

by Louise Jensen

It was a responsive youthful crowd which greeted the Networks actors as they prepared to perform their well-honed stories of survival of brain injury in the recent Feb 14th performance of *Our Stories*. Filling the University of Alberta's Myer Horowitz theatre were students from the department of Physical Education class PERLS 207 "Physical Activity and Leisure for Special Populations" as well as undergraduate and graduate students from the university's Center for Neuroscience. They were those who anticipate becoming the future professionals working and caring for individuals impacted by brain injury.

The show contained haunting depictions... of family decisions: whether to take loved ones off life support, arousal from coma, the years of therapy and determination required to be able to stand again... They were depictions of the experiences the performers had had themselves. The excellent lighting, LCD projection screen, sound and stage capacity at the Horowitz brought forth the stories with greater poignancy than ever before.

The grit and determination required to cope with the day to day life, let alone perform agonizing life experiences, has got to be the biggest impact of *Our Stories*. **The actors are champions!**

Another *Do Not Miss Seeing This!* is the powerpoint *Networks Is* by Mufty Mathewson which preceded the performance. Sung to *Somewhere over the Rainbow* by the now deceased Hawaiian songster Israel "IZ" Kamakawiwo'ole, one can't help feeling choked as we are shown the wonderful participants and their busy days at Networks Activity Centre.

Alberta Caregiver College®

Alberta Caregiver College® is a virtual college dedicated to providing courses to enhance the knowledge and skills of caregivers to provide for their family member.

Upcoming courses

The Alberta Caregiver College® offers courses for caregivers of brain injury and stroke survivors in the fall and spring. Courses are from **5:00 – 7:00 P.M.** and are held at the Glenrose Rehabilitation Hospital at 10230-111 Avenue, Edmonton.

Upcoming telehealth course

Six consecutive Tuesdays, **Mar. 11 – Apr. 15, 2008.**

For more information or to register, call the Glenrose Rehabilitation Hospital at 780.735.7912 or E-mail: grhedservices@cha.ab.ca.



OUR STORIES



surviving
brain injury

PRESENTED BY:

NETWORKS
ACTIVITY
CENTRE
SOCIETY

February 14, 2008
11:00 am

Myer Horowitz Theatre
Students' Union Building
8900 114 Street
University of Alberta

Admission is Free of Charge

For more information, please call (780)474-3363 ext. 302

Caregiver College Sessions:

- #1 Tuesday, March 11, 2008
Introduction and Overview of the Caregiver College
- # 2 Tuesday, March 18, 2008
Physiological Aspects of Brain Injury and Stroke (Understanding Brain Injury/Stroke)
- # 3 Tuesday, March 25, 2008
Functional and Mobility Issues after Brain Injury/Stroke (Physical Rehabilitation)
- #4 Tuesday, April 1, 2008
Brain Injury - The Invisible Injury (Cognitive and Emotional Changes)
- #5 Tuesday, April 8, 2008
Stress and Coping Following Traumatic Change and Chronic Disability (Caring for the Caregiver)
- #6 Tuesday, April 15, 2008
Community Resources for Caregivers of Individuals with Brain Injury and Stroke (Community Resources)