



**STROKE RECOVERY ASSOCIATION**  
OF BRITISH COLUMBIA

# Snippets June 2016



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### **New Shorter and Easier SRABC Website Address!**

You can still find SRABC's website at [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca) but you can save time by entering the short version and still get to the same place with the snappier [www.srabc.ca](http://www.srabc.ca)

## **EVENTS**

**Art After Stroke**

*There is life after stroke*



**ART AFTER STROKE** is a special event that will feature incredible work by stroke survivors in the visual and performing arts. Exhibition and performances will include:  
**Painting • Photography • Music • Theatre • Comedy**

#### **EVENT DETAILS**

**Location:** Roundhouse Community Arts & Recreation Centre, Exhibition Hall

**Date:** July 8th, 2016

**Time:** 7.00pm – 10pm

**Tickets:** <http://www.ticketzone.com/event/Art-after-Stroke/305871>

\$30 (inclusive of all entertainment and refreshments), cash bar

**Buy your tickets here!**

<http://www.ticketzone.com/event/Art-after-Stroke/305871>

**Keep your eyes on our Facebook page for more updates!**

<https://www.facebook.com/events/428300690705522>

**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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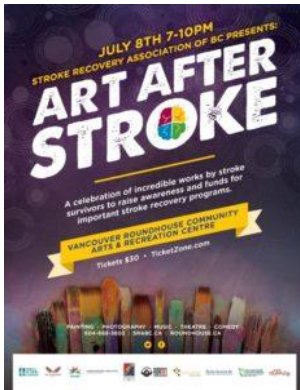
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Please contact us for more information

**Genevieve Thompson** T: 604-688-3603 ext. 100

**Toll-free:** 1-888-313-3377

**Email:** [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca) [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

**Twitter:** @StrokeRecovBC

**Facebook:** StrokeRecoveryBC

## **SRABC BOARD OF DIRECTORS UPDATE**

### **Welcome, Catherine Sherrard, to Board of Directors**

Catherine Sherrard has recently relocated to Vancouver Island and has brought with her an impressive resume of philanthropic and directorial experience. She spent over 30 years in the non-profit sector working as fundraiser and CEO while also participating as a community volunteer on a number of the boards. From chairing of Community Centre 55 in the Beaches area of Toronto in the 1980's to being the first female in the 75 year history of Toronto Hydro to be appointed Chair, Catherine has worked continually to make the community she lives in a better place. After working for Ontario March of Dimes in the 1990's she was asked to join their Board and continues the role by representing the Province of British Columbia.

### **SRABC/MODC Affiliation and Collaboration Agreement**

- The affiliation and collaboration agreement between SRABC and MODC was signed April 1st.
- The SRABC office personnel are working on the implementation of the agreement.

- This mutually beneficial agreement allows SRABC to take advantage of MODC's management and administration resources, while advising them on stroke recovery and working with them on improving and enriching our programs and services.
- Bookkeepers Stelle and Crystal are working with MODC Finance on the transition to their systems for accounts payable and record keeping.
- Genevieve Thompson, SRABC Office Administrator, is now an employee of MODC and now reports to both Tim and Brent.
- Bookkeepers Stelle and Crystal are working with MODC Finance on the transition to their systems for accounts payable and record keeping.
- SRABC remains a separate organization and a Canadian Charity in its own right.
- The agreement lasts for 5 years after which it can be renegotiated.

### **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.

## **“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.

These calls are scheduled for the **second Wednesday of every month at 4pm.**

**THE NEXT CALL IS JUNE 8<sup>TH</sup>**

**Please note the new calling info below.**

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

**When you hear the voice message press 8**

**Choose Line: enter 622**

**Password: 416622**

### **May 11<sup>TH</sup> Town Hall Meeting Call Minutes**

In attendance were:

- **SRABC Members**  
**Sandy Graham** - Branch Treasurer, Powell River
- **SRABC Board of Directors:**  
**Chris Russell** - Chair Communications Committee  
**Catherine Sherrard** – Board of Directors
- **March of Dimes Canada Staff**  
**Brent Page** - MODC National Manager for Community Engagement & Integration Services
- **SRABC Staff:**  
**Tim Readman** - Executive Director/Senior Manager for SRABC, March of Dimes Canada

We discussed the following items:

- **Update on partnership with March of Dimes Canada (see this issue for information)**
- **Art After Stroke**  
The event continues to develop excitingly. Please be sure to check Facebook at [https://www.facebook.com/events/428300690705522/?active\\_tab=posts](https://www.facebook.com/events/428300690705522/?active_tab=posts) **for updates!**  
**Tickets are available at** <http://www.ticketzone.com/event/Art-after-Stroke/305871>
- **SRABC Board of Directors Nominations**

The notice asking for SRABC Board of Directors nominations will be sent to all members on Tuesday May 17<sup>th</sup>.

- **AGM Quorum**

Quorum for the AGM is 40 members. We encourage everyone who can attend to be there; for those who cannot attend, we ask that you kindly submit a proxy form as they count towards quorum. If you have any questions please contact Tim Readman.

- **Criminal Record Checks**

Criminal Record Checks must be sent to Tim Readman so he can inform you when they are complete.

- **Questions and Comments:**

- Sandy asked for clarification on the **affiliation and collaboration agreement with MODC**. See above in this issue of Snippets for full details.
- Sandy explained the problems Powell River has in **attracting qualified personnel** such as Speech Language Pathologists. Tim arranged to visit the Branch to discuss this in more detail.
- **Tim described the new SRABC project investigating the use of the Life Participation Approach to Aphasia**. See Program highlights below for full details
- **Volunteer Training**
- It was discussed that a professional could be hired to train volunteers and supervise them in running programs. **SRABC has a new volunteer manual and training package which will be distributed to all Branches soon.**

### **Updates From SRABC'S Branches**

#### **Burnaby North and South Branches**

- Irene Lu, the Branch Coordinator at the Burnaby North and South Branches, has won a place at UBC to train as a medical doctor! Many congratulations to Irene. The branch is currently interviewing for her replacement. She leaves big shoes to fill!

#### **Delta Branch**

- Elisabeth Mason has been hired as a second coordinator for the Delta Branch (Delta

Stroke Recovery Society). Dawn Sillett, long-time Branch Coordinator, remains in her role, but considerable growth of the group and the introduction of a gym program meant more hands were needed on deck! Elisabeth is a Program Leader of UVic's Chronic Disease Self-Management Programs for adults experiencing ongoing physical and mental health issues. She also has wide and varied work experience, including time as an Event Planner, Airline Sales Executive, and Seniors' Program Coordinator. She has a BA in Sociology from UBC is currently studying for her M.A. in Leadership.

## RESOURCES

### Barrier Free BC



Barrier-Free BC is a Non-Partisan Campaign advocating for the enactment of a British Columbians with Disabilities Act. They invite others to share their voices and help promote their goal of equality, support, and recognition for disabled British Columbians. If you wish to get involved and learn more about the cause and their 13 Step Action kit, please visit <http://barrierfreebc.org/>.

### Aphasia Recovery Connection

ARC is a nonprofit organization that seeks to provide resources and support for stroke survivors with aphasia. They host events such as boot camps and cruise, promote awareness and education through presentations, and cultivate a variety of online support resources through YouTube, Twitter, Pinterest, and Facebook. For more information please visit <http://www.aphasiarecoveryconnection.org/>



### Family Caregivers of British Columbia

Family Caregivers of British Columbia offers free education and support for family caregivers through support groups, support lines, newsletters, resource guides, and webinars.

- For information on how to Balance Work & Caregiving at <http://www.familycaregiversbc.ca/education/balancing-work-caregiving/>



- See past newsletters filled with valuable information at <http://www.familycaregiversbc.ca/education/network-news/>
- They are also holding a competition to rename the Network News Newsletter. Email [info@familycaregiversbc.ca](mailto:info@familycaregiversbc.ca) or call with your suggestion!
- To join a support group, go <http://www.familycaregiversbc.ca/support/family-caregiver-support/>
- To Access Webinar Recordings, Podcasts and Handouts, visit <http://www.familycaregiversbc.ca/education/tele-workshop-podcasts/>
- You can visit their webpage [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca), call the support line at 1-877-520-3267 or the Victoria office at 250-384-0408.
- You can also find a link to the Family Caregiver Guide here: [http://www.familycaregiversbc.ca/wp-content/uploads/2016/05/Information-Package-for-Family-Caregivers-2016-booklet\\_apr2016.pdf](http://www.familycaregiversbc.ca/wp-content/uploads/2016/05/Information-Package-for-Family-Caregivers-2016-booklet_apr2016.pdf)

### Stroke app helps patients speak again using iPad-based language therapy



One of SRABC's own aphasia committee members, Megan Sutton, has developed an app to help the process of stroke recovery for both speech therapists and those with aphasia. This technology provides an interactive tool for stroke survivors to use to take some control of their own recovery. There is a variety of apps targeting different areas of speech and cognition. To learn more, visit <http://tactustherapy.com/apps/>

### North Shore Community Resources



The NSCR assists caregivers with information, support, and resources, including caregiver support groups, education workshops, telephone support, individual consultations, and reference material. They publish a bimonthly newsletter, the most recent of which can be accessed here: <http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>

To register with their program for free call 604-985-7183 or email [karyn.davies@nscr.bc.ca](mailto:karyn.davies@nscr.bc.ca), or

visit <http://www.nscr.bc.ca/>

## Brainstreams

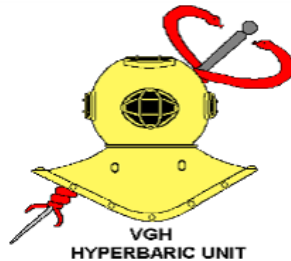


Brainstreams, the official website of the BC Brain Injury Association (BCBIA), aims to provide leadership in developing, driving, and implementing a provincial strategy in BC to improve the lives of people who live with acquired brain injury. For more information, visit

<http://brainstreams.ca/>

## STUDIES

### Post Stroke Hyperbaric Oxygen Therapy Study



The Vancouver General Hospital is looking for participants for a research study about Ischemic Stroke and Hyperbaric Oxygen. If you're **between the ages of 19 and 85** and **have had one ischemic stroke 6 months to 3 years ago**, you could be eligible for this study.

This study involves multiple visits over 2 years. You will be offered a small amount of money to assist with the travel costs of coming to Vancouver General Hospital for treatment and subsequent visits.

## ALSO IN THIS ISSUE:

### 7 Steps to Stroke Recovery Video

- We have now had 95,515 hits on this video on YouTube! Here's to the first 100,000!

### HSF Canadian Partnership for Stroke Recovery

- SRABC has been invited by Cathy Campbell, Director of Communications at **Heart**

**and Stroke Foundation Canadian Partnership for Stroke Recovery** to get involved in an important new project with the HSF Canadian Partnership for Stroke Recovery.

- Tim attended a teleconference May 5<sup>th</sup> with the steering committee to begin to develop the objectives for this study, identify the target population, and identify the potential uses for the data.

### **New Status Approved for MODC**



March of Dimes Canada has been a regular participant and accredited NGO at the United Nations Conference of States Parties to the Convention on Persons with Disabilities for the last few years.

In April, the NGO Committee approved a new, special status for March of Dimes Canada, which now puts our organization in Special Consultative Status with the Economic and Social Council of the United Nations.

### **B.C. Resident Creates a New Mobility Aid**



Designer and inventor Barbara Alink has come up with an upright mobility device to minimize disability stigma and maximize mobility. For more information visit [www.alinker.com](http://www.alinker.com)

### **Update for charities from Member of Parliament Ted Falk**

MP Ted Falk has drafted a Private Members Bill to help charities– *The Fairness in Charitable Gifts Act* (C-239). With this bill, donors to registered charities would receive the same generous federal tax credits that donors to political parties currently receive. In early June, *The Fairness in Charitable Gifts Act* will have its second hour of debate and must pass a crucial vote in order to move on. If it doesn't pass this vote, the Bill will be considered dead.

Falk is reaching out to ask that people consider sending an email to the Minister of Finance,

the leaders of the five federal political parties in Ottawa as well as re-contacting their own Member of Parliament.

For information visit <http://tedfalk.ca/>

Or contact Falk's office at (204) 326-9889 or 1 866 333-1933.

Below is the contact information of MPS.

By email:

[Bill.Morneau@parl.gc.ca](mailto:Bill.Morneau@parl.gc.ca); [Justin.trudeau@parl.gc.ca](mailto:Justin.trudeau@parl.gc.ca); [rona.ambrose@parl.gc.ca](mailto:rona.ambrose@parl.gc.ca); [Thomas.mulcair@parl.gc.ca](mailto:Thomas.mulcair@parl.gc.ca); [Elizabeth.May@parl.gc.ca](mailto:Elizabeth.May@parl.gc.ca); [Rheal.Fortin@parl.gc.ca](mailto:Rheal.Fortin@parl.gc.ca);

Or by Phone:

Hon. Bill Morneau: 613-992-1377

Rt. Hon. Justin Trudeau: 613-995-0253

Rona Ambrose: 613-996-9778

Thomas Mulcair: 613-947-0867

Elizabeth May: 613-996-1119

Rheal Fortin: 613-992-3257

Or find your Member of Parliament here:

<http://www.lop.parl.gc.ca/ParlInfo/Compilations/HouseOfCommons/MemberByPostalCode.aspx?Menu=HOC>

### **Life Participation Approach to Aphasia**

The aphasia sub-committee (reporting to PAC) was formed to guide SRABC's work

- Eavan Sinden has been hired to help Communication programs and services, including:
  - Video: Step 2 in the '7 Steps' series: Communication and Language
  - Resource Manual: Conversation Groups: Therapy for Aphasia
  - Stroke Best Practice Guidelines: Focus on Communication Conversation Pilot group
- Eavan Sinden (SLP who trained at the Toronto Aphasia Centre) is working with us on upgrading our Communication programs and services.

- The Aphasia sub-committee under Eavan's guidance is continuing to meet to oversee Eavan's work.
- Script writing for the Communication and Language video has begun with Eavan, Tim Readman, and Christine Baudry, the producer.

**Members are of the aphasia sub-committee are:**

**Wendy Duke** - founder of Columbia Speech Language Services, Professor in SLP at UBC;

**Eavan Sinden** - Aphasia Consultant, Professor in SLP at UBC

**Megan Sutton** - SLP, App Designer & Director of Tactus Therapy Inc.

**Tami Howe, Ph.D.** (Acquired language disorders; aphasia) - Professor in SLP at UBC

**Tim Readman**

**Goals of the aphasia committee have been briefly discussed and are as follows:**

- Improving quality of life for people with aphasia and their families
- Coordination between service providers
- Supporting LPAA within province
- Investigating setting up an Aphasia Centre
- Liaising with others to work on Aphasia Awareness Week

**Courage to Come Back Gala Raises \$1.5 million**



This year's gala broke records with over 1500 attendees and raising \$1.5 million to support mental health program in BC. The success was in part due to the participation and bravery of award recipients who faced and overcame challenges and moved forward to help others. Christy Campbell (pictured) was one of this year's six recipients for her work to improve resources for stroke survivors after her own stroke in 2005.

For more information, visit <http://couragetocomeback.ca/>

## END NOTES

### Facebook and Twitter

SRABC is 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](mailto:office@strokerecoverybc.ca)**
- **All past issues of Snippets are available on the SRABC website at: <http://strokerecoverybc.ca/snippets-2013/>**

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

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