



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets June 2014

Facebook and Twitter

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

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Branch Update - News from SRABC's Branches

Coquitlam Branch

Coquitlam Stroke Recovery Branch hosted an Italian-themed afternoon of music and fun on Friday May 9th. A delicious Italian lunch was served. Musical Entertainment was by Mavis and Dave. Members from North Shore, Coquitlam, Port Coquitlam, Templeton, Burnaby North and Burnaby South Branches attended. The event was organised by Margaret Hansen, Coordinator of the SRABC Coquitlam Branch and hosted by Branch members. Photos by Bill Roberts, Burnaby South Branch member.



Delta Branch

Musician, photographer and Life After Stroke Award winner, Rosemarie Hurst, who we featured in the first edition of our Life After Stroke newsletter, contacted us from the Delta Branch to let us know her latest exciting news. "I received an award from the Mayor of Delta (see photo below) for second prize in the Earth Week Photo contest. I took a photo of Ladner Harbour in the winter." To learn more about Rosemarie please visit her website at:

www.rosemariehurst.com



Comox Branch

We will be increasing the program from twice a month to weekly starting Sept 3rd. The current Coordinator, Jenny Gohl, will continue to run the twice monthly sessions. Wendy Johnstone will be Coordinator for the extra week's programs. Wendy has volunteered and worked with SRABC for over 15 years in a variety of roles. She was formerly our Provincial Coordinator. Most recently she has been acting as consultant and has headed up projects such as the 2013 Community Stroke Recovery Education Days, and the current Community Stroke Recovery Navigator Program "Finding What You Need For Life After Stroke". Being Coordinator will give Wendy the opportunity to implement some of the

educational sessions she developed as part of the Stroke Recovery Navigator project and also to field test the new SRABC Coordinator Handbook she has developed.



Wendy Johnstone

Oceanside Branch

Kathleen Falvai, the Coordinator of our Oceanside Branch, forwarded this picture of Jasmine, a little girl from Ottawa, whose grandmother and grandfather, Don and Ev Shadbolt, live in Qualicum Beach. They both attend Oceanside Stroke Recovery in Parksville. This year, she gave up her birthday presents and instead asked her friends to donate money to Oceanside Stroke Recovery. She collected \$100 and this was matched by her mother for a total of \$200, which was sent to our treasurer. Kathleen commented, "This child is so inspirational, her generosity is amazing."

Her proud mother, Laura Quirk, told us, "Jasmine is now 11 and has collected donations for 4 years on her birthday instead of receiving gifts - she started the year of the Haiti disaster and had friends donate to Red Cross, as well she has done the food bank and CHEO, our children's hospital. She wanted to do this because Great Grampa told her that money that she collected for jump rope for heart didn't often go to survivors of stroke, but to help do research and she wanted people like Gramma to have help, too. Jasmine runs her own Charity Group in our neighbourhood, which has about 12 active members. They typically clean the park and creek nearby, they've done carnivals for cancer and the snowsuit fund, next they hope to sing at Seniors Home. Hopefully it will inspire other children to do the same -that is her goal."

Thank you Jasmine from the bottom of our hearts ... and thank you to Laura for raising such a special child!



Richmond Branch

We are excited to announce that SRABC is starting a new Chinese language stroke recovery program at the Richmond Branch. The new Coordinator for the program is Larissa Lau. Larissa worked as a Teaching Development Officer and then became a School Social Worker in Hong Kong. She has a Masters of Social Science (Social Work) from the Chinese University of Hong Kong and a Bachelor of Arts (Major in Psychology) from the University of British Columbia. She speaks English, Cantonese and Mandarin. The program will run following the usual Richmond Branch program with the overall time for both groups being extended from 10 am until 3 pm. We are still working on details.

Strides for Strokes: Supporting life after a stroke

Strides for Strokes is an annual sponsored run/walk/wheel and an important source of fundraising for SRABC's Branches. It is an opportunity for SRABC members to raise money for programs that help stroke survivors to become more included in their community. Above all, it is a chance for us to help ourselves. Whether you wheel, walk, or run, going as far as you can makes every stride count, and support stroke recovery! Here's a list of Strides for Strokes organised by SRABC's stroke recovery branches for events for 2014.

WHITE ROCK SOUTH SURREY and RICHMOND

Peace Arch Park, Surrey, B.C.

Saturday, September 20 9 am - 12 noon

COQUITLAM

Dogwood Pavilion 624 Poirier Street, Coquitlam – enter off Winslow Avenue

Sunday June 22 11:00am-1:00pm

SHAUGHNESSY and DOUGLAS PARK

Shaughnessy Heights United Church 1550 West 33 Ave, Vancouver

Tuesday June 17 10:30 am -2:00pm

NORTH SHORE STROKE RECOVERY CENTRE

John Lawson Park in West Vancouver (17th St. & Bellevue Ave.)

Saturday, June 14th Registration: 9:30 a.m.

VANDERHOOF

Stuart Nechako Manor, 3297 Hospital Road, Vanderhoof

Monday June 9th 9:30am -12:00pm

STRATHCONA

MacLean Park 710 Keefer Street (@ Heatley Avenue)

followed by lunch at Strathcona Community Centre 601 Keefer St., Vancouver

Thursday June 26th 10:00am - 1:00pm

7 Steps to Stroke Recovery Video

We spent the weekend of May 10th and 11th filming for our new video '7 Steps to Stroke Recovery' which will be released in June for Stroke Awareness Month. It can be used at Branch events and open houses. It can also be used as an educational tool for stroke survivors and caregivers.

Here's a taster from the intro and a couple of photos.

This short video will answer an important question - you've had a stroke and survived - now what?

Stroke survivors and family caregivers need relevant education and practical guidance on living life after stroke. That's why Stroke Recovery Association of BC is here.

Every stroke and every person is different so this video won't answer all of your questions.

What it will do is to give you a starting point on your journey to recovery.

Many stroke survivors go on to have successful and enjoyable lives.

They learn to make the most of the abilities they have.

There is life after stroke.



Dr. John Millar, UBC Professor and SRABC board member



Heather Branscombe, Physiotherapist and SRABC Professional Advisory Committee member

"Anything is Better Than Just Sitting on the Couch" - Stroke Recovery Should Include Exercise

Exercise is a valuable yet underused component for post-stroke care, according to an American Heart Association/American Stroke Association scientific statement.

The statement, published in the American Heart Association journal *Stroke*, suggests that stroke survivors should be prescribed exercise because they experience physical deconditioning and lead inactive lifestyles after stroke. That decreases their ability to perform daily living activities and increases their risk of having another stroke.

"There is strong evidence that physical activity and exercise after stroke can improve cardiovascular fitness, walking ability and upper arm strength," said Sandra A. Billinger, P.T., Ph.D., author of this scientific statement and a physical therapist at the University of Kansas Medical Center in Kansas City, Kansas, USA. "In addition, emerging research suggests exercise may improve depressive symptoms, cognitive function, memory and quality of life after stroke. Yet, too few healthcare professionals prescribe exercise as a form of therapy for stroke. There is a big gap in between once stroke patients are discharged from rehabilitation and the transition to community exercise programs when they go home. Many are left on their own. We don't have a system in place to help stroke patients feel comfortable with exercise."

Physical activity is bodily movement produced by skeletal muscle that uses energy. Exercise is a subset of physical activity and is a planned, structured and repetitive to improve or maintain physical fitness.

Stroke survivors must overcome several barriers to exercise — including the severity of their stroke, fatigue, depression, lack of social support, affordability and motivation.

"These patients may not know how or cannot afford to take advantage of exercise programs in their communities, or they can't drive to an exercise facility, or they might not feel comfortable going to a gym," Billinger said. "We as healthcare providers need to help stroke patients develop the skills and confidence they need to begin and maintain an exercise program that includes aerobic exercise and strength training as part of their stroke care. The key to exercise is that it only works if done consistently."

Some of the statement recommendations for post-stroke care include:

- Tailoring exercise prescriptions to the tolerance of the patient and the stage of recovery, environment, available social support, activity limitations and physical

activity preferences.

- Minimizing bed rest in the immediate days after stroke and having survivors sit or stand intermittently.
- Initiating an exercise training program when patients are medically stable to regain or exceed levels of activity before their stroke.
- Using rehabilitation programs that incorporate aerobic exercise, strength training, flexibility and balance.

“The general recommendation is that survivors exercise at least three days a week for 20 to 60 minutes, but that depends on their individual functional capacity. For many stroke survivors, multiple 10- to 15- minute bouts of moderate-intensity exercise may be better tolerated. Simple activities that slowly build endurance and strength, such as walking around the neighborhood or engaging in household chores, add up and make a difference”, Billinger said. "Anything is better than just sitting on the couch!"

Brain Attack: A Stroke Survival Guide

Watch a 30-minute clip of the popular “Brain Attack” show created for network TV by National Stroke Association of the USA in partnership with NBC Universal and Al Roker Productions. National Stroke Association is making this 30-minute video available for educational use only and to help promote raising stroke awareness. Individuals and groups are free to use or embed this video for educational purposes only.

Margaret Hansen, Coordinator of the SRABC Coquitlam Branch kindly sent us a link to share with you all to this excellent 30 minute video on stroke.

<http://nsa.convio.net/site/PageServer?pagename=brainattack>



Choice in Supports for Independent Living (CSIL)

Choice in Supports for Independent Living (CSIL) is a self-directed option for eligible home

support clients. CSIL clients receive funds directly from their local health authority to purchase their own home support services. CSIL clients become employers who manage all aspects of their home support from hiring and supervising staff to overseeing how CSIL funds are spent.

For full details go here:

<http://www2.gov.bc.ca/gov/topic.page?id=14655A297B1A477F9A8468E6C6EC3436>

A Symbol for Aphasia

The search for an iconic symbol for aphasia has begun! Aphasia United is launching an international competition to develop and adopt a symbol that can help raise awareness of aphasia which international surveys have identified as an impediment to improving services.

Aphasia United represents the collective voices of organizations of people living with aphasia, aphasia service providers, and aphasia researchers. We seek to drive change through global strategic action. We will work in partnership with aphasia organizations to achieve change by:

- Increasing the visibility of people living with aphasia and the clinicians and researchers who work to support them.
- Representing the aphasia community globally.
- Creating formal global networks that connect people living with aphasia, clinicians and researchers.
- Setting a global research agenda.
- Encouraging best standards of practice in aphasia care

Your organization is encouraged to become an affiliate of Aphasia United (<http://www.aphasiaunited.org/Home.aspx>) and help to support its objectives. Closing date for submissions is Aug. 31 2014. Submissions should be made directly to AphasiaUnitedLogo@gmail.com.

Richard Berry rberry515@gmail.com - on behalf of Aphasia United

Communication Disabilities Access Canada

Check our resources about social justice, communication accessibility and inclusion for

people who have speech /language disabilities, not caused by hearing loss.

There is information for people with communication disabilities, families, clinicians, policy makers, accessibility committees, police, legal professionals, justice services, healthcare providers, and other community businesses and organizations.

Visit us at www.cdacanada.com and follow us on Facebook and Twitter.

Communication Disabilities Access Canada

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Tel. 416-444-9532

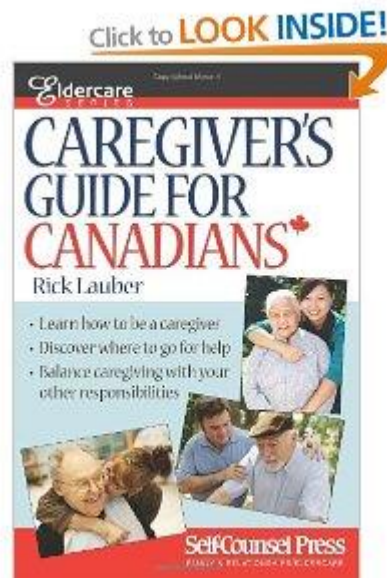
www.cdacanada.com

Caregiver's Guide for Canadians

The *Caregiver's Guide for Canadians* covers a broad range of caregiving issues including learning to be a caregiver, knowing where to go for help, and balancing caregiving with other responsibilities.

Rick Lauber has written extensively about caregiving in Canada. He shares his own caregiving experiences and provides recommendations for other family members who are just stepping into this role.

<http://www.amazon.ca/Caregivers-Guide-Canadians-Rick-Lauber/dp/1770400400>



8 Keys to Self-Care

By Vince Gowmon

“Taking good care of you means the people in your life will receive the best of you rather than what is left of you.” ~ Lorraine Cohen.

Self-care is an act of putting your Self and well-being first. Below are eight simple ways to practice self-care and create space for rest, simplicity and playtime.

1. Notice Your Energy

Be conscious of how you feel. Are you tired, stressed, anxious? Listen to your body, honor its needs, and don't push yourself beyond what feels comfortable.

2. Write Down Tasks

De-clutter your mind and write your to-do list down. This helps to lesson anxiety and create clarity on what needs to be done.

3. Prioritize Tasks

Does it really need to be done now? How much stress are you incurring by believing this? Perhaps it can wait, especially if it is getting in the way of your health and connection with others. List your to-do's in three categories: What needs to get done now / What can wait / What can be delegated. Be honest with yourself. Maybe you can play now and clean later?!

4. Schedule “Me Time”

We usually schedule work functions or tasks such as meetings and appointments. We need to also schedule our Self-Care Time so that it becomes a priority. Place “Me Time” in your calendar and schedule around it.

5. Clarify Assumptions

She wants a big party with all the bells and whistles. Is that true, or is it just an assumption? Go find out. Ask her what she really wants. You may discover she is ok with keeping it simple.

6. Express Needs & Explore Options

If it's true that she does want a big party, tell her you are tired and want to keep things simple. Express your true feelings and needs, be vulnerable. Then ask to explore options for a middle ground.

7. Lower Standards

Don't be so hard on yourself. It's ok if it is not perfect, if it's not up to speed. Maybe you are the only one with such standards. Maybe everyone else doesn't need it to be just so.

8. Breathe & Slow Down

Simply pausing for a moment, closing your eyes, taking a few deep breaths, and listening to the sounds around you can be rejuvenating. Stop and take a few deep breaths regularly.

“Just because you can, doesn’t mean you have to.” ~ Lynda Austin

For more info please visit <http://www.vincegowmon.com> where you can also subscribe to Vince’s newsletter.

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

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