



# MISSION MOMENTS

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### *Knocking it out of the park*

Sometimes life throws us curveballs. Each person handles these unexpected turns differently—and how they are handled can tell a lot about someone.

Life threw Tyler a curveball—but instead of striking out, he hit it out of the park.

Tyler, 23, had always lived at home with his mom. When he was 22, his mom was diagnosed with cancer. This unexpected turn of events would have been enough of a curveball on its own, but life had more in store for Tyler. His mother's diagnosis was about to set off a domino-like series of events, starting with a necessary move into a new house, supported by Tangram, with two roommates.

Tyler moved into his new home in early summer last year. Though he had expected his mom to live, she died unexpectedly of complications from cancer in late summer—just a couple of months after Tyler moved into his new home.



Tyler at home

For anyone else, the death of a close family member and a sudden move into a new home with new roommates would be overwhelming and might even be detrimental to someone's personal growth.

Not for Tyler.

Tyler, though grieving for his mom, seized every opportunity to remain positive and achieve his personal goals, such as weight loss and finding a job.

Tyler's aunt helped get him started on a path to better wellness and Tangram supported him in making healthy choices. Through healthy eating and more exercise, like riding his bike around the neighborhood, Tyler, who weighed around 220 pounds when he first came to Tangram, is now down to around 175 pounds.

Furthermore, Tyler also wanted to find ways to stay active and engaged during the day. With help from Tangram, he researched and visited some different day programs to find one that was right for him. He now attends four days a week and has already started to tackle the next goal on his list, which is employment. Tyler is working with a job coach and has completed a couple of job assessments to find out what job may be a good fit for him.

Though faced with many hurdles in the last year, Tyler has proven that he can handle whatever curveballs life throws at him. He lives life to the fullest by doing those things he loves—video games, Wii Fit, riding his bike, going to movies, visiting his family—and has shown that a little determination and positivity go a long way. Way to go, Tyler!

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