



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets January 2014

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**
- 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



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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 If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder.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 Genevieve Thompson our Office Administrator a call and she will help you to resolve the problem.

office@strokerecoverybc.ca

**Happy New Year from all of us
at SRABC Provincial Office!
We wish you a joyful 2014.**

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BRANCH UPDATE

Branch Update - News from SRABC's Branches

- **Cowichan Valley (Duncan) Branch in the News**

See here for two news items about the re-opening of the branch:

<http://hqcowichanvalley.com/home/local/news/v/Local/307714/Stroke-support-group-coming-to-Duncan>

<http://www.cowichannewsleader.com/news/234125821.html>

- **Burnaby South Branch**

Jean Rollins has resigned from the position of President at the Burnaby South Branch. We'd like to thank Jean for all the years of dedicated service she gave to stroke recovery and to the Burnaby South Branch. Jane Chen and Lena Ticknor have completed their time as interim

coordinators. Thank you to Jane and Lena for their assistance in keeping things running while we recruited a new coordinator. Our new Branch Coordinator for our Burnaby North and South Branches is Natasha Cham. Natasha is a Molecular and Cytology Application Specialist with experience serving public and private hospitals and laboratory customers across Canada and a Recreation Coordinator. She is fluent in both English and French. She previously worked as a Recreation Coordinator with the Canadian Mental Health Association - Pathways Club, Richmond, BC. She also does Volunteer Work at the Centre for Disabilities - Richmond Community Living as a Recreation Worker. She has a Bachelor of Arts in Psychology from Simon Fraser University with a Minor in Kinesiology and a Certificate in Health and Fitness.

- **Burnaby North Branch**

The new Branch Coordinator is Natasha Cham -see above.

Want Business Cards?

Any Branch Coordinators who would like SRABC business cards should contact Genevieve Thompson at the SRABC Provincial Office. She can provide you with batches of 30 on request. Send her an email at atoffice@strokerecoverybc.ca or call 604 688 3603 ext. 100.

Resources for Aphasia

The SRABC Guide to Recovering from a Stroke on 'Understanding Aphasia' has useful information and some great weblinks. You can read it here:

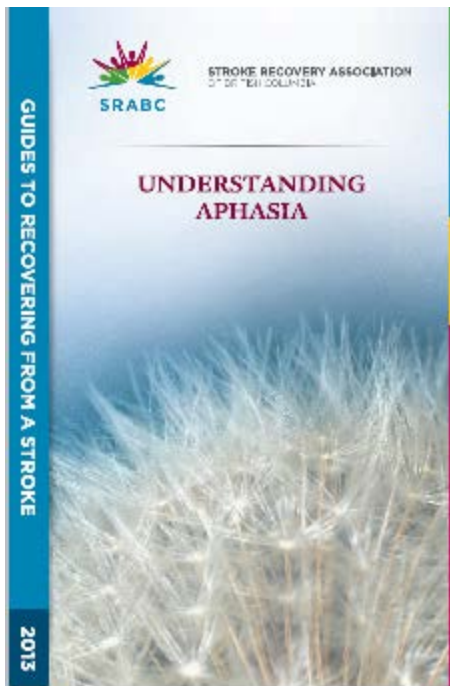
<http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke/>

Also it is worth looking here too:

UBC SASS Aphasia Mentoring

Program <http://blogs.ubc.ca/aphasiaprogram>

Sea to Sky Aphasia Camp: <http://www.chd.ubc.ca/event/sea-sky-aphasia-camp>



Website Changes/ SRABC Social Media

We have been working on improving the navigation on the SRABC website. We've revised the page about educational resources to make it easier to find what you are looking for:

<http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke/>

There's some videos here that you might like to show to your members as part of the Branch program:

<http://strokerecoverybc.ca/who-else-can-help/stroke-recovery-videos/>

Please take a look at the site and if there's anything that you notice that could be improved - or anything you really like for that matter ;-) - please let us know.

SRABC Social Media

Have you checked out the SRABC social media pages recently? Like us, follow us and support us please! If you don't use social media yourself I'm sure you know someone who does.

We'd be more than grateful if you would spend a bit of time having a quick look and then take a couple of minutes to let us know what you think.

We want to increase our 'Likes' and 'Follows' ... if you can help by sharing with your networks that would help us extend our reach.

Our fantastic volunteers have worked really hard to get us this far:

- Jane Chen, our enthusiastic Social Media Volunteer is making sure we keep on posting fresh information on Facebook YouTube and Twitter.
- Gordon Minaker, our wonderful website navigation and updating volunteer has taken time away from packing for his semester studying in Australia to revamp the navigation and content on the ever-improving SRABC website. We are getting positive feedback regularly about it. Coming soon will an expansion of the info about our branches.
- Our excellent volunteer professionals, web developer Tyler Yendrowich and graphic designer Matthew Nosworthy, are a constant source of help, expertise and support. Without them our great new look would never have occurred.
- Dedicated and hard-working Communication Committee members Victoria Yang, Lynne Henshaw, Adele Thewlis, Christine Baudry and Dannielle Hayes are busy helping us set our goals for 2014 and to develop the project plan. With their help and input I have created two new proposals for funding SRABC communications.

They've got the ball a long way up the field. Please help us get it over the line!

Life After Stroke Newsletter

The December 2013 edition of Life After Stroke is now out!

LIFE AFTER STROKE is published four times a year. It is for BC's stroke survivors, their caregivers, their friends, family and supporters – and anyone else interested in stroke recovery. Please share LIFE AFTER STROKE with your network. To join the mailing list, please send an email to office@strokerecoverybc.ca. You can also see LIFE AFTER STROKE on our website

Read all about it here!

<http://strokerecoverybc.ca/archive/srabc-life-after-stroke-newsletter-december-2013.html>

The FEATHERS project: update December 2013

What is it? What has been accomplished? What is next?

What is the FEATHERS project?

FEATHERS = Functional Engagement in Assisted Therapy
through Exercise Robotics

FEATHERS is research project undertaken by researchers, physiotherapists, occupational therapists together with patients and their families. The aim of FEATHERS is to develop a **fun and easy way** to help children with cerebral palsy and older adults after stroke to practice their arm exercises at home by using games readily available on the internet.

What has been done so far?

Interviews with patients/families and therapists (Occupational Therapists and Physiotherapists) have identified how the research team needs to design the software and hardware so that it best meets the needs of the patients and therapists.

Preliminary versions of the software and hardware have been developed and are currently being tested by patients and therapists to identify any features that need to be improved.

What is next?

The results from the tests will help the team to modify the software and hardware so as to better meet the needs of patients and therapists.

Where to find more information about this project

More detailed information about this project is provided by the following resources:

- Video: <http://www.youtube.com/watch?v=-3l0VpOjMmo>
- Webpage <http://caris.mech.ubc.ca/research/research-areas/therapy-robotics/>

Who to contact for more information: Dr. Mike Van der Loos vdl@mech.ubc.ca or phone: 604-827-4479



Free Wheelchair Training for GF Strong Research

Do you use a manual or power wheelchair? Are you a caregiver interested in receiving wheelchair training? The research lab at GF Strong has a number of wheelchair training studies in which you can take part! These projects include aspects such as setting goals, peer training, and even using a Wii or a tablet! If you're interested in participating or would like more information, please visit <http://millerresearch.osot.ubc.ca/research/participate/> or contact Kate Keetch at 604-714-4108 or Kate.Keetch@vch.ca



Transition Magazine - Focus on Caregiving

Transition Magazine is published by BC Coalition of People with Disabilities (BCCPD). The new edition has some great articles on caregiving that we heartily recommend for use as resource materials for caregiver support work. You can find it here:

<http://issuu.com/oneself/docs/transwint13-caregiv-web>



JOIN THE SNIPPETS MAILING LIST!

THANKS FOR READING SNIPPETS

REMEMBER...

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

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