



**STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA**

Snippets December 2015



IN THIS ISSUE:

SRABC NEWS AND VIEWS

- SRABC Board of Directors Update
- Branch Update - News from SRABC's Branches
- Program and Service Development Highlights
- Next Steps Walking Program - Kingsgate Mall
 - SRABC Member on CBC Radio
 - BLAST Camp 2016

STROKE RECOVERY INFORMATION AND RESOURCES

- Apps in Speech Therapy
- Driving a Car After a Stroke
- Speechless - Aphasia Documentary Film
- Is Aphasia Like Speaking in a Foreign Country?
 - Hospital Visits with a Stroke Survivor
 - Vision Problems after Stroke
- Radical New Approach to Treating Stroke Survivors
 - Ten Top Tips for Stroke Recovery

CAREGIVERS INFORMATION AND RESOURCES

- The Family Caregivers' Grapevine
 - Help for Caregivers

RESEARCH

- The Hyperbaric Oxygen Study

COMMUNITY EVENTS

- Adapted Yoga Classes

SRABC NEWS AND VIEWS

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SRABC Board of Directors Update



- The SRABC/March of Dimes Canada (MODC) agreement is still being worked on with Jerry Lucas of MODC. This was discussed when Tim Readman, SRABC Executive Director, attended the MODC management retreat in early November in Collingwood Ontario. Tim was able to meet the MODC team and talk about the proposed partnership. The meeting was very positive.

- Draft Branch Affiliation Agreement was sent to all Branches on November 13th. This agreement is between Branches and SRABC so we have something in writing describing our relationship in legal terms. We are aiming to have them signed by December 31st. Any questions can be directed to Tim Readman, SRABC Executive Director.
- Operational Plan – our priorities have been agreed for 2016 by the Board of Directors as follows:

1. Increase Funding
2. Develop Programs and Services to Better Support the Needs of a Wider Range of Stroke Survivors and Caregivers
3. Improve Internal and External Communications and Public Profile
4. Improve the Governance of SRABC to Ensure Compliance with Legislation Constitution, Bylaws, Policies and Rules of Order

- Annual Signature Fund Raising Event

Planning and organising has begun for a brand new SRABC event. Art After Stroke will take place at The Roundhouse Community Arts Centre in Vancouver on July 8th 2016. March of Dimes Canada has agreed to assist us in identifying prospects for sponsorship and to help in other ways. The event will feature incredible work by stroke survivors in the visual and performing arts. OUR GOAL is to raise awareness and funds for important stroke recovery programming. We want everyone to know that there is life after stroke. After all, if you don't know a stroke survivor yourself, then you do know someone who loves one.

-Program and Service Development Highlights



- Our 7 Steps to Stroke Recovery - Step #1 - Exercise and Mobility video was released on World Stroke Day - October 29th. It can be viewed here: <http://strokerecoverybc.ca/exercise/>
- The original 7 Steps to Stroke Recovery video has now reached 63,255 views on YouTube. It can be viewed here: <https://www.youtube.com/watch?v=GHJL42xFuz8>
- Community Stroke Recovery Navigator Project - Phase 2: 'Bridging the Gap: Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery'. The Development Phase of the project is complete. Implementation of the Community Navigator program began at the end of October 2015.
- Next Steps Walking Program

We are continuing with the program at Oakridge Mall in collaboration with MODC.

The new program at Kingsgate Mall in East Vancouver began November 16th 2015 in collaboration with MODC.

We are continuing to investigate running similar programs at Capilano Mall (in collaboration with our North Shore Branch) and in Chilliwack.

-The Singing Project

The "Sing It PoCo" weekly song sessions at The Gathering Place at Leigh Square Community Arts Village in Port Coquitlam have been running since September in collaboration with our Port Coquitlam Branch. We have a good core group of people that are very passionate about music and want to ensure music is a part of their lives. We are excited to report that our group will be performing at a Christmas Carol concert Dec 8th at Leigh Square. That's a huge leap forward for this group. Many thanks to Logan Rushby (Program Coordinator), who has put a lot of work into developing the program; Deanna McKay who dreamt up the project and got everything started; all the guest musicians and our resident pianist Sande Sauter; the staff at Leigh Square and the City of Port Coquitlam for your wonderful support. Our 2016 sessions will run February 4th – May 27th.



Branch Update - News from SRABC's Branches

Kamloops Branch



The Kamloops Branch are looking forward to celebrating at our Annual Christmas Dinner and Gift Exchange on December 17th.

We would also like to take this moment to wish everyone at the SRABC and all Branches, a happy and safe holiday season!

Health and Happiness,

Shona Cox - Program Coordinator

Kamloops Stroke Recovery Branch

Next Steps Walking Program - Kingsgate Mall



We started a new program at Kingsgate Mall in East Vancouver on November 16th. The group meets at 9 am on Monday mornings. The program is being coordinated by Joanne Patterson, who also coordinates the Oakridge Mall program. The mall has been very welcoming and supportive. Here's a picture of the group that walked on our first day. We are hoping the group will continue to grow! We are also investigating running a similar program at Capilano Mall in North Vancouver (in collaboration with our North Shore Branch - North Shore Stroke Recovery Centre).

SRABC Member's Musical Composition on CBC Radio



We got this great news from Rosemarie Hurst, a songwriter and stroke survivor at our Delta Branch. We've featured her before because of her songwriting prowess. She sent us this:

I wanted to share some wonderful news with you .

A young singer/songwriter and columnist in Quebec, Thomas Hellman, asked if he could sing an excerpt of my Pauline Johnson song "the song my paddle sings". He is singing an excerpt he put together as a brief intro to an interview with Margaret Atwood on CBC Radio Canada where he was a panelist.

He sounds like Arlo Guthrie and I think he does a wonderful job. It was amazing and very emotional for me to hear someone's own interpretation of my melody ... and it was sung in front of Margaret Atwood who had written an Operetta on Pauline. Also, it is the first time any of my music has been on the radio, let alone CBC. So i'm over the moon!

Below is a link which takes a while to load up and it's the "Entrevue: Margaret Atwood et le liveret de l'opera Pauline" link. The tune comes in around the 2:30 to 3 min. mark. The

interview is in French. You just have to click on the link below and wait for the program to start. It does take a while to load up. Enjoy!

http://ici.radiocanada.ca/emissions/plus_on_est_de_fous_plus_on_lit/20152016/archives.asp?date=2015/10/15&indTime=797&idmedia=7357530

Congratulations Rosemarie!

BLAST Camp 2016

Time to get revved up for BLAST 2016! The early bird deadline is November 30th, 2015. Once again, we have not let inflation catch up with us and are able to hold the cost at \$225. That's less than our original goal of less than \$250 proposed in 2010. Early Birds can get a \$25 discount making it \$200 including transportation, meals, bedding, dance to a live band, Heritage Park Railway tea, and much, much more.

We prefer \$200 in November, but if you only can do a \$50 deposit that works too. Get registered before November 30th. Quite a few people at REE came just to get brochures for people they knew would like to go.

Cheques can be made payable to :

BLAST

c/o Martha Hutchinson

308 - 1590 west 1st Avenue,

Vancouver, BC V6J 4X4

For more information please see the flyer at the end of this newsletter.

STROKE RECOVERY INFORMATION AND RESOURCES

Getting Started with Apps in Speech Therapy Series



Want to use an i-Pad or tablet for communication sessions with stroke survivors with aphasia?
Don't know where to begin?

You can download the full Getting Started guide here:

<http://tactustherapy.com/getting-started/>

Or just read the posts that list the apps:

<http://tactustherapy.com/5-ways-slp-use-apps-for-speech-therapy-adults/>

<http://tactustherapy.com/5-ways-apps-speech-therapy-at-home-part-6-getting-started/>

Driving a Car After a Stroke



You cannot drive after having a stroke until your doctor says that you can. This may be hard to accept. You may feel that this is a big loss of independence. But any problems with your vision, speech, or ability to move quickly after a stroke can change your ability to drive safely. You need your doctor's approval for the safety of yourself and others.

Follow the links below for more info.

<http://brainstreams.ca/learn/getting-your-life/when-can-i-drive-again>

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=zp3396>

http://www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.5514613/k.6501/Stroke_Daily_living.htm

Speechless - Aphasia Documentary Film

SPEECHLESS

[the documentary]

Speechless portrays the life of three stroke survivors who suffer from aphasia, a loss of language produced by a brain damage. Through their story, we witness a quest for happiness, the dignity of those who fight for a new life, and the importance of human communication.

You can view the trailer here:

<http://www.speechlessdoc.com/>

Is Aphasia Like Speaking in a Foreign Country?



Is having aphasia really like trying to speak in a foreign country? This topic came up recently, and Dr. Bartels decided to expand on an interesting idea.

https://www.youtube.com/watch?v=6CKG4h4gyel&utm_content=buffer35c5a&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

What to do During Hospital Visits with a Stroke Survivor



Hospitals can be scary, even if you're in the best of health. But for a stroke survivor who already has been hospitalized, they can cause additional stress.

If you're caring for a stroke survivor who needs to go to the hospital, try finding out whether there is another way to handle the problem. That could include calling on a home health nurse or receiving tests as an outpatient.

Jane Henderson, a stroke recovery navigator for National Stroke Association, suggests if your survivor needs to go in to the hospital, it's important that you're prepared.

Here are Henderson's tips for helping your loved one if he or she needs to go to the hospital:

- **Ask questions.** Find out how long the stroke survivor is expected to be in the hospital. Ask what medical professionals are going to do for the survivor while in the hospital and what activities your loved one will be doing while there.

- **Have the right paperwork.** Those documents should include a list of active diagnoses—such as high cholesterol and high blood pressure—and an up-to-date list of medications, Henderson says. "Make sure hospital staff knows what you are doing at home," she says. It's also important to bring your survivor's advance directive. That will tell the staff what to do in case of an emergency and let them know who has the authority to make medical decisions for your loved one.

- **Be vigilant about hygiene.** Make sure everybody washes their hands or uses sanitizer before touching your loved one. That applies to doctors, staff, and to you.

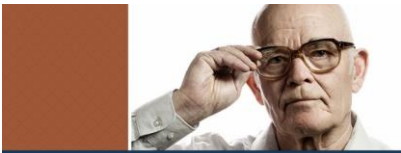
- **Educate yourself.** When someone comes into your loved one's room, ask three questions: Who are you? What are you here to do? Is this something I need to do at home?

- **Identify your loved one's primary care physician.** In the hospital, you'll likely see a hospitalist or a specialist such as a neurologist or surgeon. Tell them who your survivor's doctor is; it's important that the primary doctor receives hospital reports.

- **Talk to the case manager or discharge planner.** You want to know what the recommendations are for the survivor after he or she has been released and have those in writing. This should cover things like therapies, medications, and follow-up tests. Keep all this paperwork handy so you can help your loved one transition back to normal activity.

Originally posted here: <http://www.strokesmart.org/tips-hospital-visits>

Vision Problems after Stroke



A stroke can cause a number of vision problems—also called visual disturbances. There are

many types of vision problems and possible treatments for them. How you are affected depends on exactly where the stroke occurred in your brain. Post-stroke vision problems can fall into one of two general categories, vision loss or perception problems.

Vision loss also known as visual field loss, is common after stroke. Frequently it is experienced as blind spots in the field of vision. Specific visual field loss conditions are named based on the location and size of the visual loss.

For more details try these links:

<http://www.rnib.org.uk/eye-health-eye-conditions-z-eye-conditions/stroke-related-eye-conditions>

<http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/vision>

Robots, Video Games, and a Radical New Approach to Treating Stroke Survivors



From a wonderful article in the New Yorker magazine:

“Bandit’s Shark Showdown’s creators, Omar Ahmad, Kat McNally, and Promit Roy, work for the Johns Hopkins School of Medicine, and made the game in conjunction with a neuroscientist and neurologist, John Krakauer, who is trying to radically change the way we approach stroke rehabilitation. Ahmad told me that their group has two ambitions: to create a successful commercial game and to build “artistic technologies to help heal John’s patients.” A sister version of the game is currently being played by stroke patients with impaired arms. Using a robotic sling, patients learn to sync the movements of their arms to the leaping, diving dolphin; that motoric empathy, Krakauer hopes, will keep patients engaged in the immersive world of the game for hours, contracting their real muscles to move the virtual dolphin.”

Read the full article here:

<http://www.newyorker.com/magazine/2015/11/23/helping-hand-annals-of-medicine-karen-russell>

Ten Top Tips for Stroke Recovery

10 TOP TIPS

My name is Peter. My website is at [www. http://strokerecoveryservice.co.uk/#](http://strokerecoveryservice.co.uk/#)

I had a stroke in July 2005. I was forced to retire from full time work and though I have recovered some ability, I still have some learning difficulties, aphasia, hemianopia and memory problems.

While recovering I learned about some of the hidden social effects of stroke and how to deal with them, and it is that knowledge I now want to share with other survivors, their families and caregivers.

Here are my ten top tips for stroke recovery:

1. Fight the fear
2. Be determined
3. Don't be afraid to ask for help
4. Get out and about
5. Embrace technology
6. Get organised
7. Change your lifestyle
8. Admit to your condition
9. Realise the importance of respite care
10. Deal with aphasia

For more details please go here: <http://strokerecoveryservice.co.uk/#/ten-top-tips/4546154231>

CAREGIVERS INFORMATION AND RESOURCES

The Family Caregivers' Grapevine



The November/December edition is here! Read our latest newsletter for an article about early-onset dementia, self-care for the holidays, poetry written by caregivers, and lots of exciting new events!

<http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>

Help for Caregivers



Family Caregivers of British Columbia

What makes someone a caregiver? Where can you get help and information as a caregiver? We work quietly in the background, dedicated 100% to the well-being of family caregivers. For every 1 hour of care provided by the health system, our family members and friends provide 10 hours. They need education, support and recognition for this incredible role. Help keep them healthy.

One day, we will all care or be cared for. It's our future.

www.familycaregiversbc.ca

Check out the video here:

<https://www.youtube.com/watch?v=3MeTrHQnHag>

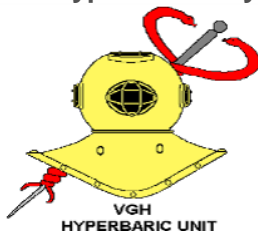
Newsletter:

The 2015 December Issue of the Network News newsletter called 'The Respite Issue' is now available. It is creative, exciting and loaded with information to help make your caregiving roles easier to manage.

Click here: <http://www.familycaregiversbc.ca/wp-content/uploads/2015/11/FCBC-Nov-2015-newsletter.pdf>

RESEARCH

The Hyperbaric Oxygen Post Established Stroke Study



You're invited to participate in our research study about:

Ischemic Stroke and Hyperbaric Oxygen!

Vancouver General Hospital's Hyperbaric Unit is conducting a study called:

The Hyperbaric Oxygen Post Established Stroke Study

About you:

1. Are you between the ages of 19 and 85?
2. Have you had one ischemic stroke 6 months to 3 years ago?

Then, we want to hear from you!

This study has multiple visits over 2 years. You will be offered a small amount of

compensation to assist with the travel costs of coming to Vancouver General Hospital for treatment and subsequent visits.

Interested? Want more information?

Call: Research Coordinator: Janice Andrade (Tel) 604-875-4111 ext. 68469

COMMUNITY EVENTS

Adapted Yoga Classes



Neuro-Ability is pleased to offer a 7-week series of adapted group exercise classes based on yoga principles. These classes are led by a physiotherapist and start January 19, 2016. These small group classes are designed specifically for individuals with neurological conditions and are led by a physiotherapist with Hatha yoga teacher training. They are designed to cover the basics of breathing, stretching, and strengthening with a focus on yoga principles.

For details of the classes and to register please contact reception@neuro-ability.ca or call [604-321-5807](tel:604-321-5807)

Stroke Survivors
B.L.A.S.T.
"Building Life After Stroke Together"



Easter long Weekend
Good Friday to Easter Monday
at Camp Squamish, B.C.

March 25th – March 28th
\$225

All inclusive with coach pick up from
Lower Mainland and ferry terminals
Limited space. Deadline Feb. 15th
Early bird \$25 off. Deadline Nov 30

For more information go to:
TurtleTalk.ca

Email: admin@turtletalk.ca
Phone / Fax: (604) 253-2390
11 AM - 11 PM (604) 760-7769

Want to meet some BLAST campers?
Come and join us for dinner
Every month on the 15th
Moulin Rouge – 5:30 pm
2828 E Hastings St V5K 5C5

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**
- **All past issues of Snippets are available on the SRABC website at: <http://strokerecoverybc.ca/snippets-2013/>**

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