



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



SNIPPETS

DECEMBER 2017



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CAREGIVER'S CORNER

Caregiving Done Safely By Wendy Johnstone



Caregiving often involves physically demanding tasks. It requires conscientious care for your loved one – and for your own health. Performing tasks in a way that minimizes stress on your body can help prevent injuring yourself and the person for whom you are caring.

Consulting with a specialist such as a rehabilitation specialist or physiotherapist is the best place to find expertise to support you in your caregiving experience and physical tasks. WorkSafeBC provides a comprehensive resource on health and safety information and resources for those who provide care. Visit <https://tinyurl.com/y92yeqjx>

To read the rest of this helpful article go here: <https://tinyurl.com/y8394429>

Resources to Help Caregivers



NSCR Caregiver Support Program News has some great info for Caregivers including:

- Energy Boosters to Revive Your Heart
- November Walk & Talk
- How to Diffuse Frustration

You can read the full information here: <https://tinyurl.com/y9g7zk2v>

Family Caregivers Grapevine Newsletter



The November/December Family Caregivers Grapevine newsletter is here! Pick one up at NSCR or read the whole issue online. The latest edition discusses setting boundaries over the holidays, supporting yourself on your grief journey, and details our upcoming events. Visit here to read it: <https://tinyurl.com/lpunh5m>

Family Caregivers of British Columbia



Family Caregivers of British Columbia

Family Caregivers of BC is a registered non-profit dedicated 100% to supporting family caregivers. Learn more about this organization and how they can help you here: <http://www.familycaregiversbc.ca/>

LIFE AFTER STROKE

Stroke Comeback Center



Opening the door to a brighter tomorrow

The Stroke Comeback Centre community of survivors of stroke and other brain trauma committed to living successful and productive lives. It offers programs and classes for all areas of stroke recovery, including speech, reading, writing and comprehension, cognition and fitness.

Learn more here: www.strokecomebackcenter.org

10 Tips for Travelling with a Wheelchair



Christina Chambers is 21 years old and in a wheelchair, but it doesn't slow her down or stop her from travelling. Here she offers tips for travelling with a wheelchair: <https://tinyurl.com/yd6ztfbb>

Stroke Engine Website

This is a useful website for families and health professionals who work in the field of stroke rehabilitation. <https://www.strokenine.ca/>

Best Practices Website



The Heart and Stroke foundation and the Canadian Stroke Network have put together this website which has information about best practices in all aspects of stroke.

Visit: <http://www.strokebestpractices.ca/>

ARTS & SCIENCES

Dave Baker - Canadian Folk Song Writer



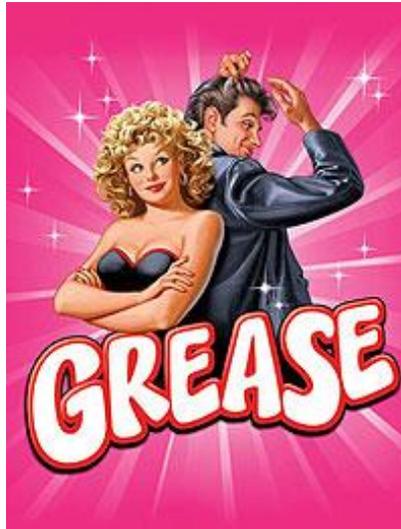
Stroke survivor Dave Baker has been writing and singing songs about the west coast of Canada for nearly forty years. In 1976, he wrote the 'Royal Hudson' song. In 2005, it was arranged for choirs by Vancouver composer/arranger Dr. Larry Nickel and then published by Cypress Choral Music. In Dr Nickel's words, "Dave's song has been the most dynamic Canadian folk song to emerge from B.C. in decades - having been performed by well over one hundred choirs worldwide. It's a real barn-burner and people love it."

The recent news exposure that the antique train Royal Hudson 2860 is now getting to thousands of choir patrons across the country is making the locomotive a Canadian railroad

to a quality recording.

Those of you who attended SRABC's annual Art After Stroke event in 2016 will have heard a rousing version of Royal Hudson performed by Brock House Kerrisdale Community Choir.

Musical Program for People with Aphasia



The Stroke Recovery Association of B.C. is partnering with the Douglas Park Community Centre to present *Grease, the Musical*.

This creative arts program, run by Eavan Sinden, Speech-Language Pathologist, is designed specifically for stroke survivors, especially people living with aphasia after stroke.

The program will focus on singing and movement, while also providing scripts to practice scenes from the well-known musical "Grease". The program will run every Saturday from 12 - 2 pm at Douglas Park Community Centre and will culminate in a performance on June 2, 2018.

No prior experience in the creative arts is required and all are welcome. (Verification of stroke and/or aphasia may be required). This program is both physically accessible and aphasia-friendly. Space is limited to 24 participants.

There is a \$5 fee per week for the program, however subsidies are available. The program will run for a total of 16 weeks between January - June 2018.

World Stroke Congress 2018
Montreal, Canada, 17-20 October, 2018

<http://www.worldstrokecongress.org>



The 11th World Stroke Congress promises to attract acclaimed experts in stroke from around the world. The congress will showcase a cutting-edge educational and scientific experience, focusing on the latest developments in stroke prevention, acute management and restorative care after stroke.

It will be in Montreal, along with the World Stroke Organization and Canadian Stroke Consortium in a mission to reduce the global and regional burden of stroke.

BRANCH UPDATES

Assistive Mobile Technology Initiative Tablet Giveaway



Contest closes Friday, February 9th.

March of Dimes Canada will help residents in Calgary and Vancouver with physical disabilities to enhance their community access and participation through the Assistive Mobile Technology Initiative by providing customized tablet packages (a tablet, a stylus and a cover/case) for up to 8 residents in each city. The tablet prize package will also include a pre-paid credit card to purchase/install appropriate apps to meet their needs, for a total value of up to \$1,875.

Tell us your story and win a customized tablet with apps for communication, daily living and increased independence! The goal is to share how technology assists people to increase their independence and quality of life, enhance their ability to interact or communicate with others in the community or control electronic devices in their homes.

There's more info here: <https://tinyurl.com/y9xgq578>

Sex & Intimacy after Stroke



We are developing a new page on this topic for our website. If you know of any resources that you think are useful please contact Tim Readman at treadman@marchofdimes.ca

Meanwhile, our friends at the Toronto Stroke Networks Virtual Community of Practice shared this link to some answers to frequently asked questions: <https://tinyurl.com/y7ajmmym>

We are also working on a webinar on the topic. Watch this space for more info.

PROGRAMS

BLAST CAMP



The next BLAST Camp for Stroke Survivors will be held from **March 30th to April 1st, 2018**.
Stroke survivors, caregivers, and volunteer friends welcome.

- The early bird fee is only **\$200** for our 8th consecutive year; early bird deadline is **November 30th, 2017**.
- December 1st, 2017 to March 1st, 2018, the cost is **\$250**. Refunds available before March 15th.
- BLAST leaves for **Camp Squamish** on **Good Friday, March 30th** and returns **Easter Monday, April 2nd, 2018**.
- Transportation, bedding, meals, and all activities included.
- If you're interested in volunteering, registering, donating, or just have questions, please fill out the form in the link provided below. Early bird registration special deadline for campers is November 30, 2017.
- **BLAST CAMP Form:** <https://tinyurl.com/ycbkv9df>

BLAST stroke survivors are **Building Life After Stroke Together**. They are not attached to any

organization and thrive on the generosity of individuals who donate time, money, materials, and expertise. Please consider creating your own sliding scale by means of donation.

Their mailing address is

#209-4689 52A St.,

Delta, B.C., V4K 2Y7

Please make cheques payable to BLAST or the best way is **eTransfer to funds@turtletalk.ca**
(No service charge from Royal and BMO, some may charge approximately \$1.50)

PLEASE NOTE: Survivors must be able to do personal care and administer medication or bring an aide. You must be able to climb into the bus or provide your own transportation. It's a dry camp.

CDAC Online Course



Communication Disabilities Access Canada (CDAC) is offering a limited time only, free, online training course for direct service professionals, personal support workers and attendants who assist individuals with disabilities when communicating in their communities.

The course will provide generic guidelines and strategies on ways to assist people who are over 18 years, have unclear speech and, or use a communication board or device. We ask you to share the attached information with people in your organization.

Please note:

- This is a free, limited time only opportunity
- Registration deadline is **January 8, 2018**
- The course takes approximately seven hours to complete
- Course is available online between **January 22, 2018 – March 2, 2018**

- For a detailed description of the course and to register, please go to:

<http://www.cdacanada.com/assistants/>

For more information, please email cdac.course@gmail.com

YMCA TIME Program

About TIME (Together in Movement and Exercise):

- Group-based exercise program for adults with balance and mobility challenges
- Evidence-based and suitable for those living with stroke, MS, acquired brain injury and other mobility concerns
- Eligibility: participants must be able to walk 10 meters (with or without a walking aid)
- **Program fee:** The cost to participate is \$255 (no tax) for 12 weeks, 2 classes per week (24 classes total)
- If the fee is a barrier, Financial Assistance is available for those in need through the YMCA (see form attached)
- Parking is also available for \$1.50 per hour

Any questions or referrals can be sent directly to health@gv.ymca.ca or call **604-320-5814**.

Therapists or those interested in TIME are welcome to come observe a class at the Robert Lee Y. The current cycle runs until December 14th.

The YMCA is also looking at expanding the program to the Langara campus if there is enough interest and is also collecting a waitlist for this potential expansion. Those interested should contact health@gv.ymca.ca in advance.



YMCA TIME™

Together in Movement & Exercise



YMCA TIME™ is an evidence-based group exercise program designed for adults living with stroke, acquired brain injury, multiple sclerosis or other mobility concerns.

Name: TIME™

Program: January 16th - April 5th

12-weeks, two classes per week

Tuesday/Thursday

1:30-2:30pm

Location: Robert Lee YMCA

Fee: \$255*

Delivered in partnership with Vancouver Coastal Health
*Financial Assistance is Available

Register Today!

Call: 604.320.5813

Email: health@gv.ymca.ca



STROKE RECOVERY IN-REACH TUESDAYS & FRIDAYS

1:00 – 6:00



See a Student Intern at the Vancouver College of Massage
Therapy!

75 min. appointment with assessment, special in-reach rate of \$25
+ GST (\$26.25).

Please call to book appointment

604-681-4450

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

A Resource for Young Stroke Survivors



Young Stroke Media is a website run by Amy Edmunds. Amy is a thought leader who changes the way we view stroke. Amy evangelizes the unmet needs of young adult stroke survivors on such global platforms as the World Stroke Congress and the International Stroke Conference. She serves as the first American stroke survivor elected by international peers to the Board of Directors of the World Stroke Organization – the world’s leading organization in the fight against stroke. Visit: <http://youngstroke.com/>

STUDIES & RESEARCH

Opportunity to Participate in the Vitality Program

How can a 6 month exercise or social program benefit people who have had a stroke at least 12 months ago? Do you want to be part of this research project and get a free program and \$300?

Find out more at <http://cogmob.rehab.med.ubc.ca/research>

And read the below informational flyer:



Are you or someone you know living with the effects of a stroke?

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.

We 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. Participants will be reimbursed \$300 total throughout the 12 months.



*For more information please contact Stephanie Doherty, Research Assistant, at:
604-875-4111 ext 69313
Stephanie.Doherty@hiphealth.ca

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



THE
UNIVERSITY OF
BRITISH
COLUMBIA

The UBC Dietetics program needs volunteers who are willing to identify one or more specific nutrition-related issues, conditions or goals that a student nutrition counsellor could assist with.

Each volunteer will participate in a single nutrition counselling session (1-1.5 hours), which will be arranged at a mutually convenient location/date/time between **Saturday January 20th** and **Thursday February 8th, 2018**. If meeting in person isn't feasible, the session can be conducted using Skype (or similar online mechanism). The session will be attended by two students (one who will be the assigned counsellor, and the other who will observe).

Volunteers in past years have enjoyed the opportunity to explore their nutrition-related concerns, while assisting dietetics students to develop their counselling skills.

For more information, review this client information letter: <https://tinyurl.com/yb6fl98y>

And complete and submit email this client profile form <https://tinyurl.com/y8q8wjrf> by email.

Deadline extended to **Friday, December 8th, 2017**.

Questions? Contact Hannah at lfs.dieteticsprogramassistant@ubc.ca.

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.



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