

John and Aaron *Continued*

befriended him. He would enjoy going to meet this guy on a daily basis and also took a liking to helping those like his friend. This was how he started and he has never wanted to do anything else.

So are there any negatives to your line of work? Actually it can be very draining. You can't just come to work and leave when your shift is done.

It is a full-time thing and it can get pretty taxing at times. Sometimes, clients themselves can be unpleasant towards you, and that can be a downer, but I always take into consideration the fact that they are reacting the way they are because of their injury, and so I must not take offence to it. Even though this is easier said than done, I try to keep that in mind when I am disturbed by a client's reaction to a situation.

A little about John: John was unable to say a lot because of his memory loss, but with his permission,

Aaron was able to tell us a little about John. John has been living at Southwood for about fifteen years. Aaron says that John loves the neighborhood. Now he independently goes for strolls, using his wheelchair. If he forgets where he is, he always carries his wallet and has an ID tag on his favorite hat, so that anyone can help him find his way. He has his own TV; he is slowly becoming a lot more independent, and he also loves coming to NABIS. He says he can remember people that he has met here and that makes him feel really good to know that he remembers them. And it makes us at NABIS feel good that after all these years, John continues to want to come to NABIS and help out where he can.



Tribute to Kathy Munro

By Louise Jensen

In September, NABIS and Networks learned of the untimely passing of former Networks Program Coordinator, Kathy Munro. Several staff and members of both organizations attended her funeral.

Kathy served as the first "boss" at Networks, back in its infancy in 1998 when it began. With her experience in psychiatric nursing, Kathy brought great compassion to this role. She was committed to fulfilling the dream of a day program for adults affected by brain injury, despite the steep challenges of enhancing the facility and hiring appropriate staff; the regular ins and outs of any fledgling program. Along with Helen Rusich and Sandra Bonneville serving as staff, Networks opened its doors. Three classrooms and a kitchen down a hall in St. Alphonsus school became the weekday destination for dozens of brain injury survivors seeking fun and comradery. In time, Kathy changed positions at NABIS and became the Help Line Coordinator. A veteran health professional to the core, through her perceptive interactions, callers received referrals for service, access to NABIS Support Workers, information about brain injury and Networks, and if the situation was truly a crisis, a visit from the Mobile Mental Health team or the City police.

Kathy held NABIS close to her heart, and NABIS was drawn into her world as well. Visits from daughter Susan and grandson Avery were always cheery,

and in time we grew to be friends.

It was 2002 when Kathy found other paths and left NABIS' employment, but she was attentive to NABIS and Networks, attending annual general meetings and anniversaries with regularity. Whether greeting survivors or staff, her mantra was self-care, urging all of us to take the time to "smell the roses." She wanted each one of us to know that we were important to her and we felt touched by her grace.

We were deeply dismayed to hear of Kathy's passing; she didn't turn to us in *her* time of need. From Kathy, it is understandable. She was a supporter, not one who wanted support. We know Susan, Avery, her parents, brothers, sisters, and close friends gently guided her through those last days.

We didn't have the chance to say "Thank you, Kathy," and give and receive a final hug. From all of us at NABIS and Networks, Thank you Kathy. You are missed.

