

## MS CHALLENGE WALK

September  
10-12, 2004

The MS Challenge Walk is a three-day, 50-mile walk designed to raise money for and awareness of the devastating effects of Multiple Sclerosis. This experience challenges both mind and body and creates a deep bond between participants. For the second consecutive year, the Center for Neurorehabilitation Services (CNS) will be represented by a team! Each team member is required to raise \$1500 to participate in the Challenge Walk. If you would like to sponsor our team you may send contributions to CNS, Attn: MS Challenge Walk Team, 1045 Robertson, Fort Collins, CO 80524. Checks should be made payable to NMSS (Nat'l MS Society).

Contributions are tax deductible. We welcome your contributions as we work to end the devastating effects of MS!

## Client Corner

# I Have Been Blessed *By Laura Green*

I couldn't see, hear, read or talk clearly half the time. Most of my memories were gone. I could barely balance myself on my walker, much less walk with it. I was weak — my strength was gone. My hair was missing in spots, and my body wouldn't respond like it used to. I was scared to death of everything foreign to me. It was my first day at the neurorehabilitation center.

I wanted out. I was ready to say, "Forget this," and go back home. But a voice stopped me. "Do you remember me? I came to see you in the hospital and talked to you about this. Do you remember seeing me at the hospital?" I didn't remember her — but I remembered the sound of her voice. It was strong, yet caring, and familiar to me. She must have known how frightened I was. Her voice gave me some comfort and strength — so I decided to stay.

I then met a few of my fellow patients while waiting for my therapy sessions.

**"Not my dog —  
not my problem."**

Everyone seemed so brave and so determined in their goals for the future. I will never forget two of them and the words of wisdom they gave to me:

One woman from Wyoming told me, "Be brave, you're from Wyoming, you can do this. Do what they tell you to do, and try hard, no matter what. They know what they're doing here, trust them. My doctors told me I would probably never walk again — and look at me now!" She was walking without an aide and looked happy and beautiful.



*Laura Green, Lizzie, Diablo*

The other was a young girl from Fort Collins. It was obvious from her stories that she was being treated "differently" by some people because of her disabilities. She was handling it in a surprisingly good-natured way. She taught me the expression, "Not my dog — not my problem." Just let things roll off your back — pay no attention to people that have no

understanding of the situation.

Other words of wisdom I received: "Remember to slow down when doing things. Remember — you may be slow, but you're not stupid."

"God saved you for a reason. You will figure it out with time."

My mother kept telling me, "God has blessed you. He has given you life and strength. Just remember who you are and you can do this." She still believed in me like she always had.

All of this made me decide to put my anger aside at what had happened to me and instead to put that energy into trying to get better. After all, if everyone around me could do it, so could I.

I now use a cane for walking and balance. My memories are coming back strong, and my strength is returning. I'm getting stronger every day.

My hair has been growing and even looks good again. I have my loved ones close to me — life is good.

What a journey I have been on. I still have a long way to go, but I'd never have gotten this far if it wasn't for the skills I've been taught — if it wasn't for the strength, training, and advice that my therapists, fellow patients, and

**Blessed** *continued on back page*