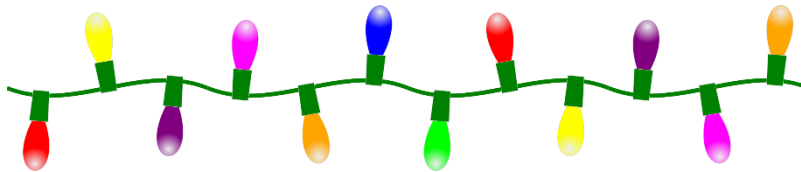


SNIPPETS

DECEMBER 2016



Season's Greetings

To all our readers,

We wish you a very Happy Holiday season and a peaceful and prosperous New Year. May peace, hope and love be yours during this time and throughout 2017!

from everyone at SRABC

Board of Director's Update

Art After Stroke 2017
2017 AGM Meeting
Communication and Language Video

Recovery and Support Resources

National Stroke Association
ARC Newsletter
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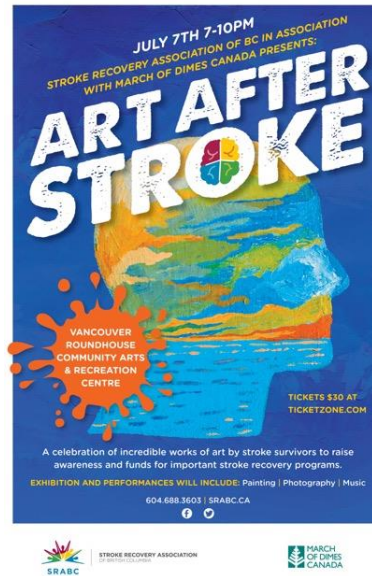
Understanding Stroke Workshops

Studies

Vitality Study at UBC

BOARD OF DIRECTORS' UPDATE

ART AFTER STROKE 2017



Mark your calendars! The second annual Art After Stroke will take place on July 7th, 2017 at the Roundhouse Community and Arts Centre. The event will feature a silent auction and art and performances by stroke survivors.

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.

We held our first signature ART AFTER STROKE event in July 2016 and it was a huge success! The event also received media coverage from CTV, Global News, CBC Radio, Roundhouse Radio (one of our sponsors) and News1130. It featured incredible works of art by stroke survivors and performers and raised over \$16,000 in donations! This year our goal is to double that amount!

For a taste of the Art After Stroke event check out the video trailer: <https://youtu.be/ta6wUIXSSOA>

Tickets for Art After Stroke are available through Ticketzone: <https://www.ticketzone.com/event/8622/art-after-stroke>

2017 Annual General Meeting



Please note the time and place in your diary, day timer, electronic device or wherever you take note of important dates!

DATE: Our 2017 AGM will be held on Saturday, October 14th, 2017 in Vancouver, BC.

LOCATION: Room #5 (2nd Floor), Creekside Community Recreation Centre, 1 Athletes Way, Vancouver, BC

Communication and Language Video



Eavan Sinden filming the latest "7 Steps" Video

As reported in our last edition, the new Communication and Language video which is part of our series '7 Steps to Stroke Recovery' is now on YouTube here: <https://youtu.be/ZIFUhuOrhWw>

It has had just over 1000 views in its first 4 weeks on YouTube. It gives useful information and advice about dealing with aphasia. It is important that people with aphasia and their families and friends know that they are not alone. Help is available. By finding ways to communicate together and working as partners, a person with aphasia and their loved ones can live successfully with aphasia.

If you haven't seen it yet please check it out. Every SRABC Branch has a DVD copy.

RECOVERY & SUPPORT RESOURCES

National Stroke Association



The National Stroke Association has compiled a guide to the useful and reliable resources available on their website.

Stroke Survivor Resources

Information on treatment, rehabilitation, and living as a stroke survivor. (<http://www.stroke.org/we-can-help/survivors>)

Caregiver and Family Resources

To assist caregivers in their role with education programs and resources. (<http://tinyurl.com/h4v2odc>)

Recognizing Signs of Stroke

Tips on how to recognize signs of stroke and how to respond quickly in the event of one. (<http://tinyurl.com/jhfgdcb>)

Preventing a Stroke

How to prevent, identify, and respond to strokes. (<http://tinyurl.com/gnfducq>)

ARC Newsletter

Over 95% of people with aphasia are not located near an aphasia center and many of them have never even met another person with aphasia. ARC fills the void with online networking via Facebook and other social media. ARC is Families helping Families. Get advice, share your own experience and get to know others with aphasia and their caregivers.

You can sign up for the monthly aphasia friendly newsletter and regular updates from Aphasia Recovery Connection (ARC) here: <http://www.aphasiarc.org/newsletter>



Ask Leigh: Enjoy the Holidays



Leigh Kost is a stroke survivor who wants to help people within the stroke community cope with the emotional and lifestyle changes that can occur following a stroke. Her current column Ask Leigh: Enjoy the Holidays focuses on the holiday season and has some sage advice for stroke survivors regarding the oncoming festivity. You can find it here: <http://www.strokesmart.org/AskLeigh->

[holidays](#)

Leigh gives advice based on her own personal experience. She is not a healthcare professional and cannot give medical advice. You can submit questions for Leigh at AskASurvivor@strokesmart.org.

BRANCH UPDATES

PROVINCIAL OFFICE

The Winter edition of our Life After Stroke eMagazine is now available on our website!

It highlights success stories about stroke survivors. It focuses on the message that there is life after stroke and includes stories of the achievements of stroke survivors and their caregivers in the arts, science, and public life.

It is targeted at people personally involved in stroke recovery and to those interested in learning about stroke

Read it at: <http://strokerecoverybc.ca/archive/srabc-life-after-stroke-emagazine-december-2016.html>

LEARNING

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, April 5th
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)

STUDIES

Vitality Study at UBC



In recent years, there has been a strong interest in the use of physical activity and brain enrichment (cognitive and social activities) as methods to prevent cognitive decline in aging adults. Because the risk of developing cognitive impairment is doubled after a stroke, researchers from the University of British Columbia are conducting a study to determine whether these strategies, exercise or learning new skills, also benefit brain functioning in people who have experienced a stroke.

They are currently recruiting for this study, and would like to invite you to learn more about participating if you:

- Are 55 years of age or older
- Have had a stroke at least 12 months ago

- Are able to walk 6 meters independently (use of mobility devices such as canes or walkers are okay)

The study is 12 months and participants will receive either free exercise sessions or an enrichment program that includes cognitive training.

For more information:

**Contact Serena Midttun, Research Assistant, at: 604-875-4111 ext 69313
cogmob.research@hiphealth.ca**

This research is being conducted by Dr. Teresa Liu-Ambrose.