

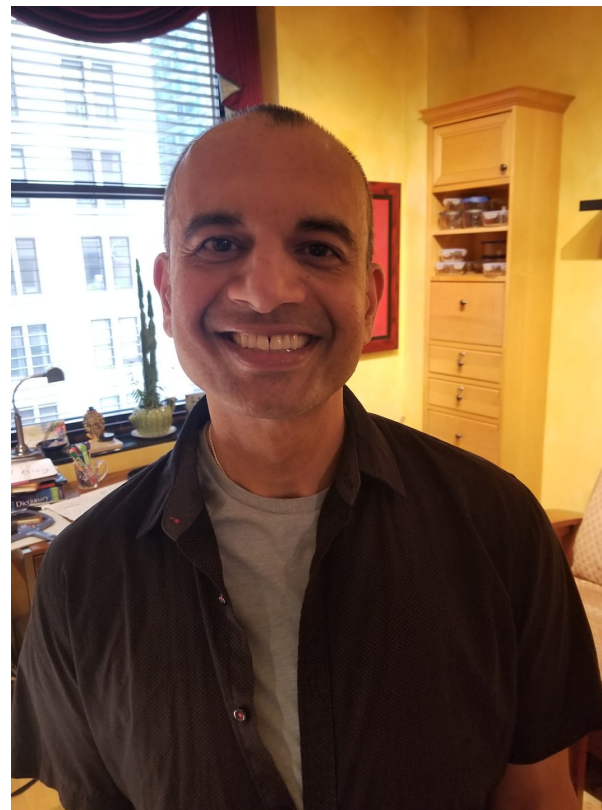
Creating a model rehabilitative workplace
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To Our Silk Road Rising Family and Friends

Today commemorates an extraordinary one-year milestone capping off a series of medical tragedies and personal triumphs. In September of 2019, my husband and Silk Road Rising Co-Founder and Co-Executive Artistic Director, Malik Gillani, suffered a heart attack and stroke.

The double whammy of heart failure and neurologic damage has reset our journey, particularly as the stroke caused significant impairments to Malik's expressive abilities.



Thankfully, the stroke did not harm his cognitive abilities or his memory. My husband is the same brilliant, thoughtful, big-hearted man we all know and love.

This past year, we've balanced rapidly rotating medical priorities, one day head over heart, the next day heart over head. We've centered hope, prayer, and faith in God. We've engaged more therapeutic modalities than we ever knew existed. We've worked with more health care providers than we ever imagined needing.

We've learned there is no word in the English language more beautiful than "neuroplasticity." Yes, the learning curve is constant and it is steep. We learn something new, each and every day. Malik and I have become true neuro-recovery nerds.



The great news is that Malik is recovering! He's working super hard and has an amazingly cheerful and indefatigable attitude, not to mention a fantastic team of practitioners. We know that the road to recovery is long, arduous, and complicated. We're under no illusions about that.

But Malik will recover because he is determined to recover. Malik will recover because he is, as one of our

on a card sent by another friend, "Brave, Brilliant, and Un-So Resilient!"

We now live our lives one day at a time, perhaps one moment at a time, with room only for positivity and grace. Perhaps not surprisingly, we're already imagining ways that we will, in the future, support and advocate for others who are surviving stroke, aneurysm, and traumatic brain injury.

What is Silk Road Rising's approach to healing? And how can we bring our newly acquired experience and knowledge to others who are looking to support recovery, personally, professionally, and artistically? How do we create a rehabilitative workplace? What does "institutional plasticity" look like?

I have always considered it a blessing, privilege, and honor to be Malik's partner in life and in work. Those gifts now extend to being his caretaker.

Malik and I have a shared gratitude for all the kind words, prayers, and messages sent our way over the past year. This support for Malik and for Silk Road Rising sustains us as we continue to build towards healing, renewal, and newfound success.

With Heartfelt Sincerity,

Jamil Khoury



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