



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets July 2014

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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/snippets/>

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Loss of Funding

We have recently received some very important funding news. The Heart & Stroke Foundation has discontinued their annual funding grant to SRABC.

This represents a reduction of approximately 30% of our annual funding.

Heart & Stroke Foundation recently became a national organization with its headquarters in Toronto. Over the past few months, we have been made aware that they have reduced their funding of their provincial groups.

The BC & Yukon Office has experienced great difficulty in revisiting their budget and providing support to all the programs they would like to continue. Unfortunately at the end of the day, the limited funds resulted in cuts to our funding. It is important to note that this change is not due to a lack of appreciation of our programs. Heart & Stroke receives quarterly updates on the branches and other programs and have encouraged us on the progress we have been making. The reasons for the cuts are entirely financial.

As many of you will remember, there was a time not along ago when we did not receive funding from Heart & Stroke at all. Before 1997 we operated without this revenue. Since having the additional funds, the Board believes we have made great strides in developing new initiatives and piloting new programs for stroke survivors in BC. It will be difficult to return to a time when we will not have the resources for new initiatives, but we have done this before – and can do again.

Unfortunately, in the world of not-for-profit, this drastic change in funding is not that unusual, Many organizations have felt this pain in the past and have survived and thrived. We plan to work hard to develop a realistic budget for coming years that guides us through this period.

For the short-term, we plan to continue operating as status-quo, continuing the current projects and initiatives until the end of our current fiscal year, which is July 31st 2014. In the longer term, we recognize that there will have to be adjustments and some cuts to some of our operations and services. However – our funding to coordinators will not change. This payment is supported by our annual gaming grant, which has not been affected. We will therefore continue to provide coordinator payments and program enhancement funds to the Branches.

During the coming weeks the SRABC Board of Directors and its Finance Committee will be working hard to make a plan to take us thorough the next two years and attempting to find other options for funding.

Casey Crawford
SRABC President

Branch Update - News from SRABC's Branches

Oceanside Branch

The Oceanside branch has been busy! We recently welcomed 5 new survivors and their caregivers to our group.

Our therapy programs continue to grow. The old exercise foam blocks and Theraband equipment have been replaced thanks to the Program Enhancement Fund. As well we have upgraded our speech therapy equipment. We now have four computers. Two of these are used as loaners so that members can practise at home. Our branch received a grant from the Parksville-Qualicum Community Foundation to cover the aphasia software needed for the new computers.

The Program Enhancement Fund offered us an opportunity to update our banners and acquire a sandwich board with the SRABC new logo. The first use of our new banners will be on the Canada Day Parade float. Many of our members are enthusiastic about taking part in this year's Parksville Canada Day Parade either walking, scootering, wheelchairs or waving from our float!

During May and June, the Oceanside branch ran eight chair yoga classes for both survivors and caregivers. Sessions were held at the HotnCool Yoga Studio in Parksville. This is a new therapy being offered to the Oceanside branch and it has been made possible by the Program Enhancement funds. Both survivors and caregivers enjoyed this opportunity to improve mobility and balance.



Oceanside Branch celebrated the arrival of baby Lucas in June, infant son of Colleen and Robert Halliday. A baby shower was held at Kathleen Falvai's and Lucas was given lots of cuddles. Colleen has been Marnie Finstad's caregiver.

Kamloops Branch

Recently we mailed out two worksheets to Branches based on materials used in the Cowichan Valley Branch and the Community Stroke Navigator Project. One was 'Goals - for stroke survivors, caregivers and family members' and the other was a 'Progress Worksheet'. We also encouraged coordinators to share similar ideas with us. Here's one of the responses I received:

"Thanks for sharing Tim. I have done very similar worksheets with my group. With respect to the "Goals" worksheet, another thing that I do is have this on a smaller "Recipe Card" to make it simple for the member them to put on their fridge as a daily reminder of the goals they have set. Also it can be done a small as a "Business Card" so that it can be put in a wallet/purse. I have also had the members of the group, put emergency contact info and a list of their medications on a business card size thick paper that goes in their wallet with their Care Card. Please feel free in sharing this info."

Shona Cox - Program Coordinator

Kamloops Stroke Recovery Branch

Coquitlam Branch

We had 2 pharmacists come in from London Drugs to provide testing that helps to detect diabetes and other health problems. They gave a 20 minute group presentation. They also did a health assessment on those who were brave enough to seek the information! They measured Body Mass Index, Body Fat percentage, and Metabolic Rate and did blood glucose testing and counselling.

Check with the London Drugs in your area to get information on this excellent service.

Margaret Hansen

Stroke Recovery Association of BC - Coquitlam Branch

Delta Branch

Here's an excerpt from an article featured in the Delta Optimist newspaper entitled 'Stroke recovery programs get support of Delta firefighters'.

Delta stroke survivor Quentin Methot accepted a \$3,000 cheque from the Delta Firefighters Charitable Foundation on behalf of Delta Stroke Recovery in June. Methot is a retired firefighter and is eight years post stroke. He now instructs people on emergency preparedness with a PowerPoint presentation designed for the disabled and seniors. Methot gives his presentation to any group and asks for a donation in appreciation to Delta Stroke Recovery to help maintain its programs. Although Delta Stroke Recovery is a volunteer driven program, professionals are paid to lead the speech communications and exercise sessions. The group also offers music therapy and psychological support for stroke survivors.

The cheque from the Delta Firefighters Charitable Foundation will be applied to these programs.

- See more at: <http://www.delta-optimist.com/news/stroke-recovery-programs-get-support-of-delta-firefighters-1.1137653#sthash.p2kRovaG.dpuf>



Burnaby South Branch

I am very proud to announce that Tammy Kivi, our very beloved SRABC Burnaby South member, made an appearance on Breakfast Television on CTV, on Tuesday June 24th at 8am.

We proudly watched her talk about aphasia and represent stroke recovery awareness.

We are all very proud of you Tammy! You were fabulous - as you always are!

Natasha Cham

SRABC Burnaby South Branch Coordinator

Shaughnessy Branch

- Strides for Stroke and Community Education Day

On June 17th, 2014 Shaughnessy Stroke Recovery Branch held Strides for Stroke and Community Education Day. It was a beautiful sunny day in Vancouver and the event was well attended by community members from the Shaughnessy Heights United Church, stroke survivors, spouses and caregivers, GF Strong employees, City Square Acquired Brain Injury Walking Group, Douglas Park Stroke Recovery Branch, friends and family. Deputy Mayor, Councilor Raymond Louie, Reverend Steven Chambers and Tim Readman welcomed everyone and walked with us. After lunch Tim ran the new SRABC video, 7 Steps to Stroke Recovery and talked about the benefits of Stroke Recovery Branches. We had demonstrations by 3 of our stroke survivors. Dannielle Hayes showed her films and photography, Mari Saito her pottery and E. (Bones) McDougall his native carvings. There was also a very popular and profitable bake sale, goodies donated by volunteers and caregivers.

- UBC Research Study using Kinect

Six stroke survivors at Shaughnessy Stroke Recovery Branch participated in a 12 week research study for the Occupational Therapy Department at UBC. Using the internet game, KINECT, they played games/sports to improve balance, eye-hand coordination and muscle strength. They all enjoyed the games and reported improved coordination and confidence. We will know more when we receive the results from UBC.



Media Coverage

Just in case you have missed our flurry of media coverage following the release of our new 7 Steps to Stroke Recovery video here's some links to follow to see the newspaper and TV items we have been featured in.

Vancouver Sun:

<http://www.vancouversun.com/opinion/oped/Opinion+Getting+balance+correct/10011645/story.htm>

!

7 steps video on Vancouver Sun site - Click here:

<http://www.vancouversun.com/health/Steps+stroke+recovery/9998497/story.html>

Global TV:

<http://globalnews.ca/video/1429512/life-after-stroke>

Breakfast TV:

<http://www.btvancouver.ca/videos/3639703465001/>

Also on page A16 of the July 9th Vancouver Courier there is picture and an interview with renowned photographer and writer, Dannielle Hayes; stroke survivor, Shaughnessy Branch member and member of the SRABC Communications Committee. Here's the link:

<http://www.vancourier.com/living/seniors/urban-senior-back-from-a-stroke-of-bad-luck-1.1199719>

Helping Children Cope with Stroke in the Family

Rosemary Rawlins is the author of 'Learning by Accident, a Caregiver's True Story of Fear, Family, and Hope', and is also a caregiving blogger for www.BrainLine.org. You can learn more about Rosemary at www.rosemaryrawlins.com

Here's an excerpt from an article entitled 'Who's Who in This Family Now' by Rosemary which includes some tips for helping children cope with stroke in the family.

- Structure: Keeping the children on schedule for school and extracurricular activities so there was a continuation of familiar past activities. This requires family and friends to chip in with driving and other tasks.
- Support System: Relying on emotional support and help from family, friends, church, teachers, therapists, and doctors.
- Surrogate Parents: Close family and friends stepping in to give children needed attention and help when parents are overwhelmed.
- Open Communication: Being honest and open with each other's feelings – venting, laughing, and crying together as a family.
- Reasonable Expectations: Letting kids be kids. Asking only age appropriate caregiving help from children, and only when absolutely necessary.
- Using our Strengths: Anna was great at helping in the kitchen. Mary liked to stay up late, so she helped out when the night nurse was off duty.
- Accepting: Acknowledging that life was different, but we're all in this together.
- Encouragement: Bolstering each other's spirits during hard times.
- Reaffirming: Telling each other we loved each other often.
- Staying flexible: Understanding that last minute changes might happen, and that roles would continually shift and change as health improved.



When Couples Disagree on Stroke Recovery, One Partner Can Suffer

An innovative study from a University of Cincinnati (UC) social work researcher has found that when a stroke survivor and his or her caregiving spouse disagree on the survivor's rate of recovery, the caregiving spouse is more likely to experience depression and emotional distress.

Assistant Professor Michael McCarthy, PhD, working with co-author Karen Lyons at the Oregon Health and Science University, interviewed 35 couples in which one spouse had experienced a stroke within the past three years.

In separate sessions, stroke survivors and their spouses discussed the survivor's recovery, including the performance of daily functions, their memory and ability to problem solve. In the first mixed-method study in the topic, both quantitative and qualitative data showed that spouses rated rehabilitation progress as significantly worse than survivors—and that this discrepancy was associated with spouse depression.

"We found that spouses rated their partners' recovery worse than survivors rated it themselves, and that this discrepancy predicted depressive symptoms in the spouses," says McCarthy.

"So if the wife has a stroke," he continues, "and she believes, for example, that she can still drive but her husband doesn't—the difference in their perception is predictive of the husband's emotional distress. We were able to quantify and capture a different kind of worry and stress that caregiving spouses can experience and connect it to their outcomes." He adds that the magnitude of the discrepancy in perceptions between survivors and spousal caregivers is key to predicting depression in spousal caregivers—which can then cycle back onto the survivors.

McCarthy says there is some evidence that wives may be particularly susceptible to caregiver worry, as are spouses in strong, fulfilling relationships. With studies

demonstrating that stroke caregivers have higher rates of depression than the general public and may be at higher risk for stroke themselves as well as premature death, caregiver mental health has profound consequences.

McCarthy hopes the study can help social work and other rehabilitation practitioners working with stroke survivors. Overall, he says health care needs to broaden the conversation around stroke recovery: from focusing solely on the patient to considering the patient-spouse couple as a unit.

"How the spouse is doing matters in the equation," he says. "They need as much care, if not more in some ways, as the patient. We need to bring partners together in the rehabilitation process, to align each person's expectations and perceptions in order to achieve the best outcomes."

His paper, "Incongruence between stroke survivor and spouse perceptions of survivor functioning and effects on spouse emotional health," has been published online in the journal *Aging & Mental Health*.

Source: University of Cincinnati Academic Health Center

Alarming Statistics on Stroke in Younger People

Over the past decade, strokes in people in their 50s have increased by 24 per cent, and, in those in their 60s, by 13 per cent.

Even more alarming, recent international studies predict that stroke rates among younger people (ages 24-64), will double in the next 15 years.

These statistics tell us we need to be planning for the future!

They were quoted in the following article:

<http://www.trurodaily.com/News/Local/2014-06-23/article-3773284/Stroke-survivor-credits-quick-response-for-her-full-recovery/1>

30 Aphasia Facts in 30 Days

BC Association of Speech-Language Pathologists and Audiologists created a "30 [aphasia] Facts in 30 Days" campaign as part of their work in promoting Aphasia Awareness Month.

Here is a link to the site with the 30 Facts.

<http://tinyurl.com/qjrb3k8>

You can click on each one and print it out as a focus for education and discussion. Thanks to BCASLPA for sharing!



Living with a Disability Workshop – Fraser Valley 2014

SRABC is partnering with March of Dimes Canada, Post-Polio Awareness and Support Society BC, Muscular Dystrophy BC, BC Coalition of People with Disabilities, MS Society BC, Neil Squire Society, to produce the second annual Living with a Disability Workshop at the Langley Events Centre on Wednesday, June 25, 2014 at 10:00AM. Keynote address will be on the government new disability white paper. Tim Readman, SRABC Executive Director, will be presenting SRABC's new '7 Steps to Stroke Recovery' video.

More information to follow - watch this space!

4 Reasons Not to Fix or Solve People's Problems

We are well conditioned to believe that it is our job to fix others and solve their problems for them. If we see someone struggling or uncertain, we are quick to race in and save them from their challenges. We have been trained to see this as an act of care, a gift to another. But is it really?

What is it that we may be assuming and impeding by jumping in and acting as the savior?

Perhaps it is more about our thoughts, needs and feelings than theirs.

Reason #1: People are more capable and resourceful than you think

We are born with much more inherent capacity and resourcefulness than we know.

Unfortunately, we don't realize this because we have been treated otherwise our entire life.

We have been treated as if we don't know what is in our own highest interest, and have given our power away to others to know for us. We have placed more faith in our parents, teachers, ministers, friends and managers than in ourselves. With little trust in our inner capacity, we then project this onto others by not having faith in them. The moment we begin

to live more from the inside out rather than the outside in, we reclaim our inherent birthright to make empowering decisions. We begin to live for ourselves, and are better able to trust and encourage others to know what is best for themselves.

Reason #2: You project your fears onto others

If someone is feeling angry, we may feel compelled to save him from this feeling if we don't feel comfortable with our own anger. If someone is feeling scared about the uncertainty of moving forward in a new entrepreneurial adventure, we may attempt to rescue or redirect her if living without security is a trigger for us. We will save others from feeling what we can't be with ourselves, and from the associated circumstances, instead of meeting them as/where they are. We can only hold space for others to the degree that we can comfortably sit in that same space within. Our attempts to rescue others will be our unwitting attempt to protect ourselves from our own related feelings.

Reason #3: You stop people from growing and learning

A boy saw a butterfly struggling to get out of its cocoon. He was so concerned he decided to help. He got scissors and rescued the butterfly by making the hole in the cocoon bigger. As the butterfly came out the boy was surprised. It had a swollen body and small, shriveled wings. The boy assumed that the butterfly would eventually fly, but it never did. It spent the rest of its life crawling around with a swollen body and shriveled wings. The butterfly's struggle to push its way through the tiny opening of the cocoon pushes the fluid out of its body and into its wings. Without the struggle, the butterfly can never, ever fly. The boy's good intentions hurt the butterfly.

Reason #4: You don't know what is best for another

It is easy to assume we know what is best for another. But the truth is, the more we believe this to be true, the less of service we can be. We actually do not know what another's life path is about. Their life will zig and zag differently than ours. It may take detours that we could never imagine for ourselves, pathways that our logical mind deem unreasonable and impractical. But who are we to judge? Can we really possibly know what another's soul path is? Absolutely not. We must have faith in the unfolding of life, and that means letting people have their own experience – good, bad and ugly – and believing it is right for them and their growth as an individual.

There is a place for offering advice or your opinion, but I would suggest that you try giving it when asked, rather than by default. Practice listening, offering empathy, and perhaps asking questions that support the other to look within. Encourage them to seek their own answers. Remind them that their intuition knows best, and that it's always there to provide

answers much better than anyone else could give.

Vince Gowman- <http://www.vincegowmon.com>

Vince Gowmon is the founder of Remembering to Play Events. He leads keynotes and playshops for organizations, conferences and communities on topics such as Leadership, Communication, Creativity, Community Engagement and Play.



This is Your Brain on Laughter

Research suggests that a good laugh can boost memory, lower stress, protect against heart disease and even burn calories. The latest news on the health benefits of laughter comes from a small study at California's Loma Linda University, where researchers investigated the effects of humor on 20 seniors.

First, they tested short-term recall among all the participants and took saliva samples from them to measure levels of the stress hormone cortisol. They then showed comic videos to half the participants while the others were asked to sit silently elsewhere without talking, reading or using their cell phones.

After 20 minutes, the researchers again tested short-term recall in all the participants and took new saliva samples. They found that recall among those who watched the videos increased by 43.6 percent compared to 20.3 percent in the other group and that cortisol levels in the video-watching group were significantly lower than they were in the others. The researchers noted that studies elsewhere have demonstrated that a sense of humor helps protect against heart disease and that 10 to 15 minutes of laughter daily burns up to 40 calories.

Laughter is infectious. When we see or hear people laugh, we tend to laugh ourselves, which makes them laugh more, and so on. This means that a group of people laughing constitutes a powerful collection of internal and external feedback loops of positive emotion. Studies have shown that laughter can influence health by easing pain, reducing stress and even helping protect against heart disease. Researchers in Japan have shown that

participating in laughter yoga can help lower blood pressure among adults ages 40 to 74, and are now investigating whether the positive changes are long-lasting.

<http://www.drweil.com/drw/u/WBL02402/This-is-Your-Brain-on-Laughter.html>

Neil Squire Society Celebrates 30 Years

Here is a letter from our friends at Neil Squire Society. Please check out their new video which was made by the same people who made our new 7 Steps to Stroke Recovery DVD. Neil Squire Society has been helping people with disabilities, including stroke survivors, for 30 years.

Hi Tim,

I just wanted to touch base with those that were not able to make our event Wednesday night to celebrate our 30th Anniversary. I know you were there in spirit.

We premiered a 3 minute video on the history of the organization that I thought you would enjoy: <http://youtu.be/7LJWuuNF1p8> Chad tells me that you also have a video being produced by Lemongrass Media, pass it over to us when it is done!

Thank you again for your tremendous support over the years, I look forward to continuing our work together empowering people with disabilities through technology.

Gary Birch, O.C., Ph.D., P.Eng. - Executive Director

<https://www.youtube.com/watch?v=7LJWuuNF1p8&feature=youtu.be>



Executive Director UBC Appointment

Tim Readman, SRABC's Executive Director, has been promoted from Clinical Instructor to the position of Adjunct Professor in the Department of Occupational Science & Occupational Therapy at the University of British Columbia.

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We send out the snippets newsletter to all of our Coordinators to keep everyone connected.

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