



**STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA**

Snippets January 2016



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SRABC NEWS AND VIEWS

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NEW Fund Raising Event - Art After Stroke 2016

- We are planning a Special Event to take place June 2016 entitled Art After Stroke which will feature incredible work by stroke survivors in visual and performing arts. The event will be used to generate publicity and raise awareness. We are aiming to make a big media splash and put stroke recovery on the BC map!
- The purpose of Art After Stroke is to show everyone that people who have had a stroke are capable of producing fantastic works of art that can take your breath away. This will help us to communicate a message of hope to people all over BC. After all, if you don't know a stroke survivor yourself, then you do know someone who loves one.



Art After Stroke

- Location: Roundhouse Community Arts Centre
- Date: Friday July 8th 2016

- Time: 7:00 pm – 10:00 pm
- Theme: Art after Stroke
- Stakeholders: Stroke survivors, their families, care partners, health workers, Stroke Recovery Association of BC members, and anyone whose life has been touched by a stroke.
- Exhibitors: 5-6 artists/performers who have had a stroke.
- In this art installation each artist will exhibit and/or perform in disciplines such as music, acting, comedy, sculpture, painting and photography.
- This 3 hour event will clearly demonstrate that it is possible to produce excellence in creative and performing arts, even after a stroke. Through artistic media and through artist presentations we will clearly communicate to those attending that “there is life after stroke”.
- Our aim is to communicate a message of hope to stroke survivors and their families as well as other stakeholders by demonstrating the marvelous artistic achievements of a group of talented stroke survivors.
- Tickets will be sold through Eventbrite and all proceeds will go to cover the cost of the event and raise funds for the Stroke Recovery Association of BC to help fund more arts-related therapy programming in the community.
- Sponsorship opportunities are available to patrons and we hope this event will raise awareness as well as lead to financial donations for the SRABC.



If you are interested in helping or being part of this event please contact Genevieve Thompson at office@strokerecoverybc.ca

Rock for Dimes Nanaimo



- We are working with March of Dimes Canada to produce a ‘Rock for Dimes’ event on

Saturday, February 27, 2016 in Nanaimo to raise funds for the Community Stroke Recovery Navigator Project.

- 'Rock for Dimes' is a fundraising corporate battle of the bands. Amateur rock bands, made up of members from the corporate community, compete for bragging rights as the city's best corporate band, during an evening at a popular music venue.

It is a tried and tested event which has been successful in various locations for several years.

SRABC Board of Directors Update



Branch Affiliation Agreement



- Draft Branch Affiliation Agreements were sent for review to all Branches. Thank you to all those Branches who reviewed and signed the document. It is important that we have a written agreement with all of our Affiliated Branches so that we are all part of the same organisation from a legal point of view. We weren't be able to get them all signed by December 31st. We will aim to have them completed in early 2016. Please review the document if you haven't already done so and contact Tim Readman, Executive Director with questions or when you are ready to sign.

2016 SRABC AGM Date

**ANNUAL
GENERAL
MEETING**

- The 2016 SRABC AGM Date is Saturday October 15th. The meeting will be at the usual location - Creekside Community Centre - in Vancouver's picturesque Olympic Village (or whatever it is we are supposed to call it these days!).

-Program and Service Development Highlights



7 Steps to Stroke Recovery Video



The original 7 Steps to Stroke Recovery video has now reached 65,516 views on YouTube.

Exercise and Mobility Video



- Our next video in the '7 Steps to Stroke Recovery' series - Step #1 - Exercise and Mobility video has had 407 views on YouTube. Please help spread the word.

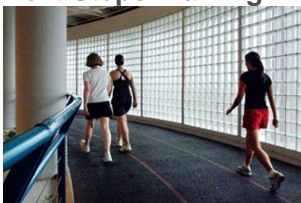
Community Stroke Recovery Navigator Project



- Phase 2: 'Bridging the Gap: Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery'

- Referral database is now developed and active and an evaluation framework will be ready by January 2016 with key indicators including demographics, hospital re-admission rates, and cost analysis.
- Number of referrals to date: 9
- Number of assessments completed: 8

Next Steps Walking Program



- We are continuing with the program at Oakridge Mall in collaboration with MARCH OF DIMES CANADA.
- The new program at Kingsgate Mall in East Vancouver is going well, also in collaboration with MARCH OF DIMES CANADA, and has around 10 people attending each week.
- We are continuing to investigate running similar programs at Capilano Mall (in collaboration with our North Shore Branch) and in Chilliwack (in collaboration with our new Chilliwack stroke recovery program).
- We are looking into starting a program in Delta – meetings will start in 2016 to make a plan.

Volunteer Management



- We have completed a new SRABC volunteer manual and associated documents. I will be reviewing them and making final changes over the next 2 weeks or so.
- Tim will then circulate to all Branches for their use.

Life Participation Approach to Aphasia



- Eavan Sinden is an SLP who trained at the Toronto Aphasia Centre who is now working part-time at UBC and is interested in working with SRABC. She was referred to us by Megan

Sutton, the SLP who does our i-Pad aphasia apps training.

- She is available to help us develop our program ideas around the Life Participation Approach to Aphasia and offer some training to Branch Coordinators.
- She currently visiting Branches with Tim Readman to observe speech and communication sessions so that she can learn about what we do in those sessions.

Branch Update - News from SRABC's Branches

Port Coquitlam Branch



The group of singers that formed for our Singing Project in Port Coquitlam has adopted the name 'Sing It Poco'. The group was part of the '12 Days of Christmas' in Port Coquitlam and performed its first ever concert for an audience of almost 50 people. The members said it was so much fun and they are looking forward to preparing for their next one! A lot of people who attended said it was - and I quote "so awesome and much more than they expected!" as well as "such an amazing thing to see everyone so connected." This is a significant achievement for the group, many of whom have communication challenges.

Sing It Poco will start up again in February and are always looking for new members to join - no singing experience required! Contact me if you are interested pocostrokerecovery@gmail.com

Logan Rushby, Branch Coordinator

STROKE RECOVERY INFORMATION AND RESOURCES

'What is Aphasia?' Video



Aphasia Institute took to the streets to see how much the people of Toronto knew about aphasia:

<https://www.youtube.com/watch?v=AA2I1scsg2A>

Free Consultation with Expert Therapists!

SIGN UP NOW TO SECURE YOUR SPOT! Contact: Phone: 604-574-1255 (clinic) 778-384-4503 (cell) Email: info@lifeskillstherapy.ca

Lead by: Amit Kumar, BOT, MA, C/NDT, Director, Consultant Occupational Therapist



- Are you recovering from a stroke?
- Have you endured brain injury?
- Do you feel you have a cognitive or neurological impairment?

Caregivers are welcome to attend

If you answered YES to any of the above, then we invite you to come in for a free consultation by our expert Occupational Therapists, led by Amit Kumar.

We'll be offering these free consultations the first Tuesday of every month starting December 1st.

Where: Neurofunction Rehab

105-17660 65A Ave, Surrey, BC

When: First Tuesday of every month, 2pm – 4pm

Pre-booking is required, give us a call today!

Exercise at Your Own Pace with Stroke Class



Hello, I'm Susan. I've been a Physiotherapist for over 25 Years and have been running a weekly Stroke Recovery Exercise class for 20 years.

StrokeClass.com is here as a tool to support anyone who is recovering from a stroke. I've created numerous 45 minute classes, specific exercise videos and tip videos for Stroke survivors, all for no charge. Try them out as often as you wish.

This website is supported by the generous donations of those who see the benefit of the videos, as well as limited ads for relevant products.

You can try out the first class below, or access every class

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

How Exercise Rewires Your Brain



Everyone knows exercise is good for your health, but new studies show it does more than flatten those abs-- it physically alters your brain to better handle stress!

https://www.youtube.com/watch?v=Aj_5SGdx7Xk

My Guide for Stroke Recovery



People who have had a stroke often call their recovery a journey. Each person's journey is different. As you, your caregiver and your family start your own journey, we hope this Guide will help you along the way. My Guide for Stroke Recovery is for you and your caregivers to use during your recovery after a stroke. You can use it to:

- record information about your health and care
- see how you are doing well, identify your needs and questions
- set goals to recover, live well and prevent another stroke
- keep track of your progress
- communicate with your health care team and caregivers
- find resources and support services to meet your needs

Using My Guide for Stroke Recovery will help you gain the knowledge, skills and confidence to take charge of your health. We call this 'self-management'.

My Guide for Stroke Recovery was created by a team of people. A group of health professionals from the Toronto Stroke Networks began and coordinated the project. We invited people living with stroke and their caregivers to provide their valuable information, insight and advice. By working together, we hope to have created a Guide that will inform and

support you through each step in your journey.

To download My Guide for Stroke Recovery please go here:

[http://www.tostroke.com/wp-content/uploads/2012/12/my_guide_for_stroke_recovery_binder - 11Nov.pdf](http://www.tostroke.com/wp-content/uploads/2012/12/my_guide_for_stroke_recovery_binder_-_11Nov.pdf)

If you would like a printed copy please contact the SRABC Provincial Office – office@strokerecoverybc.ca

What to Expect When You're Not Expecting Aphasia



What to Expect When You're Not Expecting Aphasia is an eBook from Lingraphica. They've incorporated helpful resources for caregivers and loved ones who are new to aphasia.

TABLE OF CONTENTS

- What is Aphasia?
- What is an SLP?
- Types of Aphasia
- Ask the Clinician
- Meet Our Clinical Staff
- Continuing Your Aphasia Journey
- Find Support

You can download it here: <https://www.aphasia.com/download-aphasia-e-book/>

If you would like a printed copy please contact the SRABC Provincial Office – office@strokerecoverybc.ca .

Brain Food Puzzles



Challenge your mind with these three fun puzzles. See how fast you can solve them or work your way up to the hardest difficulty level.

Puzzles are here: <http://www.strokesmart.org/brain-food-121115>

Moving Stories Project



The Moving Stories Project is an initiative to promote self-expression in post-stroke aphasia patients through dance theatre and storytelling. Through community collaborations, the project provides workshops to persons with aphasia, their caregivers, and staff to help them create visual arts that tell their stories.

If you would like to see the PowerPoint Slides about this project please

email emailxecdir@strokerecoverybc.ca

or go here:

<http://www.strokecommunity.ca/forums/topic/the-moving-stories-project-toronto-east-stroke-network/>

Communication Access Now



Over 440,000 Canadians have disabilities that affect their speech and / or their ability to understand what someone else is saying.

Like everyone, people with communication disabilities have a legal right to equal access to goods and services.

For that to happen, effective communication is essential.

Businesses, organizations and essential services in Canada are legally obliged to make their services fully accessible for people who have communication disabilities.

Communication access means that people can:

- Understand what you are saying
- Have you understand their messages
- Use the communication methods that work best for them such as speech, gestures, writing, pointing to objects or pictures, spelling words, typing on a • communication device or human assistance
- Read and understand your written information

- Sign your documents and complete forms in ways that are accessible for them

For more information please go here:

<http://www.communication-access.org/>

CAREGIVERS INFORMATION AND RESOURCES

Why Caring for Yourself While Caring for Others is Important



Stroke sometimes comes at the worst possible time. Pamela Stefek Simpson's stroke taught her that she needed to make her own health a priority, so she could be there for the ones she loves.

Overlooking the Symptoms

Simpson always had a good relationship with her father, but when he suffered an aneurysm, the two grew even closer. His death from a second aneurysm devastated her.

"I felt like my whole world stopped," the 44-year-old said. "You're never ready for it."

The "horrible headaches" she began experiencing seemed logical since she was under a lot of stress planning the funeral while still caring for her mother, who had gone deaf.

Stroke at the Worst Possible Time

On the morning of her father's funeral, Simpson was making a copy of a poem she had written for the occasion when something didn't seem right. Her last thought was, "Why is my right leg going numb?"

When she regained consciousness days later, she asked her husband to "let Daddy know I'm okay." She had forgotten he had died, and after it came back to her, she felt numb. Simpson says she was "suspended in shock."

Getting Back on Her Feet

Although she was paralyzed on her right side at first, Simpson was determined not to let the stroke hold her back. She eventually went back to work and continued to care for her mother and for her husband, who also has health issues.

She had little time to focus on herself, though, and family and friends noticed a change in her personality.

"It wasn't a good or bad change," she explains. "I was just different."



The "ah-ha" Moment

It wasn't until she visited a close family friend that she realized she had to shift some of her

focus back on herself.

“He asked me, ‘Don’t you want to watch them grow up?’” she said.

She knew if she didn’t start caring for herself, she wouldn’t be around to care for others.

Making Changes

Simpson continues to care for her mother and husband, but now, she makes time for herself.

If she wants to go the movies and her husband doesn’t feel up to it, she calls a friend. She

has learned that taking time for herself helps her to be a better caregiver.

“Life keeps reinventing itself,” she says. “I don’t want to miss out on life.”

To read the original articles please go here:

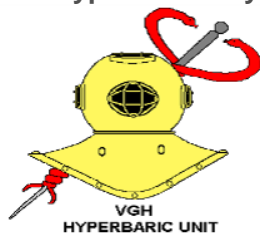
<http://www.strokesmart.org/Pamela-Simpson>

Subscribe to the StrokeSmart E-Newsletter here:

http://support.stroke.org/site/Survey?ACTION_REQUIRED=URI ACTION_USER_REQUEST S&SURVEY_ID=10260

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)

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

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