



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



SNIPPETS

JUNE 2017

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TOP TEN REASONS TO ATTEND ART AFTER STROKE

ART AFTER STROKE is a special event taking place on Friday, July 7th, 2017 at the Roundhouse Community Centre in Vancouver BC.

ART AFTER STROKE will feature incredible work by stroke survivors in the visual and performing arts.

ART AFTER STROKE EVENT DETAILS

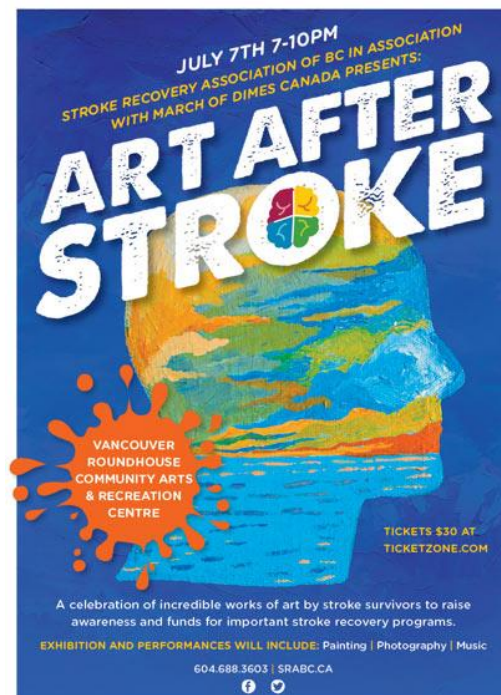
Location: Roundhouse Community Arts & Recreation Centre, Exhibition Hall

Date: July 7th, 2017

Time: 7:00pm –10:00pm

Tickets: \$30 (inclusive of all entertainment and refreshments)

Cash bar and appetizers



1. MEET THE ARTISTS! Come and support the stroke survivor artists! This year we welcome:

- a. Helen Anderson (painting)
- b. Clyde Nakashima (painting)
- c. Manny Ravelo (painting)
- d. Michelle Britton (painting)
- e. Dannielle Hayes (collage)
- f. Edward MacDougall (sculpture)
- g. Pat Bell (drawing)
- h. Ron Smith (author) – Ron will be reading from his book *The Defiant Mind: Living Inside a Stroke*.



2. MUSIC TO OUR EARS! This year we feature the Vancouver Aphasia Singers.

3. MOUTH WATERING! Scrumptious desserts (donated by Tapestry) and delightful appetizers created by West Coast Fare will be offered from 7:00PM-8:00PM.

4. LET YOUR INNER ARTIST SHINE! Thanks to Art For Change, this year's event will feature an interactive art studio where you can come and draw your message of hope after stroke!

5. PICTURE PERFECT! Let's see your best Mona Lisa smile at our photo booth!



6. DRINK AND BE MERRY! Cash bar - we have great beer (donated by Main Street Brewery) as well as some excellent BC wine.

7. WIN! WIN! WIN!! Feeling lucky? Our raffle this year features prizes from opera tickets to comedy shows, a guitar to art, and a basket of goodies to books...bring your change as tickets will be \$2 each.

8. GOING ONCE, GOING TWICE... You will have the opportunity to bid on 14 amazing items this year! Where to start? How about with an African Safari for 4? If not maybe 2 wine tastings? Or plane fare x 2 to Vancouver Island, or a stay at a 5 star hotel with dinner? Perhaps you prefer going to a tea party with Kate Linder (Young & The Restless) or go to the theatre? Whatever your taste, there is sure to be something at the event to tickle your fancy!

9. CELEBRATE LIFE AFTER STROKE – what better way than to see wonderful pieces of art and performances created by some amazing stroke survivor artists

10. YOUR SUPPORT MATTERS! By joining us on Friday July 7th, you are supporting stroke survivors. All proceeds will go to fund important stroke recovery programs in BC.

View the 2016 trailer: <https://vimeo.com/176073464>

Roundhouse Radio Interview with Jacques Lalonde

Jacques Lalonde, an Art After Stroke performer and advocate was interviewed on Roundhouse Radio on his stroke survival experience and the upcoming Art After Stroke event on July 7, 2017. You can listen to the lively and informative interview at: <http://bit.ly/2r9Wdqq>

NEWSLETTERS & RESOURCES

ABI Magazine

The newest edition of the Acquired Brain Injury Magazine has been released. Of particular interest is an article written by March of Dimes Toronto about the ABI Community Navigator Program in Nanaimo, BC (pages 7 & 8). Read the article and the rest of the magazine at: <http://tinyurl.com/lxtxkwp>



You can find the May/June edition of the Family Caregivers' Grapevine from North Shore Community Resources at <https://tinyurl.com/lpunh5m>

They have also released their 5-Minute Read Newsletter with caregiving advice here: <http://tinyurl.com/y86rjaqv>

Caregiving Webinars

The Family Caregivers of BC are producing a series of webinars to assist caregivers. The first is about acute care, including, what to bring to the ED, how to interact with health care providers, how to advocate for your care recipient

without being labelled a pest, and how to work with acute care staff for the best discharge possible. Watch it soon here: <https://tinyurl.com/y977l7gs>

The second is about self-compassion when you're facing the challenges of caregiving and how you can turn the caring and compassion you feel for others towards yourself when you need it most. Watch is soon here: <https://tinyurl.com/yadjgvqc>

Aphasia Friendly Resources

This website compiles resources from around the world that help those with aphasia. Resources and tools on aphasia and dysphagia include information therapy goal setting, alphabet cards, wallet cards, and visual guides to help communicate pain, personal care, and emotions. Visit <http://www.aphasiafriendly.co/free-resource-library.html> for all these and much more.

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 16th**
- **October 16th**

If you are interested in becoming a SRABC member contact office@strokerecoverybc.ca for more information.

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)

YMCA TIME

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.

Participants are required to be able to walk 10m with or without a gait aid to meet the admission criteria. The pilot is being launched with the Robert Lee YMCA from **June 20 - September 7**. The program has a capacity for 12 individuals, with a 4:1 participant to instructor ratio.

YMCA Program: Choose to Move

YMCA of Greater Vancouver has a **Choose to Move** program. 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
- 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>

LIFE AFTER STROKE

The Unique Challenges of Being a Young Stroke Survivor



Angela Wright, young stroke survivor

The Globe and Mail recently did a piece on the challenges faced by young stroke survivors. They interview Angela Wright, a member of the SRABC Board and a patient advocate on the BC Stroke Collaborative. She also runs the SRABC Young Stroke Survivors Group. Read the article here: <https://tinyurl.com/y8g639xl>

Young Stroke Survivors of BC

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

VOLUNTEER

ConnecTra - Volunteers Needed



ConnecTra Society has a new research program, Employment Mentorship Support Project, in partnership with University of British Columbia's Department of Occupational Therapy and Occupational Science.

ConnecTra is seeking volunteer mentors to support individuals with physical

disabilities in pursuit of employment, training, education, volunteering, recreation and increased social involvement. Typical support includes researching community resources, job searches, and registration of participants at their local Work BC Employment Services Centre.

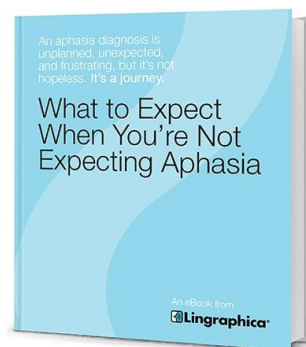
**For more information: www.connectra.org or please contact:
DAVID PARKE at dppowder@gmail.com or 604-839-0557**

Spread Stroke Awareness in your Community

The National Stroke Association has put together a resources of presentations, images, e-cards, and social media for those who want to advocate for stroke survivors and spread awareness about stroke. The ready-to-use presentations and other media are designed for those who want to use their voice to educate both adults and kids about the science of strokes as well as prevention and treatment. You can download the media here: <http://tinyurl.com/ybg2t8wt>

MIXED MEDIA

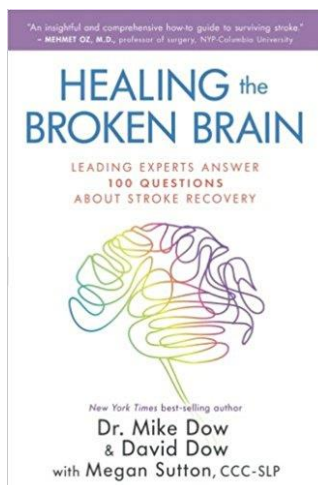
APHASIA E-BOOK



What to Expect When You're Not Expecting Aphasia is a free e-Book for individuals with aphasia, their caregivers, and clinicians. Developed by a team of speech-language pathologists, the e-Book covers everything you need to know about aphasia, including the different types, working with a speech-language pathologist, and how to find support from others with aphasia.

Download it at: <http://tinyurl.com/y7dz9934>

SRABC Aphasia Committee Member Co-authors Book



We are excited about the release of this new book by one of our favourite speech language practitioners. *Healing the Broken Brain: An Essential New Guide to Stroke Recovery*, was written by SLP Megan Sutton who sits on SRABC's aphasia committee and has provided invaluable support and education to a number of our programs.

Her company Tactus Therapy develops excellent apps for use on tablets and smart phones to assist with speech and language challenges. You can find out about the book here:

<http://tactustherapy.com/healing-the-broken-brain-book-stroke-recovery/>

ART AFTER STROKE: NEW SPONSORS AND CONTRIBUTORS

The second annual Art After Stroke will take place on July 7th, 2017 at the Roundhouse Community and Arts Centre. The event will feature a silent auction and art and performances by stroke survivors.

We are only two months away, so time is running out to purchase your tickets!
You can buy your tickets at for Art After Stroke are available through Ticketzone:
<https://www.ticketzone.com/event/8622/art-after-stroke>

WE ARE EXCITED TO ANNOUNCE THE FOLLOWING CONTRIBUTORS AND SPONSORS:

Tapestry - Van Gogh Sponsor

Tapestry will be donating all the desserts for the evening. After their delicious offerings from last year, we can't wait to try this new batch of goodies! Thank you, Tapestry! Learn more about this senior living community at: <http://www.discovertapestry.com/>

Odd Fellow Lodge - Van Gogh Sponsor

A big thank you to Jacques Lalonde and Odd Fellows Lodge for their generous support once again! Learn about the Odd Fellows and their charitable work at: <http://vancouveroddfellows.ca/>

Zulu Nyala Group and Angela Wright WIN A SAFARI TRIP TO AFRICA!!!

New this year! Art After Stroke is thrilled to announce that there will be an opportunity to bid on a Safari Adventure at the spectacular Zulu Nyala game reserve! Thanks to the Zulu Nyala Group we will be offering this prize in our silent auction and the winner will experience the magic of Africa!

This trip includes a 6 night stay for up to 4 people and comes with meals, and 2 excursions per day! There's more info here: <http://zulunyalagroup.com>

Two Sparrows Media - Van Gogh Sponsor

Lights, Camera, Action! We have a video sponsor!
Two Sparrows Media will be back in 2017 to produce the Art After Stroke trailer! They bring a team of experts in the film and television industry. They will be on site to film the event on July 7th.

Check out their website: www.twosparrowsmedia.com

Patsy Tomkins - Decorator and Van Gogh Sponsor

We are thrilled to announce and welcome Patsy Tomkins, a 'Van Gogh' sponsor for Art After Stroke! Patsy is a local Vancouver based Technical Director and aspiring Event Designer that has kindly volunteered her time and team to decorate the Art After Stroke event space for us this year.

Art For Change - Michelangelo Sponsor

After Stroke is proud to announce an interactive space this year called The Artist Studio. The Artist Studio will be hosted and sponsored by a great organization - Art for Change.

Art for Change can be found at www.artforchange.ca

Janine M. Ray - Da Vinci Sponsor

ART UP FOR AUCTION! We wish to thank local Vancouver artist Janine M. Ray for her donation of a painting that she will be creating just for the event on July 7th! We are touched by the gesture and look forward to her chef d'oeuvre. You can follow her journey on the creation of her masterpiece on the Art After Stroke Facebook page!

Check out her amazing artwork at www.janinemray.com

Ronan Boyle - Da Vinci Sponsor

ART-FABULOUS! Ronan Boyle will be creating and donating a painting for our event. You will have the opportunity to bid on his artwork on the day of the event so make sure you buy your ticket now! You can follow his journey on the creation of his masterpiece on the Art After Stroke Facebook page!

Check out his amazing artwork: www.ronanboyleinc.com

Main Street Brewing - Michelangelo Sponsor

Thanks to Main Street Brewing Company in Vancouver, our bar will be stocked with some pretty tasty beer!

Check them out at: <http://mainstreetbeer.ca/>

Pacific Coastal Airlines - Michelangelo Sponsor

We want to thank and welcome back Pacific Coastal Airlines as Michelangelo sponsor! They are donating a Silver Travel Voucher/Round-trip for two passengers between Vancouver South Terminal and Victoria International Terminal. It will be up for auction on July 7th. <http://www.pacificcoastal.com>

Dannielle Hayes - Art After Stroke Gallery Curator 2017

Dannielle Hayes is once again going to be the curator of our Art After Stroke Gallery at the 2017 event. She is donating a copy of her book *Traveling Light* for auction. Dannielle is a travel photographer, writer and publisher. As a photographer, she has worked closely with various national tourism organisations and has been a professor of photography and video.

For more information please see her website: www.dhayesfoto.com and her YouTube channel: <https://www.youtube.com/user/dhayesfoto>

PRIZES TO BE WON, THANKS TO OUR GENEROUS DONORS:

Tap2Tag has donated two of their hi-tech, but user friendly, medical alert bracelets. Tap2Tag uses the same technology as your debit card when you pay for your coffee in the morning. Just tap your NFC (Near-Field Communication) enabled phone or tablet against your device to activate the secure cloud based network used to store your information. If there is ever an emergency, First Responders have the ability to gain access to vital information that may be used to save your life or that of loved one. Learn more at: <https://www.tap2tag.ca/>

A big thank you goes out to The Gallery Cafe for donating a pair of complimentary lunch vouchers! In addition, the Vancouver Art Gallery has donated two admission passes! These will be offered during our raffle. Visit www.thegallerycafe.ca and <http://www.vanartgallery.bc.ca>

Let there be cake! We want to thank the Pacific Institute of Culinary Arts for donating a gift certificate for a celebration cake (valued up to \$125!) from the student-run bakery and café, Bakery 101! Visit <https://www.picachef.com/> for more information about the Pacific Institute of Culinary Arts

Laughter is the best medicine! We want to thank Taylor Roberts from The Comedy Mix! He has kindly donated some tickets for our raffle. Visit the Comedy Mix here: <http://www.thecomedymix.com/>

MUSIC TO OUR EARS! A big thank you goes out to Long & McQuade for the donation of an acoustic guitar to our auction! The Denver model acoustic guitar will be available to bid on July 7th. You need to be there to bid so make sure you grab your tickets soon!

Visit Long & McQuade at www.long-mcquade.com to learn more about this awesome company and shop their products.

An Evening For Two Courtesy of the Listel Hotel

The Listel Hotel Downtown Vancouver is donating an Inside Package which includes a night in the hotel and dinner for two in Forage! If you want to have the

opportunity to win this great prize, you must attend the event! Learn more about this classic Vancouver hotel at <http://thelistelhotel.com/our-hotel.php>

Swirl Wine Store Tasting for Eight

A big thank you to Angela Wright and to Swirl Wine Store in Yaletown Vancouver for their kind silent auction donation of a Private Wine Tasting for 8 at their great location! Check out the Swirl Wine Store website: <http://swirlwinestore.ca>

For a taste of the Art After Stroke check out the video trailer:
<https://youtu.be/ta6wUIXSSOA>

Tickets for Art After Stroke are available through Ticketzone:
<https://www.ticketzone.com/event/8622/art-after-stroke>

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.



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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-2013/>