

Fall 2016

# rewire

the ARBI connection



# “I have to reinvent myself...”

Read about Mike's journey inside

Presented by:



# PLEASE JOIN US AT OUR ANNUAL HOLIDAY OPEN HOUSE

FRIDAY, DECEMBER 9, 9:00-11:30 a.m.  
3412 Spruce Dr SW

Party with Santa himself!

We'll have live music, from *Lee John May aka Big Daddy*, a photo booth, ornament decorating and a hot chocolate station to keep you busy! Please consider bringing a donation for the Calgary Food Bank!

# Memorable moments

## Stories from the front-line

*Kudzai (ARBI's social worker) remembers the day Don got the good news...*

Don had a stroke in 2014 and ended up in long-term care, but after a lot of hard work, he was eventually put into a group home. While living in the group home, he attended the On-Site Program at ARBI.

Don continued to work hard in ARBI's Community Integration and Outreach Aphasia groups, and had his sights set on a particular goal: getting his own place.

Well, we're very happy to report that he recently moved out of the group home and is now living independently!

When Don got the news that the place had come through, he was so ecstatic that he actually said, "I am so excited!" With Don's limited vocabulary due to his aphasia, hearing these words come out of his mouth was quite a surprise and proof of his excitement and how far he has come. Amazing what a little good news can do. Congrats, Don. 🦋



# Join us in the DIGITAL AGE!

**REWIRE** is going online. Send us your email to start receiving your e-newsletter. Help us save trees and money. It's the right thing to do.

**Lori@arbi.ca**



## ARBI Antenna

*The ARBI Antenna tries to collect the special moments that might otherwise fly under the radar!*

The outreach aphasia group clients were recently invited to mentor students in a class on communication disorders, at the Southern Alberta Institute of Technology (SAIT). True to form, our clients were enthusiastic about this opportunity and said yes!

Students in the Therapy Assistant program benefitted from interacting with our clients, in order to learn first-hand what it is like to be living with aphasia. This was a win-win for our clients and for the students, and this kind of learning transcends what can be learned from a textbook or a lecture. Our clients gave high ratings to this experience, and they are hoping to have other mentorship opportunities like this one in the future!

Dagmar has just started doing some of her program in the kitchen. Her volunteer, Anna, noticed that she was having a problem tying her apron with one hand. The following week, Anna arrived at ARBI with a new apron adapted with Velcro so Dagmar could do it up herself with one hand! Way to go, Anna!

## Mike's journey (from cover)

**MIKE STOOD BRAVELY** at the head of the room to deliver his speech as dinner and drinks were served to golfers at the McKinley Masters/ARBI Charity Classic golf tournament in September.

"Calgary had a flood and the horse trails in the Kananaskis got washed out," he began. He couldn't have guessed those trails would lead him to this moment.

Mike was dragged almost

100 metres when his horse bucked and his foot got stuck in the stirrup, leaving him with a severe traumatic brain injury that he is still working to recover from. In fact, as he would confess in his speech, though he remains a father, grandfather and husband, "the old Mike is gone." He has to reinvent himself.

One by one, he's been checking off his goals. Mobility is a big one.

"I couldn't even take one step of running when I arrived at ARBI," he recounted. "I tried and tried, but I couldn't do it. At ARBI, they showed me the first step of running."

Progress soon came with the precisely 83-metre dash (we know because we measured) although, he said, "most of the helpers could [still] walk faster backwards than [he] could run forward."

Mike joined ARBI's Walking

Group and with continued dedication and some lofty goals, he slowly improved. This summer, incredibly, he completed the 5km-leg of the Terry Fox Run.

He's also a part of ARBI's Golf Group, where he prefers walking to riding in the cart. He also volunteers to go in the water and get the balls because, he says, "we are a...



Continued on back cover...

# McKinley Masters/ARBI Charity Classic 2016

Thank you so much to all of our golfers and sponsors, and especially our tournament organizers and ARBI board members, Diane Beattie and Darrell Haase. It was another incredible year at Priddis Greens golf course, bringing in over \$101K for ARBI!

A great day on the course and a lasting impact on our clients. Hopefully we'll see you next year!



# Thank you to The Calgary Greek Festival!

We were honoured to be featured alongside the *Kids Cancer Care Foundation of Alberta* at this year's festival! We had an absolute blast taking part, and are so thankful for the generous support!



# Thank you Casadona!



Thank you so much Casadona Investments Corporation for sponsoring the ARBI 101 program. ARBI 101 is a seated fitness group offered to potential clients awaiting acceptance into our intensive rehabilitation program.



# Thank you CycleTherapy!

We wanted to extend another heartfelt thank-you to all the participants, volunteers and YOU the donors for making the CycleTherapy/ARBI Gran Fondo 2016 a huge success! Thanks to your passion and support, the event was able to generate an incredible \$23,000 for ARBI from more than 240 donors.

That is remarkable. Thank you so much.

CycleTherapy and ARBI have had a wonderful relationship. Their simple mantra of 'Ride for Pleasure; Ride for Purpose' has supported ARBI for five years, and in that five years, more than \$160,000 has been raised for us. We are so grateful for their incredible support and friendship—thank you.

# Stampede Breakfast 2016

Thank you to everyone who came out and made it another one to remember!

Thanks especially to all of our sponsors (**Grover Law Firm, Stampede City Kinsmen, Cosmopolitan International Club of Calgary, National Bank and Classic LifeCare**) for making it happen!



# Leave a Legacy

A gift to ARBI in your Will is a great way to plan today so that you can help others tomorrow.

For more information on how your legacy could impact ARBI, please email [derekb@arbi.ca](mailto:derekb@arbi.ca).



# Volunteer Voices

Chris Killen, volunteer



Read the whole interview at [arbi.ca](http://arbi.ca)

## Volunteer Q&A

*Chris volunteered with Mike for seven months at ARBI and, as a recent grad, is now looking for work as a physiotherapist.*

### Do you have any specific memories that stand out?

Many. Here's one of my favourite though:

Part of Mike's program was to encourage him to run. During this time, I had to run backwards in front of him. Over the course of the program his pace steadily increased, but about 3 or 4 months in, he essentially caught me at my leisurely pace. In that moment I realized two things. 1) I actually had to work at this now & 2) that our efforts were paying off. It was one thing to see the numbers on the page, but another to see him doing things he was physically unable to do just a short time ago.

### Why did you feel com-

### elled to stay with Mike?

The idea of changing clients never crossed my mind. Even on the rougher days I never felt like changing clients. Over time, Mike became more than a client. When you spend time with another person overcoming shared challenges and reaching for the same goals, it has a way of binding you together. On the surface many of those challenges were Mike's. Ask yourself though, if you are not willing to invest in the clients and their goals, why are you there?

### What did you learn about Mike?

I learned a lot about Mike over our time together. I had the pleasure of learning about and meeting his family, of hearing about his life before and after his accident and that he has lots of stories to tell. The most inspiring thing about him though is his drive to improve and his refusal to let his disability define him. 🦋

"To give and give and not for once thinking of a reward is the beginning of immortality." ARBI is all about people dedicated to giving a piece of themselves (smiles, time, expertise, positive energy and good thoughts) to improve the wellbeing of others. As a volunteer at ARBI, I learn daily from the staff as they go about their work with extreme care and so much love, thereby restoring hope to their clients. At ARBI, caring for clients is not seen as a duty but as a way of life. Thanks for the opportunity to volunteer at ARBI and meet all these lovely people. I love every moment spent at ARBI."

– **Bola, physiotherapist and volunteer**



### Join our team as a volunteer!

Please visit [arbi.ca](http://arbi.ca), call Wendy at 403-217-4591 or email:

**wendy@arbi.ca**

## Mike's journey (continued)

not-for-profit!"

Mike is a joy to have around. Jenn, a recreation therapist at ARBI, is convinced that his sense of humour, along with his drive to succeed, is key to his success so far.

"In spite of the emotional challenges that come with his new life," she says, "Mike always comes to every single program with a smile on his face, no matter what. It is a gamechanger."

When Mike walked away from the podium at the golf tournament, the crowd—awash in smiles and tears—erupted into a standing ovation. Moved by such a generous and optimistic spirit in a man from whom so much seemed to have been taken, we were all compelled to do what we can to give back. The tournament was an incredible success. So, thank you Mike! We know you'll find your success too! 🦋

Continued from inside...



## ARBI needs your support! Please DONATE today:

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I pledge a total of  \$25  \$50  \$100  \$500  other \$ \_\_\_\_\_ to be paid  now  monthly  yearly,  
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Please use the following name(s) in all acknowledgements: \_\_\_\_\_

I (we) wish our gift to remain anonymous.

I would like to subscribe to the ARBI e-newsletter and give ARBI my explicit permission to email me.

Thank you!

Please make cheques payable to: ARBI

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