

June, 2010

Mirror Therapy Pilot Project; A 'REFLECTIVE' Experience



ARBI recently concluded a six-week pilot project in *mirror therapy*; a relatively new form of therapy designed to trick the brain into creating information pathways that 'remember' how to use an affected limb.

During *mirror therapy*, the client places a mirror box on the table in front of them. The affected arm is placed inside the box blocking their view of it. The mirror reflects the image of the non-affected arm, creating the illusion that both limbs are working normally.

Research has shown that this 'tricking of the brain' actually works! *Mirror therapy* is based on evidence that the *observation* of movement activates the same motor areas of the brain as *execution* of movement.

Three clients participated in a mirror therapy group five days a week for one hour sessions. Clients were assessed here at ARBI before, and after the project, as well as at the Robotic Assessment Lab at the Foothills Medical Centre as part of Dr. Dukelow's research. Preliminary results were encouraging. ARBI is planning to include more clients in *mirror therapy* to further evaluate its impact.



Practice your Swing! It's time for the Ninth Annual UCT Charity Golf Classic

Join us on August 24, 2010 at the beautiful Valley Ridge Golf and Country Club to participate in a fabulous day of golf, fun events, and prizes.

ARBI continues to partner with the United Commercial Travelers (UCT) to host this exciting golf tournament. UCT is a long-time friend and supporter of ARBI. This respected society is very community conscious and sponsors a number of projects and organizations. **Last year's event raised \$20,000 to support ARBI's programs.**

To participate in the 2010 UCT Charity Golf Classic, or sponsor the event, please contact Isaac Gervais at 403-860-2099, or Lynn Coutts at 403-888-1952. To donate prizes or auction items please contact Emmerly Clarke at emmerly@arbi.ca or 403-242-7116.

ARBI's going green!

We are happy to inform you we will be offering an email Newsletter for those who prefer to receive it that way!

Please fill out your email address on the enclosed donation form so together we can do our part to save trees, and continue to provide you with the latest ARBI news. Sending the newsletter via email will also help ARBI cut costs associated with mailing and printing. Thank you!

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



We are pleased to inform our stakeholders that in March, 2010 Bruce Murray, Vice-President of the Board of Directors, and I presented ARBI's case for support to Gene Zwosdeski, Minister of Health and Wellness and Minister Mary Anne Jablonski, Minister of Seniors and Community Supports. ARBI is asking Health to become one of our integral funding partners alongside Alberta Seniors and Community Supports and the United Way of Calgary and Area.

We are grateful for the enduring support of both Alberta Seniors and Community Supports and the United Way, who renewed their service contracts with ARBI this year. Our long-term partnerships with them have enabled us to provide essential services to Albertans with severe brain injury, including stroke. ARBI receives approximately 90% of our referrals from health professionals across the province. Based on our cost-effective model and excellent outcomes we hope that Alberta Health will provide some compensation for ARBI to continue as a vital service provider.

Continued on page two

June, 2010

Continued from page one

We are currently working with Dr. Dukelow, Clinical Scientist, Foothills Medical Centre. He is conducting pre and post robotic assessments on individuals who have participated in our six week *mirror therapy* pilot project. You can read more about this exciting project in this newsletter.



Two external consultants have just completed a review of best practices for stroke rehabilitation and we are gradually implementing their recommendations.

By supporting ARBI, you are helping survivors be valued contributing members of society!

Your generous donation is important to ARBI – now more than ever. Our survivors need help to get their lives back! Monthly donations are a convenient way to give during these economic times.

It is easier than ever to make a gift by:

- Filling out the enclosed donation form, and mailing it to ARBI
- Making a gift on-line at www.arbi.ca (link to canadahelps.org)
- Calling ARBI at 403-242-7116

On behalf of your friends at ARBI, I am sending warm wishes for a fun filled and safe summer.

Judith Stawnychko

Jen's Story:

"As the sun colours flowers, so does art colour life."

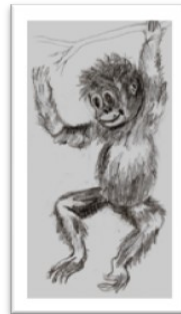
~John Lubbock



Jen loves drawing. With great skill and ability she used to draw family portraits and animals.

It was March, 2004, when a ruptured brain aneurysm occurred, leaving Jen with a sustained brain injury. When she was admitted to ARBI in January, 2005, she was no longer able to express her artistic passion, among her other hobbies; physical activity and travel. **Life had changed for this dynamic young woman, who was also a practicing registered nurse.**

Jen was not speaking and could barely move her arms. She could write, however, it was challenging to read. Her posture was affected; she had difficulty sitting upright.



Recently, Jen produced two drawings; a magnificent picture of a monkey, and another of a turtle, with the message, **"To: ARBI, LOVE Jen."**

She now has the ability to sit upright in her chair and her arm movements, and coordination have improved. She is also speaking again, using short words and phrases. When asked, what is it about drawing that you like, she responds, "The accomplishment." The progress in her rehabilitation is just that, a great accomplishment!

"All art requires courage." ~Anne Tucker

The Gift of Time:

Connecting with Volunteer Anne-Marie Kos

It's Thursday afternoon, Anne-Marie looks into Juliet's eyes and says enthusiastically, "Another afternoon with the divas!" And Juliet smiles. Anne-Marie has been working with her for about a month and a half and the two of them are really starting to build a friendship.



Anne-Marie has been volunteering with ARBI since June, 2007. **"It is a great facility for learning; it is the true essence of providing hope," she says.**

Anne-Marie came to ARBI because she was required to have volunteer hours to apply to med school. She quickly realized that her dream of becoming a doctor was very real. **"I will never forget what I've learned. The connection is one of sentiment. I think very highly of everyone,"** she remarks about ARBI.

What would she like others to know about brain injury? "The brain is a complex structure and the healing process isn't straight forward," but a dash of hope, and a sprinkle of daily activity creates a recipe for life-changing results ... and great relationships!

Volunteer

We invite you to join our team!

Join our winning 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.