

them. I'm learning to ask for help and to accept the help. I've learned to live in the present, one day at a time. Rather than concentrating on all my "to do's", I'm learning to do the best I can with the task at hand, focusing on the present moment. For tomorrow's task and worries, there is always tomorrow. For this I am grateful.

I am also very grateful for the ongoing support of my family and special friends. I am especially grateful for a second chance at life.

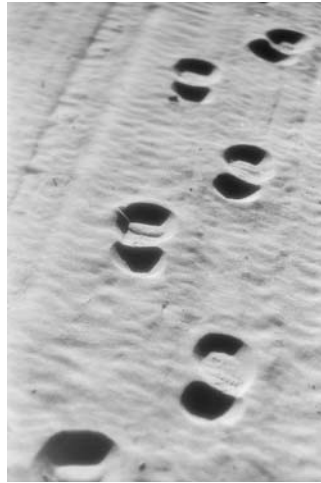
I shared the above story with NABIS readers on September 2001.

After that, I continued to attend NABIS programs for support, while slowly rebuilding my marketing business. I had to modify my approach to the business to compensate for the physical and mental skills I had lost. I began to recruit and train individuals using the story of my challenges to inspire and encourage them attain their goals. I used the computer to assist me by incorporating training assistance when I was physically unable to do so.

Slowly, step-by-step, I was making progress. My network and income was increasing again. Slowly, step-by-step, I was experiencing cognitive and physical improvement.

Then on October 16, 2002 another setback. I was rear ended in another auto accident, sustaining back and neck injuries. In addition to aggravating my existing injuries, I developed TMJ problems and an increase in pain and headaches, thus impacting my cognitive functioning. Also, I began suffering from panic attacks.

As much as I persevered, I had to be realistic that I could not continue my business venture. My time and energies needed to be directed fulltime to working on myself, on getting better. Back to the medical appointments. Back to the specialists, doctors, physiotherapists, psychologists and chiropractors. Back to medication after medication.



For the next year and a half I was slowly making progress again health wise, however, with bills slowly eroding my savings, I was forced to look for another source of income within my mental and physical capabilities.

A friend of mind had suggested that he had something I might be interested in. I would be required to take a three-week training course. I had been self-employed all my adult life, so this was going to be a challenge. Would I have the stamina, would I be able to learn and more importantly, would I remember what I learned? Sitting in a classroom for eight hours a day was very challenging cognitively and physically. Those who know me from NABIS know how important note taking was for me while I attended their classes, well this was no different. Fellow classmates in this course kidded me that "must be writing a manual for the company" but because of my memory challenge, note taking was my salvation.

I passed the course and on April 12, 2004 I was certified and began my new career as a "Utilities Locator for Home Owners." My responsibility was to locate and mark all utilities on the owner's property before they could do any improvements.

In a few short months I was promoted to do "Commercial Locating" which included new residential, commercial and industrial building sites as well as emergency calls relating to any water, power, telephone or gas problems within the City of Edmonton.

The mental and physical demands of this job did wonders for me. The cognitive challenges improved my memory, concentration, communication, organization and multi-tasking skills. The physical challenges improved my coordination, balance, strength and stamina.

During this period of time, a relative of mine was noticing the positive changes in me and invited me to join his commercial sheet metal company. This opportunity would be mentally challenging but less physical demanding for me, so I accepted,

In March 2005, I began a new career as a "Plasma Technician". My responsibility was to input infor-