

What you will discover from giving the gift of hope!

Do you get the holiday blues? Feel a little bit like Scrooge, stifling the urge to say "Bah! Humbug!" at sight of Christmas decorations at the mall?



Bert, a survivor

You are not alone. A survey from the American Psychological Association indicates that over 40% of us experience holiday stress. Like Charlie Brown, many need to rediscover the true meaning of Christmas. Regardless of religious beliefs, holidays are a time to reflect and to appreciate what we have.

At ARBI we receive gifts every day – including the gift of perspective. Despite their challenges, survivors maintain a positive attitude. Our clients teach us grace, courage and perseverance in the face of seemingly insurmountable obstacles. They also remind us to appreciate the little things in life.

Give the Gift of Hope



While each skill lost can be devastating to the survivor, each skill regained is a precious gift. Rediscover the true meaning of Christmas by participating in our holiday gift program. The enclosed insert explains how you can donate to ARBI in lieu of giving gifts to friends or family.

Then the Grinch thought of something he hadn't before! "Maybe Christmas," he thought, "doesn't come from a store. " Maybe Christmas ... perhaps ... means a little bit more!"

Randy's tips for a happy holiday season

Holidays are a great time to be mindful of healthy living for mind, body and soul ...



- Exercise – a healthy body makes a healthy mind
- Give to your community and help others
- Appreciate the season's small things by spending time with love ones, enjoying food and festivities
- Have a plan! If you are celebrating the season with a drink, think ahead about getting home safely or staying over
- Take time to tell people what they mean to you. Never underestimate the power of love

Bulletin Board

Holiday Closures

ARBI will be closed from December 23, 2011 to January 2, 2012. Happy New Year!

ARBI's NEW website is up and running. Check it out at www.arbi.ca.

Join us on Facebook and Twitter [@ARBI_ca](https://twitter.com/ARBI_ca)



E.D.'s Corner: A note from the Executive Director



We are pleased to announce that ARBI has entered into a funding agreement with Alberta Health Services (AHS) effective November 1, 2011.

This means that all referrals will come directly to ARBI through the Brain Injury Manager at the Foothills Medical Centre. This new process will ensure survivors receive the right services at the right time and assist AHS in following individuals from injury, through their rehabilitation, and back to the community. We are looking forward to working as a team with AHS health care professionals to better serve people with severe brain injury, including stroke.

Our annual *Sponsor Our Survivors Breakfast* on Oct. 12 was a huge success! Hosted once again by Jim Gray and Brenda Mackie, with Tim Hamilton as M.C., corporate leaders enjoyed hearing Lukasz' compelling story .

Last year's event featured survivor, Iron Al's story. This year he returned to play the guitar and sing for the audience! Everyone was amazed at the progress he's made. We are now at \$191,164, 70% of the way to our goal of \$275,000. Thanks to all our donors!

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The Astoria Group Charity Golf Tournament took place Sept. 19, 2011 at Heritage Pointe Golf Course. The tournament raised \$107,000 for ARBI. A huge thanks goes to Diane Beattie, Darrell Haase, the Astoria Group of Companies, and all of the participants!

Please mark your calendars; ARBI's Christmas Open House is on December 16, 2011 from 9:00—11:30 am. Sincere thanks to Grover and Company, our presenting sponsor.

A heartfelt thanks goes to all of our donors who so generously support our programs. Thanks to you, survivors gain as much independence as possible and once again become active community members. There is no greater gift than a *second chance at life*.

ARBI raises approximately half of our \$1.9M annual budget. Your generous donation is important to help survivors succeed. It is easier than ever to make a gift:

- Fill out the enclosed donation form and mail
- On-line at www.arbi.ca (link to canadahelps.org)
- Call ARBI at 403-242-7116

Have a safe and happy holiday season!

Judy Stawnychko

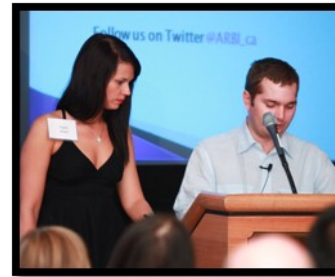
Volunteers Give the Gift of Time
We invite you to join our team!

And make life better for a brain injury survivor.

Call us at 403-242-7116 or email info@arbi.ca. We will provide a thorough orientation to our programs and match you with a volunteer opportunity that best meets your needs.

Friendship
Through thick and thin!

Taylor and Lukasz have been friends for years. In fact, they were a couple before Lukasz sustained a severe brain injury. After he came out of a coma he didn't remember their relationship.



Taylor stands by Lukasz!

As a friend or companion of a survivor this can be devastating. It takes courage and compassion to get through. Many brain injury survivors experience a loss of friendships post injury, due to peers' fear or inability to cope with the changes they see in their friend. Taylor stuck by Lukasz' side despite the emotional impact on her.

"I didn't understand how people he was friends with his whole life, people he remembered fully, couldn't be there for him or his family," she shared with ARBI.

Lukasz shared his story of hope at this year's *Sponsor our Survivors* breakfast. Taylor was there beside him for moral support as he delivered his speech to a captive audience of nearly 150 business leaders from corporate Calgary. To watch Lukasz story visit www.arbi.ca/getinvolved/events.

Taylor's message is clear: be courageous, be a friend, be there for people in your life who may have suffered a brain injury!



Even delicious deserts can be healthy. Darren and Heather bake carrot cake in ARBI's Leisure Skills Group.

Memory Loss after Brain

Injury: Dr. Arlin Pachet,
ARBI Consulting Neuropsychologist



Memory loss and dysfunction are challenges brain injury survivors often experience. There are several types of impairment. For example, *retrograde amnesia* is loss of memory from before a person's injury, while *post-traumatic amnesia* refers to the inability to make continuous memories after injury.

Despite these challenges, there are many strategies that can be used. ARBI therapists and volunteers work diligently to employ these, *making life better* for survivors and their families!

Your donation helps survivors cope with memory loss. Thank you for remembering them!



Woodshop
Works

It's the season when Santa's elves are busy in the workshop. ARBI survivors are also busy at work in ARBI's woodshop, all year long.



ARBI's Stroke and Leisure Skills Groups spend two days a month in the woodshop, working on projects that are interesting and complimentary to their rehab goals.

Survivors feel a deep sense of satisfaction when their projects are completed. Projects have included birdhouses, large ornate Christmas trees, and refurbished furniture. Clients decide whether to keep their projects, give them as gifts to ARBI donors, or sell them to help fund their outings in the community.

These groups provide opportunities for survivors to explore leisure resources in the community and at home.