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JULY 2016



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UNDERSTANDING APHASIA

9 Amazing Resources for Aphasia Education & Support

In support of Aphasia Awareness Month, Tactus Therapy has compiled a list of online aphasia learning resources. These resources will help those with aphasia and their caregivers and educate anyone else who wishes to understand it better.

For instance, the Aphasia Simulations [website](http://aphasiacorner.com/aphasia-simulations/) (http://aphasiacorner.com/aphasia-simulations/) attempts to recreate the experience of aphasia for those without it, while the Aphasia Institute provides an [online training module](http://www.aphasia.ca/home-page/health-care-professionals/knowledge-exchange/self-directed-sca-module/) (http://www.aphasia.ca/home-page/health-care-professionals/knowledge-exchange/self-directed-sca-module/) for Supported Conversations for Adults with Aphasia (SCAA).

For the full list, go [here](http://tactustherapy.com/aphasia-awareness-resources/). (http://tactustherapy.com/aphasia-awareness-resources/)

Understanding Stroke Workshop



GF Strong Rehabilitation Centre will be hosting a work shop on **Wednesday, July 2nd from 3-5:30 pm** about:

- How the brain works
- Changes that happen after a stroke
- Practical strategies to help
- Life after stroke and resources

Location: Social Services Room Seminar Room 189, GF Strong Rehabilitation Centre, 4255 Laurel Street, Vancouver

SRABC BOARD OF DIRECTORS UPDATE

Annual General Meeting 2016

This year's AGM is on **Saturday, October 15th, 2016** in Room #5 (2nd Floor), Creekside Community Recreation Centre, 1 Athletes Way, Vancouver, BC

Revision of our Bylaws

- We have to revise our bylaws to bring them into line with the new Societies Act that will come into force in November 2016.
- We will need to pass a special resolution with a 75% majority at the AGM to accept the revised bylaws to bring them into line with the new Societies Act.
- We will need quorum and a supportive vote to achieve this.
- There are no significant changes; it will mainly require ensuring the wording meets the requirements of the new act.

Please plan to be at the event so we can make sure we have quorum. If you can't attend please submit a proxy – this will mean your vote can be included and will also count towards quorum. Proxy forms will be sent out with the formal notice of the AGM in September.

"Town Hall" Meeting Calls HAVE YOUR SAY!



Each 'Town Hall Meeting' call is hosted by board member Chris Russell and the Executive Director Tim Readman who provide updates on what's happening at SRABC. Members are encouraged to ask questions and provide feedback.

THE NEXT CALL is Wednesday July 13th at 4pm.

To dial in please call: 1-800-263-3463

As soon as you hear the automated reply Press 8

Conference number: 622

Password: 416622

BRANCH UPDATES

Shaughnessy & Douglas Park



On Tuesday, June 7th, over 50 stroke survivors, volunteers, caregivers and family members from the Shaughnessy and Douglas Park Branches, as well as the Next Steps Walking Program gathered for the annual fundraiser, Strides for Stroke. After the walk the group socialized and watched a TED talk by neuroscientist and stroke survivor Jill Bolte Taylor. It is events like these that make us realize stroke survivors are part of a wonderful community that empowers us all.

Burnaby South and North Branches

Please join us in welcoming Stephanie Ingvalson and Maria Concepcion to the SRABC team.

Stephanie Ingvalson is the new Burnaby South Branch Coordinator. Stephanie has a Bachelors of Science in Health Science from SFU and has an extensive background in kinesiology, physiotherapy, and in working with people with physical and developmental disabilities.

Maria Concepcion is the new Burnaby North Branch Coordinator. Maria became a Doctor of Medicine in 1997 at Cebu Institute of Medicine, Cebu, Philippines and holds a Master of Administrative Science (MAS). She has a wide range of clinical and teaching experience, including working directly with stroke survivors.

Vanderhoof Branch



This photo comes from our Vanderhoof Branch. On June 13th the club celebrated the summer weather with family and friends for a neighbourhood walk, and then had more fun on June 20th with a BBQ. Keep up the summer spirit, Vanderhoof branch!

CAREGIVER'S CORNER

The Internet and Caregivers



Lynn Bronikowski, writer for Strokesmart, delves into the complications the internet presents for caregivers of vulnerable people with access to the web and social media.

A study presented at the Association for Computing Machinery Human Computer Interaction (ACM-CHI) conference in San Jose, California explores the lack of support and resources for caregivers trying to manage the increasingly online lives of those who rely on them. The study looks at how the web can be reimagined not to limit care recipients, but allow them strike a balance between autonomy and protection, and consider what role caregivers can play.

The study saw these as the way the internet can be approached by care givers and care recipients:

- **Guiding:** Caregivers may help care recipients help learn or re-learn how to operate technology.
- **Stimulating:** The internet provides vast resources that stimulate the brain, from social media to news sites, to online “brain games” which can provide enjoyment, but also requires a caregiver to find and filter content.
- **Connecting:** Social media and caregiving blogs connect caregivers, but also present extra stressors around information sharing and privacy.
- **Protecting:** Caregivers must learn how to filter out content, spam, harmful websites, potentially upsetting information, and financial threats.

Read the rest [here](http://www.strokesmart.org/Internet-Caregivers). (<http://www.strokesmart.org/Internet-Caregivers>)

The Family Caregivers' Grapevine

The summer edition of the Family Caregivers' Grapevine is out and includes these topics:

- Sibling Relationships and Caregiving
- Boost Your Energy Naturally
- Wellness Corner: Aromatherapy to Boost Your Energy
- Contributions by Dereck and Caroline, Family Caregivers
- Gratitude Corner: A Phone Photo Gratitude Challenge

Read it [here](http://nscr.us12.list-manage1.com/track/click?u=0c83ef8259786023398469585&id=e50c535c0a&e=de2a9e5162)! (<http://nscr.us12.list-manage1.com/track/click?u=0c83ef8259786023398469585&id=e50c535c0a&e=de2a9e5162>)

CANWHEEL Study



Researchers from the University of British Columbia are currently seeking participants for a study that examines the nature and amount of added value that a caregiver provides to users of powered wheelchairs.

To be eligible to participate individuals must be:

- An unpaid caregiver and spend at least 2 hours per week with the powered wheelchair user OR Use his/her own powered wheelchair for at least 6 hours per week
- 18 years of age or older
- Live within 50km of Vancouver BC
- Can read, write, and speak in English

A stipend will be provided to both the powered wheelchair user and the caregiver for their participation.

If you are interested in participating in this study please contact Kate Keetch, Research Coordinator, GF Strong Rehabilitation Research Centre.

Phone: 604-714-4108 Email: kate.keetch@ubc.ca

STROKE IN ART AND MEDIA

Picture This: Exploring the experience of stroke survivors

In 2014, occupational therapists Linh Huynh and Marie Maratos, and Doctor of Medicine students Jordan Lui and Julia Tan, conducted a study at the University of British Columbia titled *Picture This: Exploring the lived experience of high-functioning stroke survivors*. The study's goal was to explore the lived experience of high-functioning stroke survivors and to identify gaps in community and rehabilitation service.

They used the method of Photovoice, in which participants used photography to capture and discuss their lived experience. The study touched upon everything from the emotional impacts of stroke, to the need for independence, to the importance of accessible services.

To view the entire photo exhibition please refer to this [website](http://www.ubcpicturethis.shutterfly.com). [ubcpicturethis.shutterfly.com](http://www.ubcpicturethis.shutterfly.com)

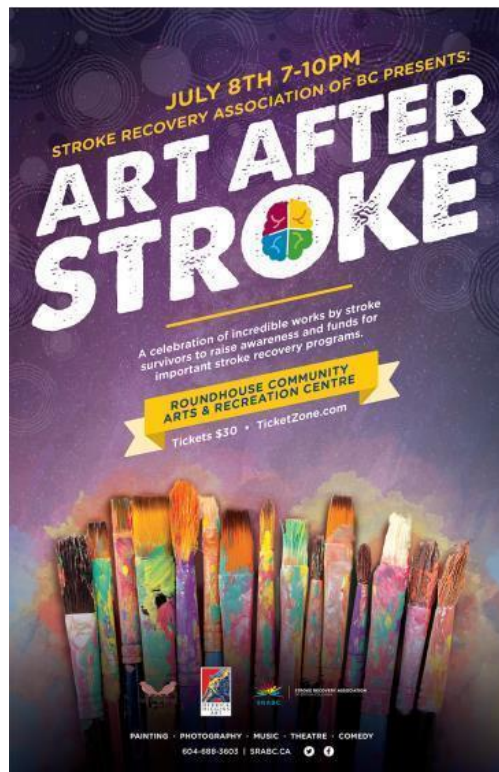


To learn more about the technology of Photovoice, go [here](https://photovoice.org/) (<https://photovoice.org/>)

Artist Danielle Hayes on North by Northwest

Danielle Hayes, photographer and stroke survivor (and recent art donor for Art After Stroke), was a featured guest on the July 3rd edition of the CBC's North by Northwest. Hayes talked about her life, her work, and her return to art after her stroke. You can hear the rest of the interview [here](http://www.cbc.ca/news/canada/british-columbia/programs/northbynorthwest/july-3-show-1.3662818), (<http://www.cbc.ca/news/canada/british-columbia/programs/northbynorthwest/july-3-show-1.3662818>) at about 2:07:10.

Art After Stroke



By the time you are reading this, Art After Stroke will be over! We'll report on how it goes in our August Snippets.

Thank you, thank you, thank you to our fabulous sponsors:

REMBRANDT sponsor:

Stroke Services BC, a program of the Provincial Health Services Authority

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TECHNOLOGY & DISCOVERY

My Love Affair with the Brain



This documentary starring professor and YouTube sensation Dr. Marian Diamond celebrates, studies, and explores the fascinating world of neuroscience. Dr. Diamond's work on the brain's plasticity and its ability to learn was ground-breaking and this series continues with the passion and brilliance with which she has approached all her research.

For more information [visit here](http://lunaproductions.com/marian-diamond/) (http://lunaproductions.com/marian-diamond/)

TetraGear KickStarter Campaign Successful

Congratulations to TetraGear for successfully raising \$73,627 on their Kickstarter campaign. TetraGear is a Vancouver based company that makes innovative products, including LED lights, for mobility devices to ensure the safety of the disabled as well as the wider community.



Learn more about TetraGear through their website, www.tetragear.com, or on social media:

www.facebook.com/tetragearinc

www.twitter.com/tetragearinc

www.instagram.com/tetragearinc

- 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-2013/>