



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets March 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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4th annual Stroke Survivors B.L.A.S.T.
 “Building Life After Stroke Together”
 Good Friday, April 18th to April 21st, 2014



\$225 all inclusive

Charter pick up from lower mainland and ferry terminals to Camp Squamish. Accommodation includes bedding, dinner Friday to lunch Monday. For more information go to www.turtletalk.ca

Branch Update

Branch Update - News from SRABC's Branches

- Victoria Branch

The Lieutenant Governor Judith Guichon has accepted an invitation attend the 35th anniversary celebration

of Victoria Stroke Recovery Association on Friday April 4th 2014. Tim Readman, SARBC Executive Director will also attend. Plans are in progress for the event.

- **Surrey Branch**

Congratulations to Branch Coordinator Harjinder Kaur, who has passed the exams which allow her to practice as a physiotherapist in Canada. Unfortunately she will now be leaving us to take up a physiotherapy position with CBI Health in Surrey. We would like to thank Harjinder for all of her hard work in coordinating the Surrey Branch and wish all the best for the future.

- **Templeton Branch**

We are still recruiting for a Branch Coordinator. Meanwhile long-term volunteer and Branch founder Ollie Stogrin will be Interim Coordinator. Thank you to Ollie for stepping in!

- **Delta Branch**

The Delta Branch held its first music therapy session Jan 6, 2014. Members were interviewed for the magazine program on Delta Cable TV who also made a DVD available to the Branch. Below is a photo of their guitar class.



Also a celebration took place at the home of Joe Campbell - a Branch member for 14 years. The photo below shows how it takes a team to support stroke recovery. Joe is surrounded by Shari (part time caregiver), Val (daughter), Cecil (Joe's regular caregiver) and Alice McSweeney (friend). Family, friends, volunteers,

caregivers - every one of them is a vital part of life after stroke!



Powell River Branch

Congratulations on the article about SRABC's Powell River Branch which was published in the 'Peak Online'. Here's a snippet:

A small group in Powell River has been making a big difference for people who return to their daily lives after having a stroke. Powell River Stroke Recovery Club, run by a group of dedicated volunteers, has been helping bridge the gap in community health care for more than 30 years. According to the Stroke Recovery Association of BC (SRABC), a provincial non-profit organization, there are few resources for people who suffer strokes and stroke recovery groups offer people a chance to work on improving their quality of lives. Irene Osmond and Therese Darveau, members of the club's caregivers group, have husbands who had strokes that affect the left sides of their bodies. Though their speech ability was left intact, both men have balance issues and have restricted mobility in their left arms and legs. The caregivers group gives spouses a chance to talk about their challenges and frustrations in a safe environment where experience provides for empathy. "Once you leave the rehabilitation facilities and come to Powell River there is no physiotherapy," said Therese, adding that private firms exist but can only help their husbands to a certain point. "The only hope you have is to come here to the stroke recovery club."

Retired nurse Trudy Simpson has been the club's coordinator since 1995. She said the biggest challenge for the club is that people are unaware that it exists. It has between 25 to 30 members who have suffered a stroke (numbers vary from year to year) and their caregivers.

To read the full article click on the link below:

<http://www.prpeak.com/articles/2014/02/11/community/doc52fadd69e0d0e218948101.txt>

How do you explain a stroke to a child?

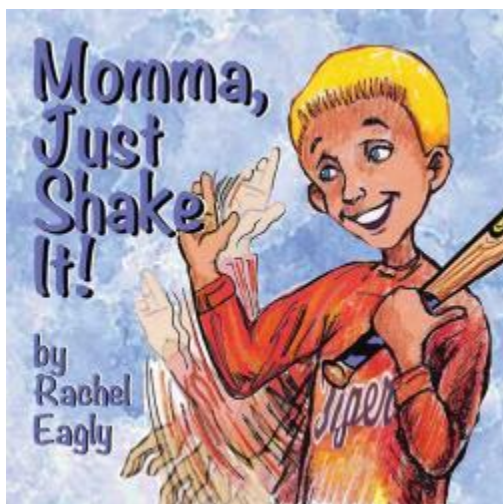
I had a stroke a week after giving birth to my son, Aidan. He is now seven. When he was between two and three years old he began noticing I was different. How do you explain a stroke to a child? While playing with Aidan, he wanted me to do something with both hands. I told him, "Mama's one hand doesn't work," for a while that satisfied his curiosity. Eventually he asked me why my hand does not work. I told Aidan, "Mama had a stroke and it affected my arm and my leg." He accepted this, but it brought many ideas; He was comparing me with the other adults in this life, he wanted to fix me. I could see the wheels turning in his head, Aidan said, "Just turn it on." I explained there was no on and off switch. Then Aidan said, "Just shake it," like he does with some of his toys to get them to work. I am surprised he did not say to change the batteries. Awhile later, Aidan was playing with something that required both hands. He said, "Look Mama, I can do this because my hands don't have strokes in them, when your hand doesn't have a stroke, you can do it too." My son is always trying to make sense of my stroke and why my right arm is different from my left arm.

I wanted a book pertinent to my circumstance that expressed the challenges of living with a parent who had a stroke. I looked online for a children's book to explain my situation, but I only came across literature meant for grandchildren of stroke survivors. That's why I wrote a children's book entitled, "Mamma, Just Shake It." The book better explains aphasia and extremity weakness by clarifying what a stroke is in words that children can understand. My book has helped not only Aidan, but his friends too. It was read in his kindergarten and first grade classes. It has helped to alleviate some questions that I used to get from Aidan's classmates and increased their understanding of what makes me different.

"Momma, Just Shake It" was published by the National Aphasia Association. The book is available for purchase at the National Aphasia Association website -

<http://aphasia.org/?q=content/momma-just-shake-it>

by RACHEL EAGLY



A Handbook for Stoke Survivors and their

Caregivers

My half-brother, Bob Guns PHD, is a stroke survivor and has developed a simple yet powerful program to help other folks that have suffered strokes to rewire their brains. He wrote a handbook on this method called "**Rewire Your Brain, Rewire Your Life: A Handbook for Stoke Survivors & their Caregivers**", and it is having quite a positive effect as it has been given an incredible 5 Star rating from readers, as you can see here on Amazon: <http://tinyurl.com/massubb>

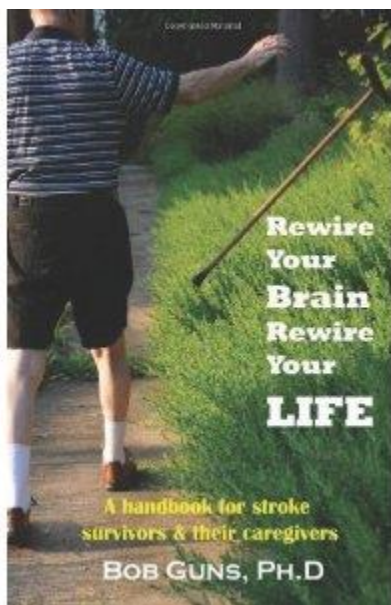
Bob has just started a YouTube channel, and put up his first video recently. You can check it out for yourself, and see Bob explain the basics of this method here: <http://www.youtube.com/watch?v=AMJrn95Q4Cw>

Please feel free to pass this along to anybody that you think this would help. You can leave a comment on the video, or contact Bob directly at: bobguns39@gmail.com

Sincerely,

Paul Guns, Vancouver, BC

Look out for an interview with Bob Guns and a review of his book in the next edition of the SRABC Newsletter Life After Stroke.



Inspirational Stories

There are some great inspirational stories of stroke survivors here, including one from Dr. Donna Arnett, the past AHA/ASA President, who shares her stroke survival story, having had a stroke at age 27. She wants other stroke survivors to know that you can get your life back!

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/InspirationalStories/Inspirational-Stories-of-Stroke-Survivors_UCM_310974_Article.jsp

Have a Look at this Website - Bcenter.com

Lots of useful info and inspirational ideas on this site

<http://www.bcenter.com/>

Bcenter.com is a nonprofit organization dedicated to stroke survivors and their families providing treatment resources, hope and direction. Their mission is to educate, empower and light the path to recovery.



A NEW Volunteer Opportunity for Health care Professionals and Persons Living with Stroke!

The Heart & Stroke Foundation is introducing a new program to BC Yukon entitled **Living with Stroke**. This program is made up of 6 - 8 sessions which engages persons living with stroke and their care partners in learning about stroke based on their own situation. It encourages participation and is supported by a detailed Facilitators Manual, DVD segments and a Participant Workbook. The program helps people with stroke cope with changes as a result of stroke and problem solve to meet their individual situations. It is based on concepts of self-management and is offered by trained **Volunteer Facilitators**. Living with Stroke provides a social and supportive atmosphere in a community setting.

Presently we are seeking to build a team of **Volunteer Facilitators** across BC and would like to know if you would consider this volunteer role. In partnership with the Health Authority, our trained Living with Stroke Instructors are holding one day Volunteer Facilitator Workshop on Vancouver Island, Fraser Valley, Interior / Kootenay and Vancouver in May and June 2014. Once our **Volunteer Facilitators** are trained, we shall assist in preparing them to provide the Living with Stroke Program in their community in Fall 2014. Here is the link to the Volunteer Role Description which describes the program's expectations and an application form.

http://www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.8384375/k.6FE6/Current_Opportunities/apps/nl/newsletter2.as

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If you are interested and would like to put your name forward, please fill in the application and submit to Deborah Rusch at drusch@hsf.bc.ca or contact Deborah at 604.737.3415. After your application is received Deborah will contact you to answer any questions and confirm interest.

All applications must be received by April 30, 2014.

HealthLink BC - Translated Resources

HealthLink BC provides our health resources in some of the languages most common to B.C. residents. Our website brings together all the resources we have for health information in the following languages:

- Chinese
- French
- Punjabi
- Spanish
- Vietnamese

<http://www.healthlinkbc.ca/servicesresources/translatedresources/>



Welcome to Communication Disabilities Access Canada

(Formerly Augmentative Communication Community Partnerships CANADA - ACCPC)

Communication Disabilities Access Canada (CDAC) is a national, non-profit, charitable organization that promotes accessibility and community inclusion for people who have communication disabilities, and who may or may not use augmentative and alternative communication (AAC) methods. AAC includes ways other than speech that people use to communicate such as gestures, body language, picture and letter boards and speech generating devices.

CDAC conducts:

- Social innovation projects
- Educational programs for community sectors
- Research and develops resources

CDAC increases awareness of communication access rights, responsibilities and accommodations in all community sectors for people who have communication disabilities.

For more information please visit: <http://www.accpc.ca/>



Communication Disabilities
Access Canada

(Formerly ACCPC)

Aphasia Simulations

Aphasia is a communication impairment that affects all aspects of language, including speaking, understanding speech, reading, and writing. The purpose of these simulations is to provide some activities that can help you understand what it might be like to have aphasia. You can find them here:

<http://aphasiacorner.com/aphasia-simulations/index.html>

Words can describe, but personal experience helps us see things from someone else's perspective. A personal experience can change our attitudes as well as our knowledge. Our hope is that the experiences that you will have through these activities will help you to increase your knowledge of aphasia and your empathy towards those who are living with aphasia.

You might want to use these simulations to help:

- Family members
- Communication partners
- Caregivers
- Members of the general public

Online Apps for Managing Daily Activities

The American Heart Association's Stroke Connection asked occupational therapist, Carol Siebert to pull together this list of some handy, helpful mobile applications for stroke survivors. You can find it at this website:

<http://ow.ly/tjXS8>

It covers stuff like record/track blood pressure; using pictures/symbols and voice synthesizer for someone who cannot communicate verbally and instrumentals or white noise to help relax or get to sleep.

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

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Canada

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