



**STROKE RECOVERY ASSOCIATION**  
OF BRITISH COLUMBIA

# Snippets April 2016



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## **SRABC NEWS AND VIEWS**

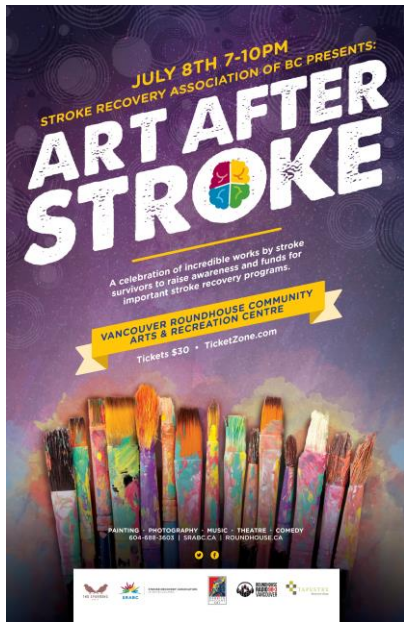
### **SRABC NEWS AND VIEWS**

#### **- Art After Stroke**



- We are planning a Special Event to take place June 2016 entitled Art After Stroke which will feature incredible work by stroke survivors in visual and performing arts. There are more details in the 'Town Hall' Meeting report below.
- Meanwhile this is the place to go to buy tickets:

<http://www.ticketzone.com/event/Art-after-Stroke/305871>



### Roundhouse Radio 98.3

- We are proud and delighted to announce that Roundhouse Radio have agreed to be our radio sponsors for Art After Stroke. **Roundhouse Radio 98.3** Vancouver is a commercial station with a community focus. With hyperlocal content and an urban presence, Roundhouse Radio connects, entertains and engages their audience on air, online and on the street. Local content, engaging storytelling and intelligent discussion are the core of the station. Roundhouse Radio want to make a difference for everyone who lives, works and plays in the City of Vancouver.

They have offered us the following services:

- Digital and On-Air Sponsorship Options;
- Feature page on Roundhouse Radio website;
- Opportunity for on-air interview to promote your event;
- Listing on our events page and featured on our weekly on-air “Roundhouse Roundup” events calendar;
- Social Media support of your event.

We are thrilled to report that their offer qualifies them as a ‘Van Gogh’ level sponsor and that they will be helping us to promote the event! They will certainly make a difference for us... we are thrilled to have them on board!



**ROUNDHOUSE  
RADIO 98.3**

Keep your eyes on our Facebook page for more updates!

<https://www.facebook.com/events/428300690705522>

### SRABC Board of Directors Update



### Stroke Recovery Association of British Columbia Commences Collaboration with March of Dimes Canada



The SRABC Board of Directors is pleased to inform you about a formal affiliation and agreement to collaborate between March of Dimes Canada (MODC) and Stroke Recovery Association of British Columbia (SRABC), starting April, 1, 2016. This collaboration links SRABC's 40+ years of experience and knowledge in the field of stroke recovery with MODC's community engagement and integration services for stroke survivors. The affiliation will also create a growing opportunity to develop a national approach to the community reintegration of stroke survivors and supports to caregivers, and serve as a catalyst for advocacy in this often neglected, yet longest part, of a stroke survivor's journey.

Since 2011, SRABC has been collaborating informally with March of Dimes Canada on

various stroke recovery initiatives in British Columbia; including the Community Stroke Navigator Project, the 7 Steps to Stroke recovery video productions, the 'Next Steps' Mall Walking program and various fund raising initiatives. Our formal collaboration will enhance stroke recovery support and services for stroke survivors and their caregivers in British Columbia and help us to begin to grow services in Western Canada.

Effective April 1, 2016, Tim Readman, will join March of Dimes Canada as Senior Manager, Stroke Recovery. Tim will still continue in his role as Executive Director (ED) of SRABC.

Genevieve Thompson will also be part of the Stroke Recovery Team at March of Dimes Canada, which is part of the Community Engagement and Integration Services Department. Genevieve will still continue in her role as Office Administrator at SRABC. Brent Page, National Manager, Community Engagement and Integration Services at March of Dimes Canada will become part of the BC Stroke Recovery team and will be working closely with Tim and Genevieve. His main focus will be on:

- Coordinating and optimizing the resources of two organizations to support the needs of stroke survivors and caregivers
- Testing out new program ideas that could be replicated to other communities to build an enhanced stroke recovery community service
- Enable SRABC and MODC to provide consistent cost effective services with more focused resources while reducing administration and overhead costs in B.C.

Brent's office is in the SRABC office at 301-1212 West Broadway in Vancouver.

### **'Town Hall' Meeting Calls**



*Each 'Town Hall Meeting' call is hosted by a board member and the Executive Director who provide updates on what's happening at SRABC. Members are encouraged to ask questions and provide feedback.*

*These calls are scheduled for the **second Wednesday of every month at 4pm.***

*To dial in please call:*

**Toll Free: 1-866-279-1594 OR Local Calls: 604-484-1962 and enter Participant Code:  
616230**

**\*\*NEXT ONE IS WEDNESDAY APRIL 13 AT 4PM\*\***

### **SRABC 'Town Hall' Meeting Call– March 9<sup>th</sup> 2016**

Greetings SRABC members,

As part of our continuing effort to give you a greater voice in the direction of the organization, we held our first monthly 'town hall meeting' telephone conference call on Wednesday, March 9th.

In attendance were:

#### **Branch Coordinators:**

Trudy Simson - Powell River

Peggy Kane - Shaughnessy

Joanne Patterson - Shaughnessy

Rose Zajonskowski - Nanaimo

Shona Cox - Kamloops

#### **Volunteers:**

Bill McCracken - Nanaimo

Colleen Mulholland - Nanaimo

Martha Hutchinson - Douglas Park / B.L.A.S.T. Easter Camp

#### **Board of Directors:**

Chris Russell - Chair Communications Committee

#### **March of Dimes Canada:**

Brent Page - MODC National Manager for Community Engagement & Integration Services

#### **SRABC:**

Tim Readman - Executive Director

### **Meeting Notes**

- SRABC's agreement with March of Dimes Canada (MODC)
  - Agreement has been reached that our two organizations will work together.

- SRABC will still be a separate Association and a Registered Charity.
- We will share program ideas for stroke recovery.
- We will be able to use March of Dimes for administration and management services which will save SRABC money.
- Any money donated to SRABC or one of our branches will come to SRABC for our use or be allocated to the Branch. MODC will not receive any of these funds.
- Branch Affiliation Agreements
  - Branch Affiliation Agreements have been signed with almost all Branches.
  - We are working on completing the agreements with the remaining branches.
  - This 'Memorandum of Affiliation' means we are all part of the same organization from a legal point of view.
- Walk 'n' Roll
  - As part of our continuing relationship with March of Dimes Canada (MODC), we are working on increasing SRABC's fundraising opportunities. We have decided to work together on a sponsored walk/wheel event that MODC has run for several years already. The event is called Walk 'n' Roll.
  - Some Branches already do a 'Strides for Strokes' event in June. Walk 'n' Roll is another option for Branches and Programs that don't have their own event. Groups can combine their efforts and do the event together.
  - Some Branches might want to do Walk 'n' Roll instead of Strides for Strokes. The choice is yours!
  - Anyone who wants to can get involved. Maybe our board or committee members want to join in too!
  - There's a website which has all the info at [www.marchofdimes.ca/walknroll](http://www.marchofdimes.ca/walknroll).
  - Please let Tim Readman know if you are interested in participating in Walk 'n' Roll – but don't delay – the event is being held April 30-May 2 weekend.
- World Stroke Day BC Liquor Store Coin Box Campaign
  - Last October we ran the first World Stroke Day BC Liquor Store coin box campaign with MODC.

- \$1698.76 was collected of which \$849.38 (50%) went to SRABC. Each Branch that participated was given their share of what was collected.
- We were advised by MODC fundraising dept. that this was a good total for a first time and it is worth continuing so we can build a greater presence and gradually increase revenues.
- In Ontario they make about \$35,000 each year.
- Nainimo Hospital Visitation Program
  - This is part of the Community Stroke Recovery Navigator project being run by Wendy Johnstone.
  - Volunteers are being trained to visit stroke survivors in hospital.
  - Bill McCracken has just completed the training and reported that it was very useful.
- Art After Stroke
  - We are planning a Special Event to take place June 2016 entitled Art After Stroke which will feature incredible work by stroke survivors in visual and performing arts. The event will be used to generate publicity and raise awareness. We are aiming to make a big media splash and put stroke recovery on the BC map!
  - The purpose of Art After Stroke is to show everyone that people who have had a stroke are capable of producing fantastic works of art that can take your breath away. This will help us to communicate a message of hope to people all over BC.
  - • Location: Roundhouse Community Arts Centre
    - Date: Friday July 8th 2016
    - Time: 7:00 pm – 10:00 pm
    - Theme: Art after Stroke
  - Tickets are \$30 and are available here:  
<http://www.ticketzone.com/event/Art-after-Stroke/305871>

If you are interested in helping or being part of this event please contact Genevieve Thompson at [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca)

### **New Stroke Recovery Program in Osoyoos BC**

As reported in last month's Snippets there's a stroke recovery group meeting in Osoyoos



BC. I visited the SRABC Program Coordinator, Lois Hansen, recently in Penticton and we spent some time planning for the future. Lois is also the executive director of the Interior BC Brain Injury Services, South Okanagan Division. I was able to learn more about the group and its history and development.

For over 3 years the stroke recovery group has been meeting in Osoyoos, independently of any outside support. They have now joined with Interior BC Brain Injury Services, South Okanagan Division, who are working in partnership with SRABC. Dan Lyver will be continuing to facilitating this group assisted by other volunteers. Dan and the group will be working with Lois to develop the program. We are looking forward to working together in this exciting new 3-way partnership.

### **Branch Update - News from SRABC's Branches**



For one of our meetings, our group made some DIY stress balls using just balloons and flour (very cost effective!). These stress balls are quite useful for practicing grip strength and finger dexterity as the stress balls can be molded into different shapes. The hardness of the stress ball can be adjusted depending on how much flour you use. Here is a link to how to make these Ninja stress balls: <https://www.youtube.com/watch?v=SyfxlryiD8A> Feel free to share this with other branch coordinators who may be interested in doing this DIY for their group as well.

Thanks!

Irene lu

Burnaby South & Burnaby North Branch Coordinator

### **Nanaimo Branch**

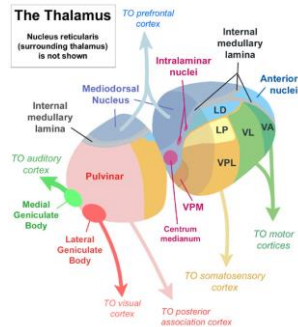


Please see below a link to the TV the spotlight Shaw TV did with the Nanaimo Stroke

Recovery Group. Thanks to Bill McCracken from the Nanaimo Branch for sharing this with us. That's Bill on camera doing a fine job of telling the world what we are all about!

<https://youtu.be/0kv0AeCvhQA?list=PLRSwDpSO92L2PI3dNCsOAUYafjaVQ6GZu>

## Dejerine Roussy Syndrome



I am a stroke survivor and now am left with what is known as Dejerine Roussy Syndrome. This is a very rare syndrome and not many in the medical community have heard of it let alone know anything about it. I would like to connect with others who also have been diagnosed with the same syndrome. The purpose is to compare experiences as to what treatment works, what did not work. I can be contacted at; [zandbe03@telus.net](mailto:zandbe03@telus.net)

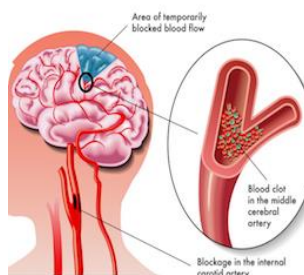
Thank you

Cor Zandbergen

Vernon, BC

## STROKE RECOVERY INFORMATION AND RESOURCES

### Stroke Information & Resource Guide



There's a comprehensive new Stroke Information & Resource Guide Written by David Patterson and last updated March 10, 2016 now available online at ACLS Training

Center's website here:

<https://www.acls.net/stroke-information-and-resources.htm>

It covers:

- What is a Stroke?
- Definition of Stroke
- What is a Hemorrhagic Stroke?
- Stroke Prevention
- Lifestyle Tips to Prevent Stroke
- 9 Ways to Prevent a Stroke
- Warning Signs of Stroke
- Signs and Symptoms of Stroke
- Women and Stroke
- What should I do if I am having a Stroke?
- Response to Stroke
- The Gold Standard of Stroke Treatment
- Time is Brain - Treatment for Stroke
- How is Stroke Treated?
- Stopping Stroke in Its Tracks
- What is the Standard Treatment for Stroke?
- Treating Stroke - US News and World Report

### **New Research Highlights Need to Give Greater Consideration to Sleep in Stroke Care**



Latest findings from the University of Surrey (UK) and University of Freiburg (Germany) all point towards the important role of sleep in patients with stroke. However, at present, sleep is rarely considered in in-patient and community-based stroke care. The team of researchers also found that this is despite a number of studies that highlights patients with stroke often experience difficulties with their sleep.

Patients often report that going to sleep and staying asleep is difficult and aggravates the challenges of coping with everyday activities. But how much do we really know about the sleep of patients with chronic stroke and how their sleep compares to that of other older healthy people? For the first time, the researchers have addressed this question by drawing together all existing research comparing patients with stroke with control populations using polysomnography, the gold standard method to study sleep.

The study, published in the journal *PLOS ONE*, revealed that sleep is poor in stroke patients, but the research also highlighted the lack of knowledge in particular with regard to older people and chronic patients. For example, the team found no study comparing the sleep physiology of chronic stroke patients with other people in their respective age group. While there is some information on changes of sleep difficulties throughout stroke recovery, how stroke severity, lesion location, and sleep are linked to physical and mental health is generally unexplored.

"Sleep is essential for learning, mental and physical health in everybody but even more so for chronic stroke patients. A comprehensive and holistic understanding of sleep is therefore needed to improve rehabilitation effectiveness and ensure quality long term care," said lead author Professor Annette Sterr from the University of Surrey.

"However, this link between sleep and stroke has not yet entered clinical practice. The recent guideline for stroke rehabilitation issued by the UK National Institute for Health and Care Excellence (NICE) provides a detailed account of the medical, physical and psychological needs to be met through in-and outpatients stroke care, but these recommendations make no comment on sleep. Moreover, stroke care is focussed on daytime activity and ignores sleep altogether."

"In the UK, strokes are a major health problem. Every year, around 110,000 people have a stroke in England and it is the third largest cause of death. One key theme emerging through our research is the need to give greater consideration to sleep in stroke care, and in particular in stroke rehabilitation. By doing so this will ensure that each patient is treated fairly and an appropriate course of treatment is planned and implemented."

### Resources for Anxiety



Did you know that 1 in 10 people suffer from anxiety? And that 1 in 4 will experience

significant problems with anxiety at some point in their lives?

The Anxiety disorders toolkit is available free at: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

### **My Stroke Guide**



My Stroke Guide is a self-management tool to support people who have been affected by stroke.

<http://mystrokeguide.com/>

It has been designed by working closely with stroke survivors and carers, who have been involved in every step of its development. This ensures that their needs are at the heart of what it does.

We created My Stroke Guide to help make sure that stroke survivors are never alone in their recovery. It will provide the practical tools to help them understand stroke and deal with its effects alongside peer support to combat feelings of isolation. Most importantly, My Stroke Guide will be available online to users 24 hours a day.

My Stroke Guide's key features are:

Information about the effects of stroke and hints and tips about how to deal with them

Peer-to-peer support, including an extensive video library and an online forum

Goal-setting tools and graphs which reflect the individual's progress

Advice and signposting on the various issues people can face after stroke.

### **The NEW App that Rewards You for Making Healthy Choices**



Imagine if you could be rewarded for making healthy lifestyle changes.

The first national wellness rewards program is here. Carrot Rewards is now available to download free of charge. This app is brought to you in partnership with Social Change

Rewards, the B.C. Ministry of Health, the BC Healthy Living Alliance, the Public Health Agency of Canada, along with partners: YMCA Canada, Heart & Stroke Foundation and the Canadian Diabetes Association.

Carrot Rewards will reward you with your choice of loyalty points for participating in specific health promotion activities. You can exchange these points for big rewards! Choose your favourite loyalty reward points and start earning for learning. This app sets you on a path to healthy living, the ultimate reward.

### **How do I get it?**

Download Carrot Rewards free of charge from iTunes or Google Play [here!](#) Then choose from one of the participating loyalty point providers: Aeroplan, Scene, More Rewards and Petro-Points. If you don't already have an account, you can join for free in the app. You'll start collecting points as soon as you download the app and begin to work your way through fun and informative quizzes.

### **What's in it for me?**

Rewards and a healthier lifestyle of course! Once registered, you'll begin to work through a wide range of health topics while collecting points along the way. You'll receive trusted health information that is up-to-date to make sure you're getting the best advice. Carrot Rewards is a partnership between the Ministry of Health, the Public Health Agency of Canada, the BC Healthy Living Alliance and Social Change Rewards, along with partners YMCA Canada, Heart & Stroke Foundation, and the Canadian Diabetes Association. By downloading Carrot Rewards and choosing to participate in this new rewards program, you'll be joining other British Columbians who are making healthy living a priority. Join us and download the app today!

- See more at:

<https://www.healthyfamiliesbc.ca/home/blog/reward-yourself-today-carrot-rewards-0#sthash.6i1OC0cV.dpuf>

### **What is Brain Plasticity and Why is it So Important?**



Neuroplasticity – or brain plasticity – is the ability of the brain to modify its connections or

re-wire itself. Without this ability, any brain, not just the human brain, would be unable to develop from infancy through to adulthood or recover from brain injury.

What makes the brain special is that, unlike a computer, it processes sensory and motor signals in parallel. It has many neural pathways that can replicate another's function so that small errors in development or temporary loss of function through damage can be easily corrected by rerouting signals along a different pathway.

Part of the body's ability to recover following damage to the brain can be explained by the damaged area of the brain getting better, but most is the result of neuroplasticity – forming new neural connections.

So if the brain is so plastic, why doesn't everyone who has a stroke recover full function? The answer is that it depends on your age (younger brains have a better chance of recovery), the size of the area damaged and, more importantly, the treatments offered during rehabilitation.

For the full article please go here:

<http://theconversation.com/what-is-brain-plasticity-and-why-is-it-so-important-55967>

## APHASIA RECOVERY INFORMATION AND RESOURCES

### Aphasia Education App from the University of Victoria



'Aphasia' refers to a set of language challenges, from difficulty reading to difficulty finding the right words to say. The Aphasia Education app plays like a game, but was designed with the help of speech language pathologists who wanted a tool to help care providers learn to interact with individuals with aphasia. The goal of the app is to teach you about some of the challenges that these individuals face, and how they -- with your help! -- can overcome them effectively. You can get it here.

<https://itunes.apple.com/ca/app/aphasia-education/id1051837532?mt=8>

Also there's an Aphasia Education App Survey here if you want to take part and give feedback:

<http://fluidsurveys.com/.../canassist-ns5/aphasia-education/>

### Facebook and Twitter

SRABC is on Facebook at: <https://www.facebook.com/StrokeRecoveryBC>

and Twitter at: <https://twitter.com/StrokeRecovBC>

- **Snippets is published on the 10th day of each month by Stroke Recovery Association of BC**
- **Snippets contains SRABC news and information and stroke recovery resources for stroke survivors and caregivers**
- **Snippets is for our Branch Coordinators to assist them in their work with people whose lives have been affected by stroke**
- **Snippets can also be useful for people recovering from a stroke, their caregivers, their friends, family and supporters**
- **We welcome your comments and feedback about Snippets**
- **If you know anyone who will find Snippets useful please forward it to them or ask them to add their name to our mailing list by sending an email to [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca)**
- **All past issues of Snippets are available on the SRABC website at: <http://strokerecoverybc.ca/snippets-2013/>**

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We send out the snippets newsletter to all of our Coordinators to keep everyone connected.

**Our mailing address is:**

Stroke Recovery Association of BC  
301 - 1212 West Broadway  
Vancouver, British Columbia (BC) V6H 3V1  
Canada

The MailChimp logo is displayed in a grey rounded rectangle. The text "MailChimp" is written in a white, cursive script font.



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