



**STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA**



SNIPPETS

JANUARY 2018



CAREGIVER'S CORNER

Family and Friends Caregivers
Support

LIFE AFTER STROKE

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CAREGIVER'S CORNER

Family and Friends Caregivers Support



Exhausted? Stressed? No time for yourself? Feeling alone at times discouraged?

If you answered yes to any of the above, you might find comfort in sharing some of your experiences with others in similar situations. Join a safe environment where the goal is to help you access a community of support. Give yourself a once-a-month, one-hour break where you will find support and relief.

Starting January 2018:

New Support Group in Greater Victoria

Where: 2159 Mt. Newton X Road (Saanichton Bible Fellowship Church - across from Mt. Newton Daycare Centre)

When: 2nd Wednesday of each month

Time: 11:00 am to 12:00 noon

For more information contact:

Solange Valiquette, sol.valiquette@shaw.ca or 250-384-0408

LIFE AFTER STROKE

Brainstreams Website Update



BC Brain Injury Association is thrilled to announce the recent launch of its new website. The new website has an online list of services in BC. The information is organized by filters and has a mapping function designed to assist with navigation. The website features the client videos that were created as part of the ABI Provincial Services Initiative. Visit www.brainstreams.ca to see all the features and resources offered.

Community Resource Showcase



If you are an individual living with a disability, health professional, service provider, caregiver/partner or family member, you should attend this free community resource showcase. There will be a session in Burnaby on February 22, 2018. Find out more here: <https://tinyurl.com/yc9xl5vp>

Financial Planning Seminar

**Getting Your Financial House In Order
Budgeting and Financial Planning**

With Nahanni Ackroyd BA, MEd

Wednesday, January 24th 2018
1:30-3:00 pm
Downtown Harbourfront Library, 90 Commercial Street, Nanaimo

Are you affected by **Stroke** or **Brain Injury**?

Join us for our upcoming presentation:

Getting Your Financial House In Order

Budgeting and Financial Planning

With Nahanni Ackroyd BA, MEd

Wednesday, January 24th 2018

1:30-3:00 pm

Downtown Harbourfront Library, 90 Commercial Street

It can be overwhelming trying to figure out finances after a stroke or brain injury. This interactive seminar will help you learn how to build a secure foundation and how small steps can protect you, your future and your loved ones.



Nahanni Ackroyd is a licensed Financial Security Advisor with Freedom 55 Financial, with over twenty years of experience as a trainer and instructor. With her passion for helping other people, she brings a light and sensitive touch to topics most people, frankly, don't want to talk about.

For people with acquired brain injury/stroke and family caregivers.

No Charge. Space is limited. Please call or email to reserve your seat.

Call Adrienne 250-753-5600 ext. 202

or email adrienne@nbis.ca



Have you been affected by stroke or brain injury? It can be overwhelming trying to figure out finances after a stroke or brain injury. This interactive seminar will help you learn how to build a secure foundation and how small steps can protect you, your future and your loved ones.

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EVENTS

Sign up for Dodging for Dimes!



Saturday, February 24, 2018

5 p.m. to 8 p.m.

**Creekside Community Recreation Centre
1 Athletes Way, Vancouver, B.C.**

Get your corporate team or a team of friends together for this fast and fun charity tournament on Saturday, February 24, 2018 at Creekside Community Recreation Centre, 1 Athletes Way, Vancouver, and help raise money for people with physical disabilities through March of Dimes Canada.

Each player is asked to raise a minimum of \$75 in pledges and there is a team registration fee of \$100.

No training, no practice, just loads of fun but with big impact for 75,000 Canadians living with physical disabilities.

Learn more and register here: <https://tinyurl.com/y828bmmu>

Rock for Dimes

Rock for Dimes is a corporate battle of the bands held to benefit March of Dimes Canada's programs and services for children and adults with disabilities. Amateur musicians compete in this friendly fundraiser for the title of their city's best corporate band. Bands will showcase their talents in front of a roster of Canadian music industry professionals, friends, and fans at the Commodore Ballroom on February 23, 2018.

Get your tickets here: <https://tinyurl.com/y7t59cre>



World Stroke Congress 2018

Montreal, Canada, 17-20 October, 2018

<http://www.worldstrokecongress.org>

A promotional graphic for the 11th World Stroke Congress. On the left, the text 'See you at' is in green, followed by '11TH WORLD STROKE CONGRESS' in large blue letters. Below that, 'MONTREAL, CANADA' and 'OCTOBER 17-20, 2018' are in green. At the bottom left, the website 'www.worldstrokecongress.org' and hashtag '#WSC2018' are in green. On the right, there are two logos: the 'World Stroke Organization' logo (a blue and green swirl) and the 'CSC CNC' logo (a red and black silhouette of a head with a bar chart). Below the logos is a composite image of Montreal. The left part shows a historic building with the text 'OLD WORLD CULTURE'. The right part shows a modern building with the text 'Montreal MODERN TECHNOLOGY' and 'Everything at your doorstep'. The image is decorated with several colorful autumn leaves.

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/y9xqq578>

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.

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)

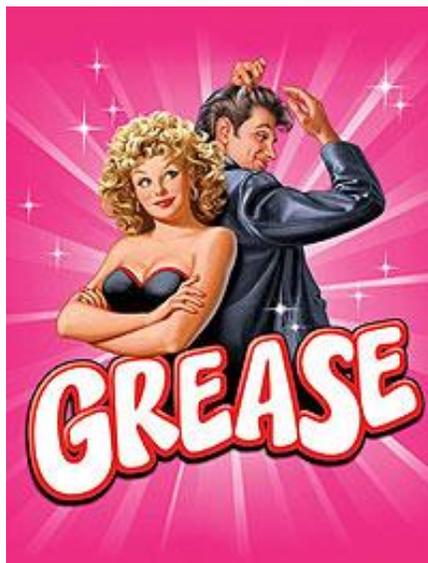
Program fee:

- 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**.

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.

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.

Please contact aphasia.musicals@gmail.com if you have any questions.

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
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STUDIES & RESEARCH

Pulse Study



PULSE (Partners Using Linked Strategies Effectively) Study

A team of psychology researchers at the University of British Columbia is recruiting stroke survivors and their partners from all over British Columbia to participate in a research study. They want to find out how couples support each other regarding their health behaviours in day-to-day life situations post stroke.

Couples volunteer for 14 days and are given an iPad mini—which they can keep in the end—to fill out questionnaires and take pictures of their meals. Participants also track their physical activity levels and provide one blood sample.

Any couple that resides in British Columbia and is interested in participating could contact pulse@psych.ubc.ca or call **604-822-3549**

Find out more details about the study here: <https://ubcpulsestudy.wordpress.com/>.

- 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/>