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**STROKE RECOVERY ASSOCIATION**  
OF BRITISH COLUMBIA

# Snippets December 2013

## 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**

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## Stay in the Loop-make sure you get our emails!

- Please keep us up to date with any changes to your email address.
- We send information by email from the Provincial Office to the Branch Coordinator and the Branch Directors regularly. If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder. If you are not getting emails and find they are going to your junk mail then please mark them as 'not junk'.
- If you are not getting our messages then please give

- 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)

Genevieve Thompson our Office Administrator a call and she will help you to resolve the problem.

**Happy Holidays from all of us at  
SRABC Provincial Office!**

**We wish you a happy holiday  
and a joyful New Year.**

## **IN THIS ISSUE:**

- Branch Update - News from SRABC's Branches
- Introducing SRABC's 2013-2014 Board of Directors
- Apps for the iPad to help stroke survivors with speech and language
- USA National Stroke Association Information and Education
  - Better at Home: We're giving seniors a hand
    - Get to Know Your Pharmacist
      - Garden Clubs
      - Threshold Choir

## **BRANCH UPDATE**

### **Maple Ridge/Pitt Meadows Branch**

Please note that Deanna MacKinnon, Port Coquitlam Branch Coordinator, will be interim Coordinator at the Maple Ridge/Pitt Meadows Branch while Terri Adams is away in December and January. Thanks to Deanna for helping us out!

### **Cowichan Valley Branch**

We have engaged a very experienced Recreation Therapist, Chris Rafuse, to re-open the SRABC Cowichan Valley Branch in Duncan which held its first meeting on December 5<sup>th</sup>. Chris brings over 15 years working with stroke survivors and individuals with acquired brain injury. She will also facilitate community stroke recovery education sessions.

### **Vanderhoof Branch Gets Honourable Mention**

SRABC's Vanderhoof Branch received an Honourable Mention the 2013 Volunteer BC Photo Contest. Their photo is featured in the Volunteer BC Annual Report and featured Louis Doust and Sheila Cormack working on a craft project. You can view the final copy here: <http://www.volunteerbc.bc.ca/wp-content/uploads/2011/10/VolBC-Annual-Report-Online-Complete.pdf> - the photo is on the second page.

*Penny Swales, Branch Coordinator*

### **Burnaby North Branch**

Luis Diaz the coordinator for the Burnaby North has resigned as he has to move back to Guatemala. His wife was accepted into the Masters in Ophthalmology program at the University of Guatemala. We are sorry to be losing Luis and are currently looking for replacement. Thank you to Lena Ticknor, who will be interim Coordinator in the meantime.

### **Victoria Branch**

**Mary Anna McKay wins Canada Cares Caregiver Award**



Mary Anna McKay has been selected as one of 3 Western Canada winners of the Canada Cares Caregiver Awards 2013 for Family and Friends. She received the award in absentia on October 29, in Ottawa.

In November 1997, Mary Anna McKay's husband Gil McKay suffered a stroke while house renovating. He was 63, and just seven months past his retirement party after 20 years employed as a social worker.

Mary Anna cares very deeply about the well-being and continued progress of her husband. She cares about caregivers who, like her, face unique challenges every day. She is supportive, with regular doses of good cheer to fellow caregivers and friends. On dark and gloomy days she is an inspiration to us all. Mary Anna is a marvelous role model, and very deserving of this recognition.

Mary Anna McKay has been a very active member of Victoria Stroke Recovery Association (VSRA) for 16 years, and was a winner of SRABC Caregiver Award in 2004. She is an exceptional advocate for the stroke recovery, and the role of caregivers, the support of stroke

recovery programs and services by SRABC and VSRA. She has been President of VSRA, Interim Coordinator several times, public awareness advocate at stroke forums, public education days and open houses.

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Mary Anna is a marvelous role model, and very deserving of this recognition.

*Bronwyn Hackett - Victoria Stroke Recovery Association*

#### **Delta Branch**

**Marilyn Simpson and Alice McSweeney in the News**



The Phyllis Delaney Life after Stroke Awards Caregivers Award Winner, Marilyn Simpson of the Delta Branch made it into the local newspaper. Click the link below to see the article.

<http://www.delta-optimist.com/delta-caregiver-wins-provincial-award-1.695016>

Also another Phyllis Delaney Life after Stroke Award winner, Rosemarie Hurst, contacted us to let us know that one of the Branch's key volunteers, Alice McSweeney, was featured in an article called 'Life After 65: Giving back' in the South Delta Leader. To read the article go here:

<http://www.southdeltaleader.com/news/232874971.html>

## **Delta Branch**

### **Karel Ley - Delta Chamber of Commerce Volunteer of the Year**

#### **Award Nomination**

Karel Ley , the founder of the SRABC Delta Branch, has been nominated for the Delta Chamber of Commerce Volunteer of the year award. She was one of three finalists. Karel has volunteered for many organisations including a spell on the provincial board of SRABC and a term as president. After six years of board service she stepped down to focus on her passion - serving the stroke affected families directly.

She also volunteered for the Kinsmen Retirement Centre, the Kinsmen Foundation Board and posed for a 'nude' calendar based on one originated in the U.K. by the Women's Institute as a fund raiser for Cancer Research. "We created a two year calendar with men and women discreetly covered where one needed covering for a slightly risqué issue which raised many thousands of dollars for the centre!"

Karel was also nominated for the South Delta Chamber of Commerce's "Citizen of the Year" award.

When funding cutbacks affected Delta Hospital and threatened to close down the emergency department, Karel immediately volunteered for the "Save Delta Hospital" committee. The Kiwanis Tsawwassen / Ladner Service Club has supported the Delta Stroke Recovery Group for years so Karel decided to pay them back by joining the group and becoming more deeply involved in their projects. One such project was to support an aspiring Olympian athlete in his or her training. They created an award which was presented for the first time in 2005 to Mark Pearson, a Field Hockey team player. Karel was also asked to establish a committee to found an Elder College for South Delta. She recruited a committee of educationally connected persons and today the Elder College is offering learning for fun to active seniors. The college has recently celebrated our 10<sup>th</sup> anniversary.

Congratulations to Karel from all at SRABC for this remarkable achievement and kudos to her for freely devoting her time and energy to so many great causes.

## **INTRODUCING SRABC'S 2013-2014 BOARD OF DIRECTORS**

- Casey Crawford - President
- Atul Gadhia - Vice-President
- Ryan Sahota - Treasurer
- Alex Cheong - Secretary
- Mary Joan Giffin - Director (Interior Region)
- Greg McKinstry - Director (Vancouver Region)
- Ben Sullivan - Director (Vancouver Island Region)
- Victoria Yang - Director
- Julie Wei - Director
- Angela Wright - Director
- Dr. John Millar - Director

Angela, Ben, Greg and Mary Joan are stroke survivors and Ben, Greg and Mary Joan are regular attenders at an SRABC Branch - Comox Valley, Shaughnessy and Vernon respectively.

Biographies of SRABC's Board of Directors are now on our website at:

<http://strokerecoverybc.ca/about-us/our-board-of-directors/>

## **APPS FOR THE IPAD TO HELP STROKE SURVIVORS WITH SPEECH AND LANGUAGE**

Here's a cool site that sells applications for the iPad to help people with speech and language difficulties.

<http://tactustherapy.com/apps/#more-44>

One of the partners in this company is Megan Sutton - an SLP who presented to our coordinator group at our 2011 AGM/coordinators'



session.

Here's a description of some of their apps.

*Tactus Therapy Solutions specializes in apps for adult rehab, bringing evidence-based therapy to the touch-screen with respectful and intuitive design. Our apps feature automated scoring, email reports, full-color photos, functional vocabulary, self-cueing, and simple navigation. See for yourself – with Lite versions available for nearly all of our apps, you are encouraged to try before you buy. We're sure you're going to love what you see and want more.*

- Language TherAppy combines our 4 language apps into 1 complete speech therapy toolkit.
- Comprehension TherAppy targets auditory and reading comprehension of single words in 4 languages.
- Naming TherAppy uses evidence-based therapy techniques to practice naming
- Writing TherAppy provides clinicians and clients with over 500 words and unlimited custom words to practice spelling using 4 different exercises with 3 levels of difficulty.
- Reading TherAppy is a customizable digital workbook, providing hundreds of reading comprehension activities at the phrase and sentence levels.

## **USA NATIONAL STROKE ASSOCIATION INFORMATION AND EDUCATION**

The USA National Stroke Association has useful information about stroke recovery. They hold webinars and videos about Stroke Support groups. Margaret Hansen, Coordinator of SRABC's Coquitlam Branch sent us the information and commented, "Some videos and webinars could be very helpful for people setting up new groups or those just wanting to check that they are on the right track. We offer more – such

as speech therapy, exercise, etc. - but I still enjoyed listening to the first video.”

Click on the link below for more information.

[http://www.stroke.org/site/PageServer?pagename=support\\_groups&autologin=true](http://www.stroke.org/site/PageServer?pagename=support_groups&autologin=true)

## **BETTER AT HOME: WE'RE GIVING SENIORS A HAND**

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. The Government of British Columbia funds the program, United Way of the Lower Mainland manages it, and local non-profit agencies provide the services. The Better at Home program is available in a growing list of communities in BC. Volunteers and paid staff from local non-profit organizations provide Better at Home services. By helping seniors remain at home longer, they support a diverse, inclusive and vibrant neighbourhood for everyone.

A range of non-medical home support services and services vary from community to community. They are designed to complement existing services and are based on the unique needs of local seniors.

Examples include:

- Friendly visiting
- Transportation
- Light yard work
- Minor home repairs
- Light housekeeping
- Grocery shopping
- Snow shoveling

Seniors living in a community which offers Better at Home can contact a local organization to find out more and to apply for services. A service provider will help determine which services are most

appropriate for an individual's circumstances.

Am I eligible?

If you are a senior living in a community that has a Better at Home program, you may be eligible.

You can apply by contacting your local Better at Home provider. A program representative will speak with you, assess your needs, and suggest services that may be of interest to you.

How do I apply?

Contact your local Better at Home provider. You can find a list of current Better at Home providers at [www.uwlm.ca](http://www.uwlm.ca) or you can call or email for more information:

Better at Home Project

United Way of the Lower Mainland

4543 Canada Way

Burnaby, BC V5G 4T4

Phone: 604 268 1312

Email: [info@betterathome.ca](mailto:info@betterathome.ca)

## GET TO KNOW YOUR PHARMACIST

### **BC Medication Review Services Program**

Not everyone knows that their pharmacist can perform a free medication review. This review is designed to increase communication between patient and pharmacist to promote safe and effective medication use and improve health.

The review is provided as an in-person appointment with a pharmacist.

Eligible patients are BC residents with a Personal Health Number (PHN), who require at least one medication that is entered in PharmaNet, and who give informed consent to receive the service. In a standard review the pharmacist meets with the patient to go over their medications and prepare a Best Possible Medication History (a list of current medications).

The purpose is to improve the patient's understanding of their medications, including what medications they are taking, why they are being taken, how best to take them, and more. Speak to your pharmacist to learn more.

## **GARDEN CLUBS**

Garden Clubs were formed to encourage the knowledge and love of gardening among amateurs; and to encourage civic planting in public areas and in the grounds of community buildings. They often enjoy donating flower arrangements to non-profit organisations. The Vancouver Garden Club has donated to many good causes such as The Vancouver Hospice Society and Canuck House. They may well be willing to donate something to your stroke recovery group or help your members undertake some gardening activities. You can find Gardening Clubs all over BC via the BC Council of Garden Clubs.

Their website is at <http://www.bcgardenclubs.com>

Contact: [info@bcgardenclubs.com](mailto:info@bcgardenclubs.com)

## **THRESHOLD CHOIR**

The Threshold Choir honours the ancient tradition of singing at life's thresholds. In groups of 2 to 4, they sing gentle songs from a variety of traditions to soothe, comfort, uplift and bring peace. We sing when invited in private homes, hospices, care facilities and hospitals. We freely give our gift of singing. Donations are graciously accepted to support our work. Kate Munger of Inverness, California is the founder of Threshold Choir. Over the last ten years, her work has inspired the formation of many choirs in the U.S., Canada and abroad. For more information about the International organization of Threshold Choir please see the main website for the choir [www.thresholdchoir.org](http://www.thresholdchoir.org)

In the Lower Mainland, there are two choirs; one in Vancouver, B.C. and one on the Sunshine Coast (Sechelt, B.C.), both directed by Jan Alexander.

To request a visit or for more information about the choir please contact Jan Alexander at [yancouver@thresholdchoir.ca](mailto:yancouver@thresholdchoir.ca) or [sunshinecoast@thresholdchoir.ca](mailto:sunshinecoast@thresholdchoir.ca) or call 604-367-2837.

#### JOIN THE MAILING LIST

**THERE IS LIFE AFTER STROKE** - Join us in helping the 6,500 British Columbians who have a stroke every year with their recovery. Go to [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

Stroke Recovery Association of BC emails newsletters and other information to individuals who have given us permission. We do not share addresses or other information with any third parties. If you wish to remove yourself from the mailing list please click [Unsubscribe](#)

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