



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets August 2014

Facebook and Twitter

SRABC is now 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
- All past issues of Snippets are available on the SRABC website at:

<http://strokerecoverybc.ca/snippets/>

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Branch Update - News from SRABC's Branches

Oceanside Branch

This year the Oceanside Branch participated in the Parksville Canada Day Parade. Caregiver Suzanne Rizzuto, our parade team leader, pulled together a very impressive entry giving the SRABC Oceanside a clear presence in our community. Early Canada Day morning, both stroke survivors and caregivers marshalled up and proceeded down the parade route to celebrate our nation! We were overwhelmed by the numbers of Canadians lining the parade route! To our amazement, we won second prize in our category! Happy Birthday, Canada!!





Maple Ridge/Pitt Meadows

Here's a message from David Baker - Songwriter and Maple Ridge Stroke Recovery Member who we have featured in previous editions of Snippets.

"When I had my stroke I lost mobility and lost my singing voice. Over the next few years, I did very little but finally decided I should promote the songs that I wrote mainly in the 1970's. I began working with Vancouver composer/arranger Dr Larry Nickel who created choral arrangements for choirs for many of my songs. Since then I have been very successful with several of my songs. Now, choirs all over Canada are performing and recording my work.

The link below takes you to my new video on You Tube. It looks really good BUT the guy who made the video used locomotives that never ran on the Kettle Valley Railroad – and every rail buff knows this. Rail fans do not like the video at all but for those who do not know trains it's OK. My Royal Hudson video just reached 18,000 visits so that's great. Go to You Tube and search for Dave Baker Royal Hudson"

<https://www.youtube.com/watch?v=V230NShpGnA>

Templeton Branch

- UBC Brain Behaviour Laboratory Presentation

Dr. Lara Boyd from the UBC Brain Behaviour Laboratory gave a presentation to the members on July 10th. The highlights of her talk were:

- Emphasis on the value of exercise in stroke recovery and prevention of secondary strokes

- The brain is capable of recovery and that recovery can happen immediately or years after a stroke
- The location of a stroke has a bigger effect on a person's health and abilities than the number or size of strokes
- TIAs or mini-strokes are usually followed by a full stroke
- It is important not to ignore warning signs
- The number people to have strokes who are under 50 years of age is growing with the 30-40 age group growing faster than any other- due to inactivity, being overweight and type 2 diabetes
- The GRASP and FAME arm and leg exercise programs out of Janice Eng's research at GF Strong are recommended for use at our stroke recovery Branches
- Anyone who is interested in more information or being part of the studies into the use of robotics and computer games (Kinect) in therapy can contact Lara at lara.boyd@ubc.ca.

Abbotsford Branch

A number of our Abbotsford Stroke Recovery Group members are continuing to attend the Communication Maintenance Groups run by Lara Sas, Clinical Practice Leader, Speech-Language Pathology at Abbotsford Regional Hospital through the summer. The Abbotsford Recreation Centre has made space available. SRABC and the Branch are really grateful to Lara for her commitment to helping stroke survivors with their communication issues even when the Branch is on summer break.

North Shore Branch

Forty years ago, the North Shore Stroke Recovery Centre opened its doors with a small but significant program that provided an important step to stroke recovery for North Shore residents. Today, the centre offers programs, activities and therapies four days a week as well as resources and community links for families and loved ones of stroke survivors. Many people have contributed to the growth and success of the North Shore Stroke Recovery Centre since those early days and the vision to provide stroke survivors with a meaningful post stroke experience has always been the guiding principal. Without our generous grant funders and sponsors and our amazing volunteers, much of what we do would be nearly impossible.

A celebration of the centre's 40 years and its achievements is planned for October and

members, family, friends, volunteers and staff past and present are welcome to join us. Check our website for updated information on date and location.

While you are checking on the Anniversary details, take a moment to notice our new and improved website which we launched this spring! We are very grateful to Twisted Lime Media which donated time and expertise to develop and improve nssrc.org. We are still fine-tuning the content details, but past issues of our monthly Turtle Soup newsletters and notice of events, resources and program highlights are posted.

Our annual fundraiser – Strides for Strokes – was held in June on a damp Saturday morning on the West Vancouver waterfront; however, we had a great turnout of participants and our fundraising goal was exceeded!

Other highlights of our busy year included two special lunches – in December and in June – to celebrate and socialize as a group with families, friends and alumni. In addition, we took a small group of members to the Coquitlam Branch's annual spring luncheon where we were treated to a delicious meal and some great entertainment. Thank you Coquitlam for your hospitality!

In the spring, our members participated in a UBC study over a number of weeks using Wii games to measure and assess balance. The Wii proved to be so much fun, that following the conclusion of the study, we created a Wii bowling league and challenged members to beat their personal bests!

Social Media - Do You Like Us, Will You Follow Us?

Social media is here to stay and is a very important way for SRABC to get its message out. We have spent a lot of time and effort over the past couple of months getting the media's attention and have succeeded in being on Global TV twice, in the Vancouver Sun, Courier and on CKNW Radio to name but a few. The launch of the 7 Steps to Stroke Recovery Video has helped us increase our profile. All the information and links have been sent to everyone at our Branches across BC. Now we need you to help with our social media presence. If you use Facebook, Twitter and YouTube please 'like' us and 'follow' us. Then please go to the items about our media coverage that we have posted or tweeted and share and re-Tweet them as much as you can. If you have friends, neighbours or relatives who use social media please ask them to do the same. We need to build up our profile in this area as much as we can.

Why? To spread the word that there is life after stroke, and to attract more funding to

SRABC. Please like us! Please follow us! Please watch us! We will really appreciate it and you will be helping stroke survivors and caregivers all over BC get the message that SRABC can help.

Twitter: [@StrokeRecovBC](https://twitter.com/StrokeRecovBC)

Facebook: [StrokeRecoveryBC](https://www.facebook.com/StrokeRecoveryBC)

YouTube: <https://www.youtube.com/user/office814>

Job Fair for Job Seekers Living with a Disability

This Job Fair is exclusively for job seekers living with a disability. It will feature employers committed to a representative workforce, as well as service providers.

When: Thursday, October 23, 2014 12:30pm – 3:30pm

Where: Firefighters Banquet & Conference Centre

Metrotown Complex, 6515 Bonsor St. Burnaby, BC V5H 3E8

If you are a job seeker no pre-registration required. Please come to the fair on October 23, 2014. We hope to see you there! If you would like to stay informed about the Job Fair please sign up for our newsletter, or follow us on Facebook. Please send your completed form to, or for more information contact: Anirudh Rayas 604.637.3577

anirudhr@neilsquire.ca



Inspiring Message to Stroke Survivors

Angela Wright suffered a hemorrhagic stroke at 38 years old. She has had a near miraculous recovery, particularly given the complications she had in hospital. She contracted meningitis following surgery, was drastically allergic to the antibiotics she received, and had a 103 degree fever for days. Her recovery had a rough start due to these complications but she decided very early on that this was not going to be her life going forward. Angela found out about SRABC at one of our Stroke Recovery Education Days and now is a member of the Provincial Board of Directors. We were delighted to get this note when she returned from her recent vacation:

I'm back from my epic voyage to India, Nepal and Bhutan at the end of June and

think/hope I can offer an inspiring message to other stroke survivors. Among many other wonderful things, on this trip I trekked over 500 miles in the Himalayas - not bad for someone who wasn't supposed to walk again!!! Anyways I would love to share my adventures with the SRABC community in any way appropriate. For your own interest, you can check out my (incomplete) blog at <http://www.offexploring.com/angelabwright>

There will be an interview with Angela in the next edition of SRABC's Life After Stroke newsletter.

CBC Report on Stroke Guidelines

Here's an interesting piece focusing on the rise in the numbers of strokes in younger people and the fact that women are more at risk than men.

<http://www.cbc.ca/video/news/audioplayer.html?clipid=2466151172>



Resource for Communication Exercises

- Name 5

One of the resources I saw in use by Rachel Jansen, our Trail Branch Coordinator during my branch visit was a game called 'Name 5'. Rachel is a Speech Language Pathologist and uses the game with people with aphasia to assist them in improving their word-finding abilities. It is also a fun activity that can be used as a more general communication activity while encouraging use of memory, recall and speech.

You can find the game here: <http://www.endlessgames.com/ns-name5.html>

and here: <http://www.amazon.ca/Endless-Games-380-Name-Game/dp/B003N2Q5JC>

Tim Readman, SRABC Executive Director

- Word Search - Free Puzzles

Bob Nichols, one of the Salmon Arm Branch governing committee members does Word Search puzzles daily as this was one of the main keys to regaining his speech after his stroke in December 2005. If you need more information you can contact Bob and Linda Nichols via the Salmon Arm Branch. Meanwhile if you want to try Word Search there's free puzzles here on this website:

<http://www.puzzles.ca/wordsearch.html>



5th annual Sea to Sky Aphasia Camp

We are happy to begin registration for our 5th annual Sea to Sky Aphasia Camp September 12 - 14.

Please see our website for more

information: <http://www.seatoskyaphasiacamp.com/reservations.html>

Jill Petersen, MSc RSLP

Registered Speech Language Pathologist; Research Assistant

School of Audiology and Speech Sciences Aphasia Mentoring Program

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<http://blogs.ubc.ca/aphasiaprogram/>



20 Questions to Enhance Conversations

When we share something about ourselves with others, some people respond just by saying, “Cool”, or “Great”, or “That’s interesting.” They offer some form of acknowledgement. That’s the Yes of ‘Yes And’.

And then there are those who offer an acknowledgment, AND then ask a question that further explores what we shared. They say, for instance, “Wow, that’s fascinating (Yes). What was that like for you? (And)”

- We love it when people show genuine interest in us.

Whether it is simply a check in to see how our doctor's appointment went, or a series of questions, it feels good when people are genuinely interested in us. It feels like the person cares about us and our experience, and that we matter to them. We feel heard and appreciated. We feel met! And it gives us the opportunity to share even more about ourselves and our life. The more we share, the more they learn about us and our experience, which then gives them other things to be curious about.

- Curiosity is a sign others are listening and engaged.

In the attitude of curiosity, we bring our ears and heart fully into the conversation. We cannot be curious if we are not listening to what they have to say. When we don't listen, we are more inclined to turn the conversation back on ourselves. To stay in curiosity, we have to temporarily suspend our own agenda to follow the other person's lead.

- Curiosity allows you to release the need to know or be smart.

With curiosity, we don't have to be an expert in the other person's life to engage in the conversation. I don't have to be knowledgeable or smart. I can have a wonderful conversation with a financial planner, shaman, or news anchor without knowing anything about their field of expertise just by asking a series of questions. The only prerequisite is that I am keenly interested!

I am personally fascinated about people and their lives. I love to learn, and I am curious about the human journey and the choices people make. So curiosity is not hard for me. Rather it is something I deeply enjoy!

- Despite being a gift, curiosity is not as widely practiced as it could be.

How many times a day do you share something with someone and all they offer you is a Yes (or worse yet, a No!)? I am not saying that you always need to And. There are some things that are better left at Yes. But I can guess that there are some conversations you have had recently where you would have loved a bit more curiosity from the other person. Recently my mom shared with me how her cruise was. I must have asked her about forty

questions!

What kinds of activities were on the ship?

Did you meet anyone interesting?

What was the food like?

Who was at your table?

Etc, etc.

And of course, after each answer, I asked a follow-up question.

Mom: "Oh we had a nice couple at our table from the US."

Me: "Where in the US were they from?"

Mom: "From New York."

Me: "What sorts of things did you talk about with them?"

And so on, and so on.

After I got home, my mom told how much she appreciated the curiosity I exuded. It meant a lot to her to have her experience heard and valued.

- Begin looking for opportunities to bring more curiosity into your conversations.

Curiosity is a muscle that needs to be used. Because we don't use it that often, we miss out on travelling many wonderful directions in our conversations.

I encourage you to begin actively looking for things to be curious about in another, and ways you can travel in their world. Each thing that you are curious about is a door to a limitless pathway that leads into a person's heart and life. The more pathways you travel down, the more you will discover, and the deeper you will connect to the other person and enhance your relationship.

- 20 Questions to Enhance Conversations ~ Moving from Yes to Yes And

1. What is your favorite thing about that?
2. What is that like for you?
3. What did you learn about yourself? About life?
4. What did they say?
5. How do you feel about that?
6. How does that resonate for you?
7. What will you miss most?

8. What part are you most excited about?
9. What will it feel like to finally have that out of your way?
10. What will it mean to you to accomplish that?
11. What are you hoping to discover?
12. What are you hoping to get out of that experience?
13. What drew you to that decision?
14. What compelled you to go there?
15. What challenges do you see yourself facing?
16. What does your heart say?
17. Who did you meet?
18. Who did you go with?
19. What did you talk about?
20. What did you eat?

Don't forget that after each answer you can then ask a follow-up question.

Person A: "I had fish and chips."

Person B: "How did it taste?"

Person A: "Pretty good. Better than I thought it would be."

Person B: "Did you order dessert as well?"

Person A: "Yes, I had the apple pie."

Person B: "Oh! Did you get it heated with ice cream?!!"

Some may be surprised by your curiosity if they are accustomed to more Yes than Yes
And from you. But I can assure you over time they will learn to enjoy and appreciate it.
And if modelled enough, they may feel compelled to offer some back to you. The best way
to ask for what we want is to model it ourselves!

Vince Gowman- <http://www.vincegowmon.com>

*Vince Gowmon is the founder of Remembering to Play Events. He leads keynotes and
playshops for organizations, conferences and communities on topics such as Leadership,
Communication, Creativity, Community Engagement and Play.*



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

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