



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



# SNIPPETS

**FEBRUARY 2017**

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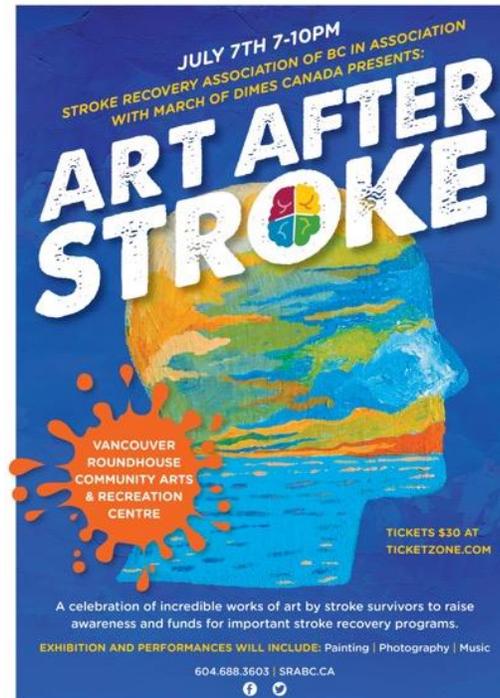
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# ART AFTER STROKE: NEW SPONSORS AND CONTRIBUTORS



STROKE RECOVERY ASSOCIATION  
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**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 ARE EXCITED TO ANNOUNCE THE FOLLOWING CONTRIBUTORS AND SPONSORS:**

**Janine M. Ray and Ronan Boyle will be donating their art to the fundraiser.** They will be creating custom pieces to reflect Art After Stroke.

You can find out more about Janine at: [www.janinemray.com](http://www.janinemray.com) and  
You can find out more about Ronan at [www.ronanboyleinc.com](http://www.ronanboyleinc.com).

**Art for Change will sponsor and host an interactive space at the event called The Artist Studio.** Art for Change will be on hand to help patrons and guests create their message of hope with art during the event.

*Art for Change inspires individuals and groups to use art, creativity, and spontaneity to process and express emotions and experiences in a way that fosters growth, strength, rebirth, and positive change. They can be found here: [www.artforchange.ca](http://www.artforchange.ca)*

### **Pacific Coastal Airlines - Michelangelo Sponsor**

Once again **Pacific Coastal Airlines** as a Michelangelo sponsor for 2017! They are donating a Silver Travel Voucher | Round-trip for two passengers between Vancouver South Terminal and Victoria International Terminal. The only way you can bid on these tickets is by coming to our event on July 7th 2017 at the Roundhouse Community Arts Centre. All aboard! <http://www.pacificcoastal.com>

### **Dannielle Hayes - Art After Stroke Gallery Curator 2017**

Dannielle Hayes is once again going to be the curator of our Art After Stroke Gallery at the 2017 event. She is donating a copy of her book *Traveling Light* for auction. Dannielle is a travel photographer, writer and publisher. As a photographer, she has worked closely with various national tourism and has been a professor of photography and video.

*For more information please see her website: [www.dhayesfoto.com](http://www.dhayesfoto.com) and her YouTube channel: <https://www.youtube.com/user/dhayesfoto>.*

**For a taste of the Art After Stroke 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>

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# RECOVERY & SUPPORT RESOURCES

## Family Caregiver's Grapevine



Here is a brief update from the NSCR on recovery resources in the Lower Mainland. Visit: <https://tinyurl.com/h4vtycp>.

**Note the ongoing meetings for Persian caregivers. These meetings are in Farsi with support English speakers, hosted by Presented by family counsellor Katayoun Shirzad and Karyn Davies, Coordinator of the Caregiver Support Program.**

Meetings are held the third Tuesday of each month, with the next being February 21st, from 5-7 pm.

**Location:** Room 203, Capilano Mall, 935 Marine Drive, North Vancouver  
**Tel:** 604.982.3320  
**E:** karyn.davies@nscr.bc.

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## ARC Newsletter



This edition of the ARC Newsletter includes information on technology and aphasia, an aphasia cruise, and a caregiver's story. As always, it includes a video reading of the contents. You can sign up for the monthly aphasia friendly newsletter and regular updates from Aphasia Recovery Connection (ARC) here: <http://www.aphasiarc.org/newsletter>

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## Toronto Stroke Network Launches New Website



SN's new website [www.strokerecovery.guide](http://www.strokerecovery.guide) is a resource for persons with stroke and caregivers to find information and answers for concerns. It provides tips for daily living on topics such as finances, travel, relationships, and health maintenance.

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## Fitness and Mobility Exercise Program



This community-based group exercise program for people living with stroke is being offered on Vancouver Island in Comox at Comox Rec Centre. There are 2 levels, FAME 1, for those coming with a personal assistant, and FAME 2 for independent participants. For details please contact:

Jill Nelson  
HI-FOCUS FITNESS  
842 Deal Street, Comox, B.C.  
V9M 1B1.  
hi-focus@shaw.ca  
250-339-0276

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# BRANCH UPDATES

## New SRABC Members Bulletin



We have decided, after receiving feedback from a number of readers, to start a new bulletin aimed at keeping members of SRABC informed about Association issues. Previously this information was included in this Snippets newsletter, but as it has evolved, the focus became more and more on more specific information about stroke recovery. As a result, an increasing number of non-members continue to subscribe to Snippets.

We will still be sending Snippets out every month, with news and information on stroke recovery resources for stroke survivors and caregivers. However, from now on items such as reports from the Board of Directors and information about the SRABC Annual General Meeting will be included in the new SRABC Members Bulletin that will be sent four times a year to SRABC members. The dates we'll issue the SRABC Members Bulletin in 2017 are:

- **Jan 16<sup>th</sup>**
- **April 16<sup>th</sup>**
- **July 16<sup>th</sup>**
- **October 16<sup>th</sup>**

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

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# DELTA BRANCH

## "Next Steps" Walking Program



*The Delta Branch Mall Walking Team*

In a co-operative with Tsawwassen Mills the Delta Stroke Recovery Branch has begun weekly mall walks. Taking place every Wednesday, this program developed by G.F. Strong Rehabilitation Centre invites survivors and anyone who would like to join these Wednesday morning walks. The meetings come in addition to weekly meetings on Tuesdays at 11 am at Tsawwassen United Church, opposite South Delta Secondary.

The mall walks meet at 8:30 a.m. from the Food Court at Entrance No. 5.

All are welcome! For more information, contact Peter McTait at

[pmctait@telus.net](mailto:pmctait@telus.net)

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# 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)

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## Summer Recreation Program

Join the March of Dimes Canada recreation department for our week-long recreation and holiday programs this spring and summer.

Click on the location to learn more:

[Squamish, British Columbia](#) (May 15 -22, 2017)

[Brigadoon Village, Nova Scotia](#) (June 11 - 17, 2017)  
[Geneva Park, Orillia, Ontario](#) (June 25 - August 18, 2017)

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## LIFE AFTER STROKE

### March of Dimes Aphasia and Communications Disabilities Program



Global News recently featured MODC's **Aphasia and Communications Disabilities Program (ACDP)**. With six different locations in Ontario this program is helping those with aphasia regain their speech. Sessions include the assistance of speech pathologists and trained volunteers and aim to improve life after stroke. Read the article and watch the TV spot here: <http://tinyurl.com/gn9hbpz>

You can also find out more about ACDP by reading the brochure at <http://tinyurl.com/hlexfmu>

Or by visiting [www.marchofdimes.ca](http://www.marchofdimes.ca)

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### Tips for Recovering Communication Skills

Medical News Today has written an article with facts, information, definition, and guidelines for dealing with language impairment after stroke. Read the article here: <http://www.medicalnewstoday.com/articles/315075.php>

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### The Power of Music in Stroke Recovery

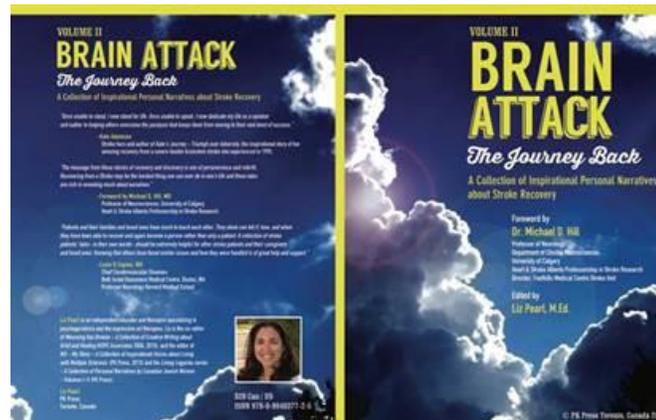
The Royal Philharmonic Orchestra and a stroke recovery unit in Hull in the United Kingdom have partnered to create the inspiring Strokestra. Strokestra brings stroke survivors together to make music in a supportive

and uplifting atmosphere to give survivors confidence in their own abilities. You can read a first-hand account about this amazing project written by one of the support workers here: <http://tinyurl.com/hgl2cqw>



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## Brain Attack – The Journey Back



A stroke is a brain attack. This anthology is a unique collection of 33 original entries written by survivors and heroes about their recovery journeys from stroke. It includes creative writing works from a wide range of individuals, including stroke survivors and family members.

This publication is edited by Liz Pearl, an independent educator and therapist. The contributing authors share their experiences, thoughts and feelings invoking in the readers, tears, laughs, comfort and support. They express their inner strength and insights about recovery and healing.

To order, contact Liz Pearl directly.

Copies are \$15.00 each plus shipping

Email: [Liz\\_pearl@sympatico.ca](mailto:Liz_pearl@sympatico.ca)

Blog posts: [hermagazine.ca/author/lizpearl/](http://hermagazine.ca/author/lizpearl/)

Website: [wisewomencanada.com/author/liz-pearl/](http://wisewomencanada.com/author/liz-pearl/)

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# THE NEWS

## Canada's First Stroke Ambulance



Edmonton has introduced a three year pilot program with an ambulance equipped with a CT Scanner in order to diagnose suspected stroke patients. The scans can be done roadside and the patient can be evaluated by specialists at the University of Alberta hospital using video teleconferencing. This means that stroke can be diagnosed much faster and thus improve diagnosis and recovery time.

To read more about this initiative, visit <https://tinyurl.com/hlfnybf>

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## UBC Links Exercise to Brain Power



A study at the University of British Columbia found that regular aerobic exercise aids in mental cognition and appears to increase the size of the hippocampus, the part of the brain involved in verbal memory and learning. Exercise that gets the blood pumping assists the body in processes such as reducing inflammation and releasing chemicals that effect the grown of brain cells and blood vessels in the brain. It also reduces stress and improves moods. To learn more and for some suggestions on how you can stay active, visit <http://tinyurl.com/jdthbd>

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## BC's Senior Advocate Studies HandyDART Service



BC's Senior Advocate has released the results of its survey of HandyDART, a door-to-door transportation service provided to those unable to use traditional transit without assistance due to physical or cognitive disabilities. A large range of questions were developed through consultation with users of the service, service funders, and front of line staff. While much of the feedback was positive, concerns were raised regarding cost, availability, and ease of access of information. To read the full report, visit: <http://www.seniorsadvocatebc.ca/>