



**STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA**



# **SNIPPETS**

## **JULY 2017**



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## **ART AFTER STROKE**

The second annual Art After Stroke took place on July 7th, 2017 at the Roundhouse Community and Arts Centre. The event was hosted by the CBC's Tanya Fletcher and actor/comedian Jacques Lalonde. We held a silent auction, a raffle, and had a photo booth and an interactive "Artist Studio" where a mural was created. We featured paintings by Michelle Britton, Dannielle Hayes, Manny Ravelo, Helen Anderson and Clyde Nakashimi, drawing by Pat Bell and carving by Eddie MacDougall. Ron Smith read excerpts from his book about his stroke, 'The Defiant Mind', which recently won the IPPY Gold Medal for autobiography and memoir from the Independent Publishers group in the States. We also had a great musical performance by the Vancouver Aphasia Singers and were treated to classical music on solo piano by Susan Xia. Everyone who attended was impressed with the amazing quality of the artistic works by the stroke survivors who contributed their talent to making the night such a success. We haven't finished crunching the numbers yet but early estimates indicate we brought in around \$16,000.

## **A BIG THANKS TO OUR SPONSORS**

### **REMBRANDT sponsor:**

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

### **VAN GOGH sponsors:**

- Patsy Tomkins - decorator
- Tapestry Retirement Community at Wesbrook Village – desserts
- Vancouver Odd Fellows Lodge
- Two Sparrows Media -video sponsor

### **MICHELANGELO sponsors:**

- Art For Change-Artist Studio sponsor
- Main Street Brewing –beer sponsor

- Pacific Coastal Airlines

### **DA VINCI Sponsors:**

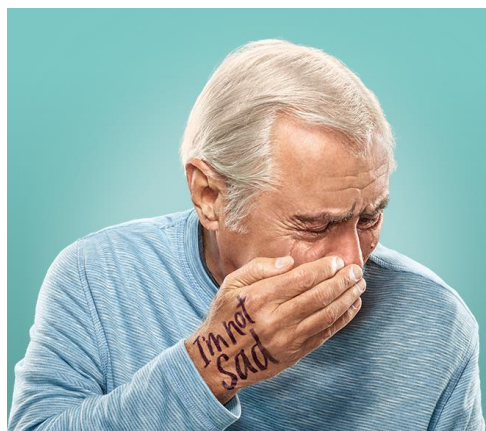
- Janine M. Ray – art donor
- Ronan Boyle – art donor

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## **NEWSLETTERS & RESOURCES**

### **PseudoBulbar Affect (PBA) Test**

One symptom of brain trauma that often goes overlooked is the PseudoBulbar Affect (PBA). PBA is sudden, frequent, and uncontrollable laughter or crying that doesn't match how you actually feel. It is often mistaken for depression, so it may be worth taking this short assessment: <https://tinyurl.com/y8lhj9mv>



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### **9 Aphasia Resources**

Tactus Therapy has compiled a list resources and information about aphasia, find them here: <https://tinyurl.com/yc4wymxo>

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## Stroke Recovery Guide Website



This website is a simple guide to daily living after stroke. Explore the website to find tips and tools: <http://strokerecovery.guide/>

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## Video on Communication and Aphasia



Watch this AphasiaAccess video to learn more about speaking with a person with aphasia using simple techniques to improve communication: <https://vimeo.com/137513438>

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## BRANCH UPDATES

### New SRABC Members Bulletin

The SRABC Members Bulletin will be sent four times a year to SRABC members. The remaining dates we'll issue the SRABC Members Bulletin in 2017 are:

- **July 16<sup>th</sup>**
- **October 16<sup>th</sup>**

If you are interested in becoming a SRABC member contact [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca) for more information.

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## Grant Awarded to SRABC for *The Singing Project*



*The 2017 PoCo Community Grant Award Winners*

The Port Coquitlam Community Foundation awarded a grant to Stroke Recovery Association of BC for 'The Singing Project'. The Singing Project was open to all Port Coquitlam residents, integrating stroke survivors, caregivers and other residents, and providing opportunities to improve “brain health”. Its goal was integrating stroke survivors, caregivers and other residents, and providing opportunities to improve “brain health” and communication through singing.

# PROGRAMS

## Understanding Stroke Workshops



G.F. Strong Rehab Centre Acquired Brain Injury Program will be hosting a workshop for survivors, families and friends to learn about how the brain works, stroke and recovery. They will also talk about life after a stroke, including strategies to help and available resources.

All are welcome, and the sessions are free. Registration is required.  
**Please call 604-737-6221 to register or to get more information.**

### **2017 Schedule**

From 3:00 pm –5:30 pm on:  
Wednesday, September 13th  
Wednesday, November 1st

### **Location**

G.F. Strong Rehab Centre Acquired Brain Injury Program  
4255 Laurel Street Vancouver, BC V5Z 2G9  
Social Services Seminar Room (Room 189)



## VOLUNTEER



### Are you a stroke survivor? Your experience matters!

Researchers at UBC are inviting stroke survivors and their partners to participate in a study on everyday health behaviours:

- Volunteers can choose to receive **one tablet per couple** or monetary reimbursement
- Includes two interview sessions and short **daily life assessments** over a two-week period
- You will also get one **free technology workshop** that teaches you how to use your tablet for helpful everyday life purposes

**Contact: 604-822-3549 | [pulse@psych.ubc.ca](mailto:pulse@psych.ubc.ca)**



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## FITNESS & MOVEMENT

### TIME Exercise Program

Vancouver Coastal Health in partnership with the YMCA is launching the TIME program (Together in Movement and Exercise). It has been successfully running in Fraser Health region for a few years now. It is a 12 week program (twice a week for one hour) for individuals with mobility and balance issues. TIME promotes better health for people who are living with residual balance and



mobility challenges. Meet class participants with similar conditions and support each other.

Candidates must call or email to register for an upcoming 12 week class. Participants will be asked to confirm if they are able to walk 10 meters with or without a walking aid. Call **604.673.6179** or e-mail [health@gv.ymca.ca](mailto:health@gv.ymca.ca), or visit <http://tinyurl.com/ybp9wq3l>

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## YMCA Program: Choose to Move



YMCA of Greater Vancouver has a **Choose to Move** program. Under the Active Aging BC initiative, Choose to Move is a 6-month motivation and support program for adults 65+ who are living with one or more chronic conditions and interested in becoming active.

The program includes:

- one-to-one support over 6 months from a trained activity coach
- a personalized physical activity plan
- monthly group meetings at the YMCA with others in the program, where participants can share experiences and learn about relevant health topics
- regular check-ins with the activity coach to ensure participants are meeting their goals and to address barriers
- a complimentary 3-month membership to YMCA which includes access to the fitness center, swimming pool and group fitness classes designed for older adults

Learn more at: <https://gv.ymca.ca/Programs/Health-Fitness/Choose-to-Move>

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## Community Based Exercise Program Guide



The Ontario Stroke Network has put together a comprehensive guide for starting up a community based post-stroke exercise program. Read it here:

<http://tinyurl.com/y9cd22cd>

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### Aerobic Exercise Guide



Studies have shown aerobic exercise can help stroke recovery; read this guide to learn about how it can help you and to see what sort of exercises you can do:

<http://tinyurl.com/y8wp96vg>

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### Video: Stroke Exercise Class

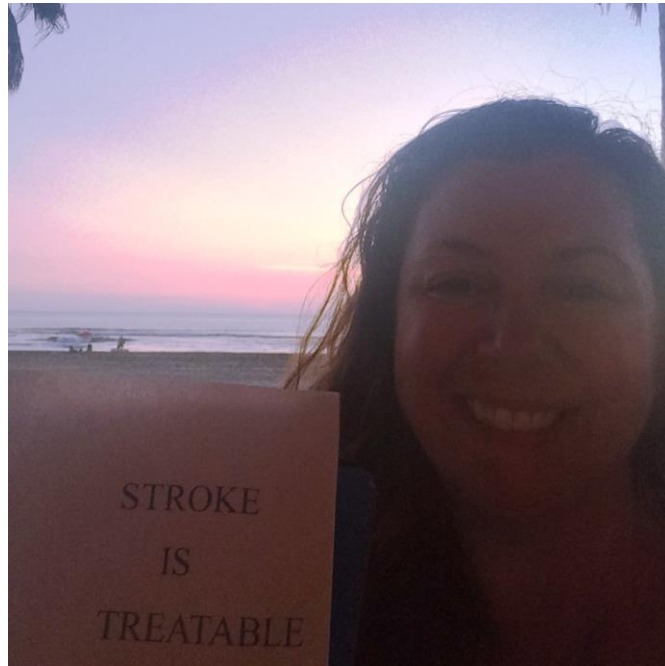


A physiotherapist in Halifax has created a free online stroke exercise class videos created by a physio in Halifax which you can do in a stroke recovery group or at home. <http://www.strokeclass.com/>

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# YOUNG STROKE SURVIVORS

## The Unique Challenges of Being a Young Stroke Survivor



*Angela Wright, young stroke survivor*

SRABC board member and stroke survivors advocate Angela Wright has been featured in the media a lot following the release of Heart and Stroke's latest report on stroke.

Follow the links below to read/see Angela in the media talking about her stroke, stroke recovery, young stroke survivors and Art After Stroke!

We'd like to thank Angela for all her work in advocating for stroke recovery and for her work in running the SRABC Young Stroke Survivors Group.

Read an article from the Globe and Mail here: <https://tinyurl.com/y8g639xl>

Read an article from the Provincial Health Services Authority:

<https://tinyurl.com/y8galymh>

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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](mailto:treadman@marchofdimes.ca)

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## Young Stroke Survivor Recovery Guide

This resource guides young stroke survivors through the recovery process. Medical practitioners, goal setting, daily life, parenting, emotions, pain, and communication after stroke are just some of the areas that are outlined and broken down in this guide. Read it here: <https://tinyurl.com/jodsx5s>

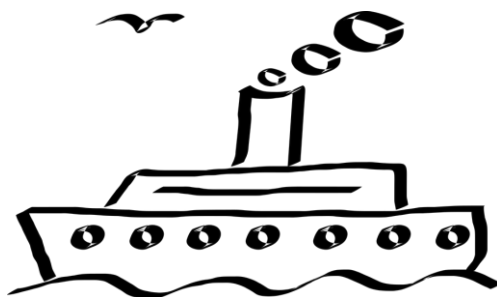
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## LIFE AFTER STROKE

### STROKE STORIES FOR ACCESSIBLE TRAVEL #1 *Sealegs* by Danielle Hayes

Here's a sneak peek of Danielle Hayes' fun and informative account of travelling by boat. To read the rest, contact Danielle at [dhayesfoto@gmail.com](mailto:dhayesfoto@gmail.com)

*Having travelled most of my life, when my older sister suggested we go on a re-positioning cruise from Vancouver to California, I jumped at the chance. It would be a way to visit with my daughter and family in Venice CA, and also to re-connect with my sister who lives in Victoria where we grew up.*



*As a teenager, I had always been around boats; sailboat racing from the Oak Bay Yacht club with a boyfriend, exploring the Gulf islands, and later working aboard the CPR ferries that sailed from the Seattle harbour where we, as crew moored at night to sail next morning to Victoria and back to Seattle. The seas*

*were not always calm so I had sub-consciously developed a rhythm in my legs and brain called sea legs as a way of coping with rough seas instead of being tossed overboard or face-planting mid-ship. I'm sure every sailor has sea legs.*

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## **10 Ways to Manage Post-Stroke Depression**

This article from Neurology Now discusses how depression after stroke can affect your quality of life and your recovery, and encourages stroke survivors to assess their own state. It gives information on how to recognize symptoms of depression after stroke and offers helpful ways to manage depression. Read it at: <http://tinyurl.com/ycxxfkuz>

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## **Mobilizing your Community After Stroke**

Watch this video for tips on how to be engaged in your community after stroke and how to access resources to improve and support recovery once you have left the hospital. <https://tinyurl.com/y9wcwvay>

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## **Resources Provided by the Heart and Stroke Foundation**

Exercise: <https://tinyurl.com/ybst2uah>

Living with Stroke: <https://tinyurl.com/y8ux5yor>

Post-stroke checklist: <https://tinyurl.com/yd8gsbf4>

Your Stroke Journey booklet: <https://tinyurl.com/yde82fnk>

Other: <https://tinyurl.com/ycpyvvah>

For any questions feel free to reach out to the Stroke Best Practices team at [strokebestpractices@heartandstroke.ca](mailto:strokebestpractices@heartandstroke.ca)



## *A Gift in Your Will*

**A gift in your will** is a one way to support the Stroke Recovery Association of BC and March of Dimes Canada while helping you achieve significant tax saving for your estate by reducing or eliminating your income tax liability of your death. A gift in your will is a meaningful way to reduce your taxes, increase inheritances to your loved ones and help us assist British Columbian stroke survivors and caregivers. Your kind gift ensures there is 'Life After Stroke'.

**Please Seek Expert Advice:** We strongly recommend you seek professional advice to ensure your financial goals are considered, your tax situation reviewed and that your planned gift is tailored to your circumstances. Consult with your lawyer or estate planner regarding the specific wording of any charitable Will bequest.

For further information please call Margaret Purcell at 1-800-263-3463 ext. 7286.