

mation into a computer which would cut sheet metal patterns for fabricators to assemble. A year later, based on my organizational skills and my past computer knowledge, I was given the added responsibility of setting up and maintaining an inventory control system for all tools and equipment used on different job sites as well as implementing a maintenance program for the company's fleet of vehicles.

There are days when I feel drained both physically and mentally. My employer is empathic about this and gives me the freedom to take time off when necessary. For this I am grateful.

Although I'm not the person I used to be before my accidents, I now have a feeling of accomplishment again, a feeling that I'm a contributing member of society. My life's on track again, to use my time and talents to make a difference in the lives of others. What a great feeling.

As survivors of brain injuries, our lives change dramatically in an instant. We may go from being independent to being dependent, from being capable to being incapable. We may be unable to do what we once did. We may be unable to be what we once used to be. We may be confronted with frustrations, roadblocks and challenges. Things are different. Life is different.

Through all this, I've discovered the power of tolerance in coping with the physical and cognitive areas of my life. Physically - I still have pains and headaches, however, they are bearable. My speech, balance, coordination and strength are improving. Fatigue is still a big issue.

Cognitively - My concentration, memory, multi-



tasking and communication skills continue to improve. Studying, reading and comprehending what I have just read are still a big challenge.

Emotionally - No more depression or anger. My self-esteem is great.

Socially - Noise, large crowds and busy environments are an issue and so I avoid them whenever possible.

Recreationally - I go camping again to the mountains several times each summer, I spring ski each year (on the easier slopes).

The lesson I've learned from all this is that life about change. The only constant factor in life is our attitude. Our attitude can be negative or positive. Attitude determines choice, and choice in turn determines results. I've learned that a positive attitude has given me the life I have today. I've learned that the choice is ours!

Welcome to Ivana Srsen, NABIS Service Coordinator

I am thrilled to be a part of the NABIS team as a full-time Service Coordinator! Originally from Toronto, ON, I have lived in Edmonton for the last six months. I moved to dance with the Ukrainian Shumka Dancers and experience all that life "out west" has to offer. I finished my Social Work degree at York University in 2006, and have worked with adult learners, individuals with disabilities, and marginalized communities.

I am incredibly interested in promoting individual and community awareness, understanding, and acceptance of brain injury. I look forward to working with the NABIS team to provide information, support, and hope for brain injury survivors and their families. Please let me know how I may be of assistance; my door is always open!



Ivana Srsen
joins NABIS