



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



# SNIPPETS

## AUGUST 2016

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## **New SRABC Guide to Recovering from Stroke Now Available!**

We are happy to announce that our newest Guide to Recovering from a Stroke: Exercise and Mobility is now available! The purpose of the Guides to Recovering from a Stroke is to give stroke survivors and caregivers helpful and practical information. Find it [here](http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke/) (<http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke/>)

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# SRABC BOARD OF DIRECTORS UPDATE

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## Annual General Meeting 2016



This year's AGM is on **Saturday, October 15th, 2016** in Room #5 (2nd Floor), Creekside Community Recreation Centre, 1 Athletes Way, Vancouver, BC

### Revision of our Bylaws

- We have to revise our bylaws to bring them into line with the new Societies Act that will come into force in November 2016.
- We will need to pass a special resolution with a 75% majority at the AGM to accept the revised bylaws to bring them into line with the new Societies Act.
- We will need quorum and a supportive vote to achieve this.
- There are no significant changes; it will mainly require ensuring the wording meets the requirements of the new act.

**Please plan to be at the event so we can make sure we have quorum. If you can't attend please submit a proxy – this will mean your vote can be included and will also count towards quorum.** Proxy forms will be sent out with the formal notice of the AGM in September.

### **"Town Hall" Meeting Calls HAVE YOUR SAY!**

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

**Note: August's call was cancelled. THE NEXT CALL is Wednesday September 14th at 4pm.**

To dial in please call: 1-800-263-3463

As soon as you hear the automated reply Press 8

Conference number: 622

Password: 416622

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## BRANCH UPDATES

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### Coquitlam Branch



The Coquitlam Branch went to the Maple Ridge Equestrian Centre on July 8th, 2016. The 41 attendees enjoyed a delicious lunch buffet and pleasant day all around.

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## EVENTS

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### August B.L.A.S.T.

"Building Life After Stroke Together"



**Where: Templeton Stroke Recovery**  
700 Templeton Drive, V5L 4X9, Activity Room

**When: Every Thursday in August** (4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>)  
Doors Open from 9:30 am to 1:30 pm

Share stories, play games and sing a few songs

Minimum \$5 donation includes lunch

Contact Deb at [deb@turtletalk.ca](mailto:deb@turtletalk.ca)  
t 604 760 7769 after 11:00 am

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# CAREGIVER'S CORNER

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## Family Caregivers of BC Rename Newsletter



### Family Caregivers of British Columbia

The Family Caregiver's Grapevine is now the Caregiver Connection! This edition looks issues ranging from hoarding, power of attorney, and brain exercises for caregivers. Check it out [here](http://www.familycaregiversbc.ca/wp-content/uploads/2016/08/CaregiverConnection-summer2016-web_aug4.pdf) ([http://www.familycaregiversbc.ca/wp-content/uploads/2016/08/CaregiverConnection-summer2016-web\\_aug4.pdf](http://www.familycaregiversbc.ca/wp-content/uploads/2016/08/CaregiverConnection-summer2016-web_aug4.pdf)).

## Study of Post-Stroke Social Networks by the Journal of Speech, Hearing, and Language Research



Journal of Speech, Language, and Hearing Research studied how social networks and support changed in the six months post-stroke. They looked at how different factors, such as aphasia, predicted the change in social networks. Overall, social networks shrunk and aphasia was the only stroke-related factor measured at the time of the stroke that predicted social network 6 months later.

Find more information [here](http://jslhr.pubs.asha.org/article.aspx?articleid=2532768) (<http://jslhr.pubs.asha.org/article.aspx?articleid=2532768>)

## University of Michigan Studies Cost of Caregiving



The University of Michigan has released a study that found that the value of caregivers of stroke survivors has been vastly underestimated by previous studies. The stroke survivor caregiver spends an average of 22.3 hours a week performing caregiving tasks, double the time of caring for elderly patients who have not suffered a stroke require. They estimate that the care is about \$11,000 per stroke survivor per week, with annual estimate of around \$40 billion in costs to care for elderly stroke survivors. It is hoped that this study will bring awareness to the need for more mechanisms and support for both caregivers and stroke survivors.

Read more [here](http://www.uofmhealth.org/news/archive/201608/new-study-caring-elderly-stroke-survivors-costs-estimated-40) (http://www.uofmhealth.org/news/archive/201608/new-study-caring-elderly-stroke-survivors-costs-estimated-40)

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## RESEARCH AND STUDIES

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### CANWHEEL Study



Researchers from the University of British Columbia are currently seeking participants for a study that examines the nature and amount of added value that a caregiver provides to users of powered wheelchairs.

To be eligible to participate individuals must be:

- An unpaid caregiver and spend at least 2 hours per week with the powered wheelchair user OR Use his/her own powered wheelchair for at least 6 hours per week
- 18 years of age or older
- Live within 50km of Vancouver BC

- Can read, write, and speak in English

A stipend will be provided to both the powered wheelchair user and the caregiver for their participation.

If you are interested in participating in this study please contact Kate Keetch, Research Coordinator, GF Strong Rehabilitation Research Centre. **Phone: 604-714-4108 Email: [kate.keetch@ubc.ca](mailto:kate.keetch@ubc.ca)**

## SCOOT STUDY



Researchers from UBC are seeking volunteers to participate in a study to examine the effectiveness of a new scooter training intervention.

This is the first study to investigate how scooter training affects the user's ability to move around in his/her community, engage in activities and participate in society. The study aims to evaluate the outcomes produced by one-on-one scooter training to older adults.

You are eligible if you:

- Are 60 years of age or older
- Have one month or less combined experience of scooter driving within the past year
- Are able to transfer in and out of your scooter independently
- Can read, write and speak in English.

Find more information online [here](http://www.vchri.ca/clinical-trials/systematic-comprehensive-one-one-training-scoot-scooter-skills-feasibility-study): (**<http://www.vchri.ca/clinical-trials/systematic-comprehensive-one-one-training-scoot-scooter-skills-feasibility-study>**)

Assessments and training will take part at your home or convenient location in your community. For more information, please contact Leena Chau at 604-714-4108 or email at [leena.chau@ubc.ca](mailto:leena.chau@ubc.ca)



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# ART AND MEDIA

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## Art After Stroke

Thanks to our attendees, contributors, and sponsors, the first annual Art After Stroke was a stunning success! Here are some photos from the inspiring evening, taken by Karel Ley of Delta Stroke Recovery.



The Brock Seniors Choir performs music by Canadian composer and stroke survivor Dave Baker



Canadian singer and songwriter Rosemarie Hurst performs at Art After Stroke. Despite having had a stroke and a ruptured brain aneurysm, Rosemarie went on to recover and create more art, proving there is art and life after stroke.

Gail poses with a display at Art After Stroke, including a photo taken by Duncan Holmes.



And just one more thank you to our sponsors who helped make it all possible!

**REMBRANDT Sponsor:**

Stroke Services BC, a program of the Provincial Health Services Authority

**VAN GOGH Sponsors:**

Roundhouse Radio  
Two Sparrows Media  
Odd Fellows - Vancouver Lodge

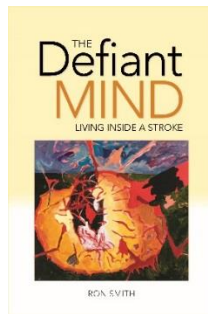
**PICASSO Sponsors:**

Edward Jones – Financial and Investments Advice  
La Terrazza - Restaurant  
Tapestry Retirement Community at Wesbrook Village  
Physio-Control - Emergency Medical Response  
Pacific Coastal Airlines

## **Royal Hudson Performed by Sonoran Desert Choir**

The Sonoran Desert Chorale from Phoenix, Arizona featured Dave Baker's song *Royal Hudson* in their program called Common Threads, which was about North American folk music. Dave Baker suffered a stroke in 1998 and lost his mobility and his singing voice. Along with Dr. Larry Nickel, Dave began to promote and rewrite his songs for choral arrangements, and now his songs are performed by choirs all over the world. In fact, the Brock Seniors Choir performed his music at Art After Stroke!

## **Vancouver Author Chronicles Stroke Recovery Journey**



Vancouverite Ron Smith has recently published a book about his recovery from a massive ischemic stroke to the brain stem. Prior to his stroke, Ron was a writer, a publisher, and a teacher of Creative Writing at universities in Canada, the States, and Europe. Smith writes about the process of recuperation, exploring his own personal struggles and frustrations post-stroke. It also explores the different roles in healing - from caregiver, to doctor, to survivor - and addresses the limitations of the current the medical system.

The book is published with Ronsdale Press and is currently available for pre-order [here](http://ronsdalepress.com/books/defiant-mind-the/) (<http://ronsdalepress.com/books/defiant-mind-the/>)

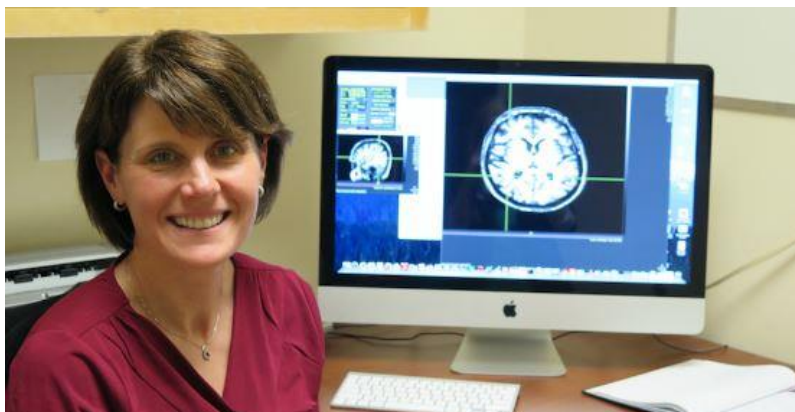


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## TECHNOLOGY & DISCOVERY

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### UBC Doctor Awarded Top Grant



The Canadian Partnership for Stroke Recovery has awarded Dr. Lara Boyd of the University of British Columbia the top prize for 2016 Catalyst Grants. Dr. Boyd is studying the effect of covert lesions on the post-stroke recovery of motor and cognitive skills. Dr. Boyd has generously given her time and support to SRABC and has given talks at several branches. Congratulations, Dr. Boyd!

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- 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:**

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