Fundraiser on April 25, 2026. Mitch is an internationally renowned author, journalist, philanthropist, screenwriter, playwright, and television broadcaster best known for his inspirational books.

Ambrose is pleased to highlight another one of his best sellers!

#1 NEW YORK TIMES BESTSELLER

Mitch Albom

Author of the #1 *New York Times* bestseller
Have a Little Faith



the five people
you meet in heaven

Our Choice:

The Five People You Meet in Heaven

By: Mitch Albom

The Five People You Meet in Heaven opens with Eddie, an aging amusement park mechanic, whose final act is trying to save a girl from a plunging ride. In the afterlife, he journeys through encounters with five figures from his past, each revealing hidden threads that shaped his seemingly small life.



Caprese Salad



By: Monica Novak



Ingredients

- 2 cups of balsamic vinegar
- 3 ripe tomatoes, sliced thick
- 12 oz. fresh mozzarella cheese, sliced thick
- Fresh basil leaves

- Olive oil, for drizzling
- Kosher salt and freshly ground black pepper

Instructions

1. In a small saucepan, bring the balsamic vinegar to a boil over med-low heat. Cook until the balsamic has reduced to a thicker glaze, 10 to 20 minutes. Remove it from the heat and transfer to a bowl or cruet. Allow to cool.
2. When you're ready to serve, arrange tomato and mozzarella slices on a platter. Arrange basil leaves between the slices. Drizzle olive oil over the top of the salad, getting a little bit on each slice. Do the same with the balsamic reduction, making designs if you want. Store extra balsamic reduction in fridge for later use.
3. End with a sprinkling of salt and pepper. Serve as a lunch with crusty bread, or serve alongside a beef main course for dinner.

Important Resources

[BIAMI - Brain Injury Association of Michigan](#)

Educational resources and support groups for people with TBIs

[MBIPC - Michigan Brain Injury Provider Counsel](#)

A membership organization for providers who treat people with TBI

[CPAN - Coalition to Protect Auto No-Fault](#)

Legal and Legislative advocate for the protection of Michigan Auto No-Fault

[WeCantWait](#)

A grassroots client and family-driven advocacy group for the rights of people injured in auto accidents in Michigan

[CMSA - Case Management Society of America](#)

Resources for Case Managers



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