



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



# SNIPPETS

## AUGUST 2017



### **Art After Stroke**

#### **Newsletters & Resources**

Disability Alliance of BC (DABC)

Hand in Hand Podcast

Family Caregivers on Vacation?

How to Turn e-Books into Audio Books

#### **Branch Updates**

SRABC Members Bulletin

#### **Programs**

Understanding Stroke Workshops

RHF Accessibility Certification

### **Young Stroke Survivors**

- Young Stroke Survivors of BC
- Young Stroke Survivor Recovery Guide
- Different Strokes

### **Fitness and Movement**

- Video on Adaptive Paddleboarding
- British Columbia Mobility Opportunities Society

### **Life After Stroke**

- Joining the Elite Group of Canadian Folk Song Writers
- Kickstart: Artist Promotion
- ABC News Story on Aphasia

## ART AFTER STROKE



The second annual Art After Stroke took place on July 7th, 2017 at the Roundhouse Community and Arts Centre. The event was hosted by the CBC's Tanya Fletcher and actor/comedian Jacques Lalonde. We held a silent auction, a raffle, and had a photo booth and an interactive "Artist Studio" where a mural was created.

We featured paintings by Michelle Britton, Dannielle Hayes, Manny Ravelo, Helen Anderson and Clyde Nakashima, drawing by Pat Bell and carving by Eddie MacDougall. Ron Smith read excerpts from his book about his stroke, 'The Defiant Mind', which recently won the IPPY Gold Medal for autobiography and memoir from the Independent Publishers group in the States. We also had a great musical performance by the Vancouver Aphasia Singers and were treated to classical music on solo piano by Susan Xia.

Everyone who attended was impressed with the amazing quality of the artistic works by the stroke survivors who contributed their talent to making the night such a success. We haven't finished crunching the numbers yet but early estimates indicate we brought in around \$16,000.



## **A BIG THANKS TO OUR SPONSORS**

### **REMBRANDT sponsor:**

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

### **VAN GOGH sponsors:**

- Patsy Tomkins - decorator
- Tapestry Retirement Community at Wesbrook Village – desserts
- Vancouver Odd Fellows Lodge
- Two Sparrows Media -video sponsor

### **MICHELANGELO sponsors:**

- Art For Change-Artist Studio sponsor
- Main Street Brewing –beer sponsor
- Pacific Coastal Airlines

### **DA VINCI Sponsors:**

- Janine M. Ray – art donor
- Ronan Boyle – art donor

## NEWSLETTERS & RESOURCES

### Disability Alliance of BC (DABC)



DABC offers information and education about issues such as disability benefits, registered disability savings plan, disability tax credit, income tax filing, and more for people with disabilities. They also give workshops on these topics. To find out more please visit their website at: <http://disabilityalliancebc.org>

---

### Hand in Hand Podcast

This podcast was created to raise awareness about stroke and traumatic brain injury and is run by stroke and TBI survivors and caregivers. Podcast site: <https://handinhandshow.com>

---

### Family Caregivers on Vacation?

Like most people during summer months, the desire for family caregivers to get away for a weekend or an extended vacation is often top of mind. Going from contemplation to implementation can create a great deal of stress for both the family caregiver and the care recipient. Wendy Johnstone gives us some great tips to navigate this experience in the August issue of Inspired Senior Living.

Read it here: <https://tinyurl.com/yco9sego>

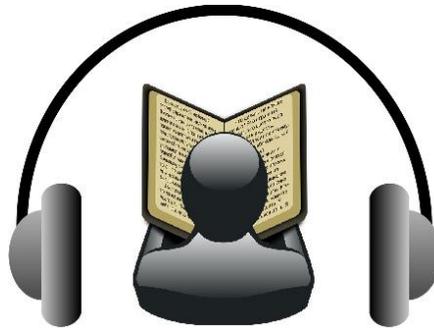
---

## How to Turn e-Books into Audio Books

Audio books are a necessity for many people with aphasia, but audio books are also expensive to produce. In many cases, audio counterparts are not made for print books until months after publication release, and in some cases, not at all. Luckily, there are apps out there that can turn any word-based document — including e-books and PDFs — into audio book equivalents.

Here you'll find dozens of options you may not have known existed on your iPhone or iPad.

<https://www.aphasia.org/stories/turn-e-books-audio-books/>



---

## BRANCH UPDATES

### SRABC Members Bulletin

The SRABC Members Bulletin is sent out four times a year to SRABC members. The last issue SRABC Members Bulletin in 2017 is **October 16**.

If you are interested in becoming a SRABC member contact [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca) for more information.

## PROGRAMS

### Understanding Stroke Workshops

G.F. Strong Rehab Centre Acquired Brain Injury Program will be hosting a workshop for survivors, families and friends to learn about how the brain works, stroke and recovery. They will also talk about life after a stroke, including strategies to help and available resources.

All are welcome, and the sessions are free. Registration is required. **Please call 604-737-6221 to register or to get more information.**

#### 2017 Schedule

From 3:00 pm –5:30 pm on:  
Wednesday, September 13th  
Wednesday, November 1st

#### Location

G.F. Strong Rehab Centre Acquired Brain Injury Program  
4255 Laurel Street Vancouver, BC V5Z 2G9  
Social Services Seminar Room (Room 189)

---

### RHF Accessibility Certification (RHFAC) Program



The Rick Hansen Foundation has begun a new phase of the RHF Accessibility Certification (RHFAC) program via the BC Pilot Program.

They are hiring twelve (12) part-time Accessibility Assessors for an 18-month period beginning September 25, 2017.

- Six will be based in the RHF office in Richmond, details here: <https://tinyurl.com/yctjobyv>
- Six will be based at the Victoria Disability Resource Centre (VDRC) in Victoria, details here: <https://tinyurl.com/y7dsxczh>

Successful applicants will be trained in the RHF Accessibility Certification via a course at the Vancouver Community College (VCC) and will conduct accessibility ratings throughout BC using the RHFAC methodology.

They will also write an exam administered through the Canadian Standards Association (CSA) for an official designation. Please note that travel will be required throughout BC. Those with disabilities are strongly encouraged to apply.

---

## **YOUNG STROKE SURVIVORS**

### **Young Stroke Survivors of BC**

The Young Stroke Survivors (YSS) of BC is a community of individuals who are navigating life after stroke. The YSSBC is a program of SRABC in association with March of Dimes Canada. Although everyone's experience with stroke is different, together we learn, share and grow by supporting one another along the road to recovery.

1. What is the age range for a YSS?  
Age is just a number. If you self-identify as a YSS then we would like to get to know you!
2. How frequently do you meet?  
Once a month.
3. What does the group do?
  - \* We alternate monthly between educational forums in person and via webinar and interactive, recreation-based excursions.
  - \* We are forming a group to participate in Walk 'n Roll – a 'go at your own pace' walking and fundraising event for people of all abilities.

\* We are also planning to get involved in the Next Steps mall walking program as an exercise leisure activity each month.

4. Do I have to live in Vancouver to join?  
No - we cover all of BC.
5. Can my partner, friend or caregiver join me in this group?  
Yes they are welcome.
6. How do I learn more?  
Contact Tim Readman at [treadman@marchofdimes.ca](mailto:treadman@marchofdimes.ca)

---

## Young Stroke Survivor Recovery Guide

This resource guides young stroke survivors through the recovery process. Medical practitioners, goal setting, daily life, parenting, emotions, pain, and communication after stroke are just some of the areas that are outlined and broken down in this guide. Read it here: <https://tinyurl.com/jodsx5s>

---

## Different Strokes



Different strokes is run by young stroke survivors for young stroke survivors. The Different Strokes team has real-life experience of the realities of living after stroke.

The community of younger stroke survivors and their family members have first-hand knowledge of the challenges faced by families after stroke, and they help younger individuals and their families to achieve active recovery throughout their lives.

The blog's survivor stories can help with coping strategies for younger

stroke survivors. Stories include Isabel's stroke at age 48 and how she's coping 16 years later, how stroke changed how people treated Greg at 28 years old, and how stroke affected Oli at age 18 and in the long-term.

Visit the blog at: <http://differentstrokes.co.uk/what-we-do/survivors-stories/>

---

## **FITNESS & MOVEMENT**

### **Video on Adaptive Paddleboarding**

Vancouver's Grant Hardy checks out an adaptive paddle boarding program offered through the British Columbia Mobility Opportunities Society. <https://tinyurl.com/y7444ege>

---

### **British Columbia Mobility Opportunities Society**

BCMOS is an independent non-profit society dedicated to enriching the lives of people with significant physical disabilities through wilderness recreation activities. Learn more at: <https://tinyurl.com/y7mcyfsa>

---

## **LIFE AFTER STROKE**

### **Joining the Elite Group of Canadian Folk Song Writers**

Stroke survivor Dave Baker has been writing and singing songs about the west coast of Canada for nearly forty years. Growing up on Vancouver Island, Dave has always been fascinated with the story of British Columbia; legendary personalities, iconic trains and fishing boats, etc. With his special gifts of poetry and melody, Dave has captured and encapsulated some of the history that shaped the country.



*Song writer Dave Baker*

In celebration of Canada's 150th birthday, choirs from all across the country have had concerts where their repertoires featured folk songs by Canada's best known songwriters. One of new members to this elite group is west coast singer/songwriter Dave Baker. His railroad song "Royal Hudson" has been on choir repertoires that have included songs by Gordon Lightfoot, Leonard Cohen, Stan Rogers, Ian Tyson, Joni Mitchell, and Stompin' Tom Connors. In celebration of Canada's 150th birthday, choirs from all across the country have had concerts in which their repertoire

The success of "Royal Hudson" in large part is due to the uplifting choir arrangement that was written by noted Vancouver composer/arranger Dr. Larry Nickel. He is recognized as one of Canada's best in his field. "Royal Hudson" has been performed by choirs in a number of countries and continues to make gains in popularity. To Dave, it's mind boggling to appear on a list alongside his lifelong idols.

As he puts it "The success of Royal Hudson far exceeds my wildest expectations- and I never did quit my day job". Those of you who attended Art After Stroke 2016 will have heard a rousing version of Royal Hudson performed by Brock House Kerrisdale Community Choir.

---

## Kickstart: Artist Promotion

Kickstart's mission is to produce and present works by artists with disabilities and to promote artistic excellence among artists with disabilities working in a variety of disciplines. Visit: <https://www.kickstartdisability.ca/>

---

## ABC News Story on Aphasia

Professor DiCarlo and his students created a dance contest building on the success of melodic intonation therapy. Read about it here: <http://abc30.com/2193821/>

## *A Gift in Your Will*

**A gift in your will** is a one way to support the Stroke Recovery Association of BC and March of Dimes Canada while helping you achieve significant tax saving for your estate by reducing or eliminating your income tax liability of your death. A gift in your will is a meaningful way to reduce your taxes, increase inheritances to your loved ones and help us assist British Columbian stroke survivors and caregivers. Your kind gift ensures there is 'Life After Stroke'.

**Please Seek Expert Advice:** We strongly recommend you seek professional advice to ensure your financial goals are considered, your tax situation reviewed and that your planned gift is tailored to your circumstances. Consult with your lawyer or estate planner regarding the specific wording of any charitable Will bequest.

For further information please call Margaret Purcell at 1-800-263-3463 ext. 7286.



**We acknowledge the financial support of the  
Province of British Columbia**

- 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/>