



**STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA**

# Snippets March 2016



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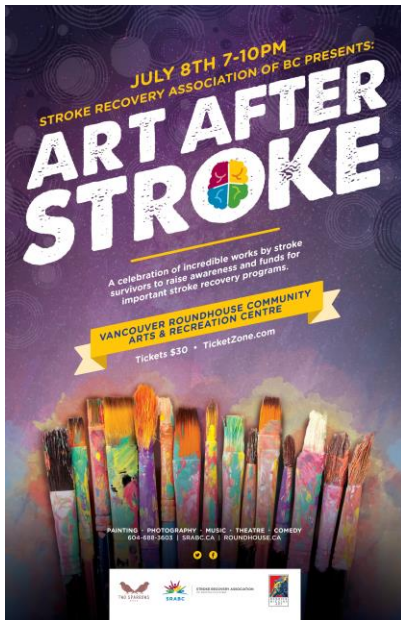
## **SRABC NEWS AND VIEWS**

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#### **- Art After Stroke**

Tickets ... are for sale now online here:

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



Planning for this Special Event to take place July 8<sup>th</sup> 2016 at the Roundhouse Community Centre in Vancouver continues. We have been fortunate enough to get sponsorships and donations from a number of sources including:

- Volcanic Hills Winery
- Bard on the Beach
- City Opera Vancouver
- The Comedy Mix
- Robert Bateman
- Andy Everson
- Bench 1775 Winery

Thank you to everyone who has helped so far. We need more-so if you have any ideas or contacts please let us know.

**ALSO ...** We have our MC! Tanya Fletcher from NEWS 1130 will be joining us on the 8th of July to MC our event - Thank you Tanya!



**AND ...** Our art gallery auction is growing!

Andy Everson - Spirits of Snow & Ice Collection - 10 Signed, Numbered & Matched Limited Edition Fine Art Prints - 6 of 200, will be up for sale shortly. We want to thank Danielle Hayes for donating the collection to us. Danielle has met and filmed Andy Everson and has kindly donated this collection to us for our auction. Photo of Andy courtesy of Dannielle Hayes



**ALSO ...** We have confirmed some of our artists and performers for the event including:

- Actor/Comedian: Jacques Lalonde
- Singer/Songwriter/Photographer: Rosemarie Hurst
- Author/Photographer: Dannielle Hayes
- Songwriter/Choral Composer: David Baker

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

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

**SRABC Board of Directors Update**



#### **- SRABC's agreement with March of Dimes Canada**

- Agreement has been reached that our two organizations will work together.
- SRABC will still be a separate Association and a Registered Charity.
- We will share program ideas for stroke recovery.
- We will be able to use March of Dimes for administration and management services which will save SRABC money.

#### **- Branch Affiliation Agreements have been signed with almost all Branches.**

- Branch Affiliation Agreements have been signed with almost all Branches.
- We are working on completing the agreements with the remaining branches.
- This 'Memorandum of Affiliation' means we are all part of the same organization from a legal point of view.

#### **-Program and Service Development Highlights**



#### **New Stroke Recovery Program in Osoyoos BC**

We are starting up a new stroke recovery program in Osoyoos BC. That's in the South Okanagan (Interior Health Region).

The Program Coordinator is Lois Hansen of Interior BC Brain Injury Services, South Okanagan Division. Lois has a Masters of Education degree and is currently part-time Executive Director of Interior BC Brain Injury Services, which is a non-profit organization. She

is also a Registered Counsellor. Lois has been working with a group of stroke survivors and caregivers from Osoyoos for a while, but they currently have to travel to Kelowna, so we decided to start the new group in Osoyoos on a trial basis. If all goes well we'll establish the group permanently.

### **Branch Update - News from SRABC's Branches**

#### **Delta Branch**

Part of stroke recovery means getting bodies working again. And in South Delta that includes hour-long sessions every Thursday at Terry Day's New Day Gym in Tsawwassen. That's Terry, kneeling, up front, next to trainer Anne Herring, with stroke survivors and volunteers who make Thursdays at New Day a must!



#### **Port Coquitlam Branch**

Logan Rushby is leaving the Branch because she was offered a new position with more hours. We are happy to say she is continuing to be Branch Coordinator at Maple Ridge/Pitt Meadows.

The new Branch Coordinator at our Port Coquitlam Branch is Alison Ogilvie. Alison has a Diploma in Sports Science from Douglas College, Coquitlam and a Bachelor's Degree in Journalism and Media from the University of the West of Scotland. She has considerable experience in program development for groups with specific requirements or limitations, including people with disabilities such as stroke. Please join me in welcoming Alison to our team.

## **STROKE RECOVERY INFORMATION AND RESOURCES**

**Lumosity to Pay \$2 Million to Settle FTC Deceptive Advertising Charges for Its "Brain Training" Program**



The creators and marketers of the Lumosity “brain training” program have agreed to settle U.S. Federal Trade Commission charges alleging that they deceived consumers with unfounded claims that Lumosity games can help users perform better at work and in school, and reduce or delay cognitive impairment associated with age and other serious health conditions.

As part of the settlement, Lumos Labs, the company behind Lumosity, will pay \$2 million in redress and will notify subscribers of the FTC action and provide them with an easy way to cancel their auto-renewal to avoid future billing.

“Lumosity preyed on consumers’ fears about age-related cognitive decline, suggesting their games could stave off memory loss, dementia, and even Alzheimer’s disease,” said Jessica Rich, Director of the FTC’s Bureau of Consumer Protection. “But Lumosity simply did not have the science to back up its ads.”

### **Resources for Depression: Finding Hope**



Depression is unfortunately a very common condition among Canadians today. The statistics say 1 in 5 people will suffer depression at some point in their lives.

If that should be you, do not despair. First of all, you are not alone. Second of all, there is help

out there. Here are two links to free resources.

The first is the Antidepressant Skills Workbook (skills not pills) which can be downloaded at:

<http://www.carmha.ca/selfcare>

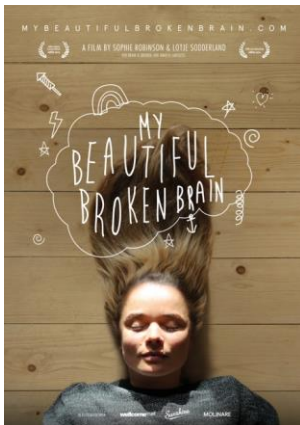
The second resource is a series of helpful booklets produced by CMHA (Canadian Mental Health Association), as part of their Living Life to the Full Program (LLTTF). You can download the booklets free or order paper copies at:

<http://www.lltff.ca>

The original article appeared here:

<https://northvancaregivers.wordpress.com/2016/02/03/resources-for-depression-finding-hope/>

### Netflix's Next Big Documentary is David Lynch's Tale of Stroke Recovery



Netflix has released the first trailer for upcoming David Lynch-produced documentary *My Beautiful Broken Brain*.

The film follows Dutch-French filmmaker Lotje Sodderland, following her recovery from a traumatic haemorrhagic stroke.

Co-directed by Sophie Robinson and Sodderland herself, the documentary explores the world as Sodderland now experiences it.

*My Beautiful Broken Brain* takes viewers from Sodderland's first neurological experiment after her stroke to her realisation that she can experience colours and sounds in ways she couldn't before.

"I'm starting from the beginning," says Sodderland in the trailer.

Lynch said in a statement ([via Deadline](#)): "I am thrilled to join Lotje and Sophie in sharing *My Beautiful Broken Brain* with the world. The brain is truly fascinating and much in the way that our brains are able to achieve total coherence - finding enlightenment and fulfillment, you will



surely be moved and inspired by this journey of self-rediscovery."

The documentary was an official selection of the 2016 SXSW Film Festival and will premiere on Netflix on March 18.

You can view the trailer here:

<https://youtu.be/VSfpA3AEKmY>

### **Keeping Well - Prevention of Another Stroke**



The nice folks at The University of Edinburgh asked us - can you please tell stroke survivors and families about <http://www.selfhelp4stroke.org> ?

Visitors to 'Keeping Well' can fill out a survey

Keeping Well deals with prevention of another stroke and can be found here:

[http://selfhelp4stroke.org/?page\\_id=7732](http://selfhelp4stroke.org/?page_id=7732)

We are always happy to oblige!

### **Stem Cells and Stroke Recovery**



Any help you could provide in sharing this information would be very much appreciated. I really loved the video SRABC did last year and I shared it widely!

The Canadian Partnership for Stroke Recovery recently created a video to answer common questions about stem cells and stroke recovery. We would love it if you could share this video with your community.

As you know, we are a national research network headquartered at the University of Ottawa. Our Partnership includes UBC, Toronto Rehab, Sunnybrook, Baycrest, Ottawa Hospital, Memorial University of Newfoundland and (soon) the University of Calgary. We also have researchers working in non-partnered universities and hospitals across Canada.

Here is the link to our video and FAQs on this research

topic: <http://www.canadianstroke.ca/en/news/watch-our-video-to-learn-about-the-research-into-stroke->

[recovery-and-stem-cells/](#)

Any help you could provide in sharing this information would be very much appreciated. I really loved the video SRABC did last year and I shared it widely!

Best regards,

Cathy Campbell

Director, Communications and Knowledge Translation

HSF Canadian Partnership

for Stroke Recovery

Phone: 613-852-2303

[cathy@canadianstroke.ca](mailto:cathy@canadianstroke.ca)

[www.canadianstroke.ca](http://www.canadianstroke.ca)

### **Combining Video Games and Fitness Training for Stroke Recovery**

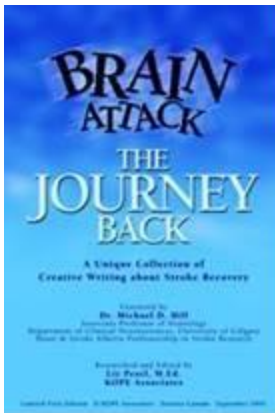


A clinical trial in Newfoundland will be combining video games and fitness training for an innovative "real world trial" to improve stroke recovery. This trial, consisting of 10 weeks of intensive training and a 6-month follow-up, will be using these approaches to study the role of new technologies in cognitive and physical rehabilitation after stroke.

The group conducting the research out of Memorial University of Newfoundland is part of the Canadian Partnership for Stroke Recovery (CPSR), a nation-wide research collaborative with the goal of improving stroke recovery.

For more details go here: <http://tinyurl.com/zhmou8u>

### **Brain Attack – The Journey Back - A Unique Collection of Writing about Stroke Recovery**



Invitation to participate in a New Volume!

I am currently in the process of collecting personal narratives for a second volume of Brain Attack - The Journey Back. Please let me know if you might be interested in contributing a story; if so I will forward the submission guidelines

Thank you,

Liz Pearl, M.Ed.

PK Press

[Liz\\_pearl@sympatico.ca](mailto:Liz_pearl@sympatico.ca)

[www.PKPress.ca](http://www.PKPress.ca)

Facebook: [www.facebook.com/PKPress](http://www.facebook.com/PKPress)

Blog posts: [hermagazine.ca/author/lizpearl](http://hermagazine.ca/author/lizpearl)

Everyone Has a Story. What's Yours? Share Your Story—Leave a Legacy.

### **Dramatic Results Seen in Pilot Stroke Recovery Navigator Program**

One-on-One Support Has Positive Impact on Stroke Recovery; Hope Is Just a Phone Call Away

The USA National Stroke Association recently released the promising results from the pilot of its Stroke Recovery Navigator (SM) program (SRN) at the International Stroke Conference in Los Angeles. The results underscore the value and impact of human connections, personal guidance and support in stroke recovery, to survivors and caregivers alike.

In 2014, National Stroke Association launched the pilot program to examine the use of community-based patient navigation with stroke survivors and their caregivers. The SRN program was designed as a telephone-based navigation program to engage survivors and/or their caregivers from two to six months post-discharge after a stroke. The results were dramatic:

- Re-hospitalizations dropped to 13% from 49%, the national average for all-cause re-hospitalization.
- 90% of participants (92% of survivors, 88% of caregivers) reported that the stroke survivor was taking medications exactly as directed.
- 95% of participants found the SRN program to be a valuable service.
- 85% reported that the program made them feel better equipped to make decisions about their health.

"Stroke Recovery Navigator is the only patient navigator program of its kind in the United States," said Julia Richards, Survival Programs Manager at National Stroke Association. "We expected positive outcomes from this pilot, but we were really amazed at how dramatic the benefits were all around -- from the stroke survivors, to the caregivers, to even the hospitals. We're excited to share these promising findings with the larger stroke community."

A stroke leaves survivors and their caregivers without time to prepare for life after stroke. For the 795,000 people who will survive a stroke this year, the return home can mean long-term disability, isolation, confusion and for nearly half, re-hospitalization. For caregivers, the added responsibility can be overwhelming and often leads to dangerous increases in stress and anxiety.



#### Stroke Recovery Navigator Pilot Program: Subjects and Methods

National Stroke Association initiated a pilot of the Stroke Recovery Navigator program with the goal of reintegrating clients into their community and measuring the impact of patient navigation in the stroke community. A voice of hope for stroke survivors, SRN's telephone support engaged survivors and caregivers, providing help with medication management, overcoming barriers, confronting relationship problems, identifying community services for such needs as transportation, and general adaptations to daily living.

During the six-month pilot program, 89 participants were included in the SRN program. Referred survivors or caregivers were contacted within three to five days, and weekly thereafter.

The program addressed the following topics:

- barriers to care

- adjusting to deficits from stroke
- connection with Stroke Support Groups
- unexpected consequences of post-stroke recovery
- prevention of secondary stroke
- management of stroke risk factors
- community resources to address challenges experienced by the survivor or caregiver
- management of post-stroke conditions
- return to work, and
- emotional support for adjustment to community living.

At enrollment, participants were provided with a recovery packet of information from National Stroke Association, including *Hope: A Stroke Recovery Guide*, as well as tools for managing stroke risk factors.

Participants reported that they valued the relationship with their Navigator and appreciated the information given to them. As stroke survivors moved through the navigation program, they reported a greater confidence in their ability to manage daily activities and assessed themselves as better able to engage with their community.

Additionally, Navigators noted that caregivers reported more satisfaction with their stroke survivors' adjustment, leading to a reduction in their perception of the burden of care.

Participating hospitals also reported satisfaction with the program. They indicated a desire to have a closer relationship with the Navigators and to get specific feedback regarding patient participation and satisfaction with the program.

"These results clearly point to the benefit of navigation services in the stroke disease state," added Richards. "Post-discharge support is imperative to recovery. This pilot program provides important validation that more should be done in this arena to service to the stroke community."

### **Employment Support Project**



This notice is to tell you about a new initiative we are running for the next three years. It's offered to persons with physical disabilities, who have a desire to work, or a wish to move towards employment through volunteering, training, education and increased social involvement.

This research project is jointly coordinated through a partnership between ConnecTra and the Department of Occupational Science and Occupational Therapy at the University of British Columbia.

The implications from the finding of this study are not only to be used to assist with gainful employment but also to lobby for structural and policy changes to PWD benefits and employment barriers for people with disabilities.

This is a very exciting opportunity. We are delighted to be working on this project with UBC and excited for the potential benefit that it may realize for so many people with disabilities who would like to have employment.

*If you would like more information, please contact:*

*Sarah Lapp*

*Community Connector for East Vancouver*

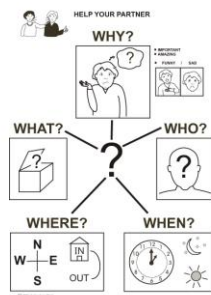
*Email: [sarahlconnector@gmail.com](mailto:sarahlconnector@gmail.com)*

*Phone:  [\(604\) 200-0119 ext. 902](tel:(604)200-0119)*

*[www.disabilityfoundation.org](http://www.disabilityfoundation.org)*

## APHASIA RECOVERY INFORMATION AND RESOURCES

### APHASIA INFORMATION AND RESOURCES



#### **Aphasia Institute Knowledge Exchange**

An online series distinguished by its focus on aphasia and real-life participation.

The webinars provide an opportunity for practicing clinicians to hear from a prestigious group of international aphasia researchers.

<http://www.aphasia.ca/home-page/health-care-professionals/knowledge-exchange/>

#### **Finding Their Voice: People with Aphasia Form Singing Group**

Those who suffer from aphasia, a communication disorder common among those who have suffered strokes or brain injuries, often have great difficulty speaking. Singing, however, is not out of the question.

[http://www.nbcbayarea.com/on-air/as-seen-on/BAP-APHASIA-TONES\\_Bay-Area-366934891.html](http://www.nbcbayarea.com/on-air/as-seen-on/BAP-APHASIA-TONES_Bay-Area-366934891.html)

### **What Aphasia Feels and Looks Like**

Also our friend at Tactus Therapy, Megan Sutton, SLP sent this one:

I was interviewed for this article, and it contains great videos.

<https://www.braindecoder.com/what-aphasia-feels-and-looks-like-1543174285.html?platform=hootsuite>

### **Aphasia-friendly link to aphasia apps and software**



Please see link below to an excellent website with descriptions of apps and software that have been researched and found useful for people living with aphasia.

[www.aphasiasoftwarefinder.org](http://www.aphasiasoftwarefinder.org),

This site is part of UK Connect, one of the world leaders in providing well researched, aphasia friendly resources and programs.

It is also an excellent example of an "aphasia friendly" website design, adapted so that people with aphasia and their supporters can more easily read and navigate the website on their own.

Please feel free to explore and share this website with our clients, families, students and volunteers.

### **Communication Access Now**



Did you know that there are 440,000 Canadians who have speech and language disabilities (SLD), not caused by hearing loss?

Canadians with communication disabilities have the right to equal access to goods to services in the same way as everyone else does.

Spread the word and support people with SLD to learn and communicate about their communication accessibility rights.

**Visit the Communication Access Now (CAN) website to learn about:**



- The symbol - <http://www.communication-access.org/communication-access/communication-access-symbol/>
- The checklist - <http://www.communication-access.org/make-your-service-accessible/access-checklist/>
- The e-learning modules - <http://www.communication-access.org/make-your-service-accessible/make-your-services-accessible/>
- Policies/Procedures - <http://www.communication-access.org/policy-makers/>

**Check out our recent initiatives:**

- Endorsements - <http://www.communication-access.org/can/supporting-organizations/>
- Provincial Reviews - <http://www.communication-access.org/communication-access/can-review-of-access-documents/> *The CAN Project is administered by*

*Communication Disabilities Access Canada*

*and ends on March 31, 2016.*

*If you have any questions, please contact*

*Lois Turner, RSLP, [lois.turner@gmail.com](mailto:lois.turner@gmail.com)*

*[www.communication-access.org](http://www.communication-access.org)*

**Speaking Out About Speech Challenges**

Jerri Thueson had a stroke two years ago when she was 49. It affected her right side and her



ability to speak.

“I could barely make a whole sentence,” she said. Thueson went to speech therapy and found other ways to tell people what she was thinking or what she needed. She practiced using an app on her iPad.



Speech challenges after stroke are common, and there are different types:

**Aphasia:** A survivor with aphasia may have trouble understanding language, talking or may have a hard time coming up with the words he wants to say. Sometimes people with aphasia use the wrong words; it can also affect reading and writing. It does not affect intelligence.

**Dysphagia:** A stroke can cause swallowing problems, which can cause challenges with speech and with eating. Dysphagia can happen because of weakness and a lack of coordination between the muscles in the mouth and throat.

**Dysarthria:** This happens when muscles in your lips, tongue vocal folds or diaphragm don't work the way they need to for clear speech. A survivor's speech might be slurred, mumbled, slow or choppy and can be difficult to understand.

Regardless of what kind of speech issue you're having, there are things you can do.

“One of the things that seems to be overlooked is that there are ways that people can still communicate,” says Kathy Newkirk, a speech language pathologist in California. “Even if a person can't talk, they might be able to write a message so you can understand or they can point to something on a chart.”

Apps for your phone or iPad can be particularly helpful, she says.

Newkirk recommends getting into speech therapy as soon as possible. If it's not offered, ask for it. Speech therapy should begin as soon as a doctor clears a patient for therapy.

Every survivor is different, she says. For some, getting back to pre-stroke speech can take years; others come back much quicker. It's important for caregivers to be involved and be supportive.

“Motivation is a huge issue as is family support. It kind of does come down to the extent they are willing and able to practice and work for it,” Newkirk says. “The brain is sometimes forming new connections. It does take a lot of effort.”

Thueson's advice to stroke survivors struggling with speech challenges?

"Do therapy. Don't give up. Plan to stick with it and go to a support group. Mainly, don't give up."

Go here to see the original article:

<http://www.strokesmart.org/Speech-Challenges>

### **VAST™ - Video Assisted Speech Therapy**



"VAST™ stands for Video Assisted Speech Therapy," creator Darlene Williamson explains. "It's a twist on a classic therapy technique that takes advantage of the ubiquity and ease of iDevices." At a time when most of us were just hearing whispers about the App Store on iTunes, Darlene was already designing and releasing her first speech therapy application for people with aphasia.

To learn more go here: <http://tinyurl.com/hdzt88o>

## **CAREGIVERS INFORMATION AND RESOURCES**

### **Free Family Caregiver Support Service**



*Please see below message from Wendy Johnstone who, as well as working with SRABC, is also doing a project with Family Caregivers of British Columbia (FCBC).*

I am currently working with FCBC ([www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)) on a Ministry of Health funded Provincial Caregiver Program until March 31, 2016. FCBC is a provincial non-profit society established in 1989. Their mission is to inform, support and educate on issues of concern to

family caregivers.

FCBC provides the following services:

**- Family Caregiver Support**

- One-to-one support and consults for family caregivers
- Information and referral to community resources
- Help in navigating the healthcare system
- Family caregiver support groups

**- Education**

- Webinars (BC-wide) and workshops
- Bi-monthly newsletter, The Network News
- Resource library of books, videos and handouts
- Caregiver Wellness Booklet
- Resource Guide for Family Caregivers, 2nd edition
- Lunch and Learn sessions for employees

Support group volunteer facilitator training UNTIL MARCH 31/16, I am contracted with FCBC to provide 30 free 60-minute consultations with family caregivers who are providing care for a spouse, aging parent, young adult, etc.

We are able to provide consultations over the phone or via Skype and follow up via email.

The consult will include:

1. Having the person caregiving fill in a form ahead of time. It will take them about 10 minutes to complete.
2. Once the information is reviewing, the consult will take place by the best method (phone, skype, email)
3. The person caregiving will receive follow up resources if required.

**- General Criteria:**

- A family caregiver (or friend, neighbour) who is currently providing care to someone
- The family caregiver needs support and guidance, advice and help navigating the broad range (and often complex) social & health care services needed to make sure the person they are caring for is receiving the right type of support at the right time.
- The family caregiver needs information & emotional support in their role

**- Referral:**

It is best to refer anyone who might be interested directly to me at this email address:

[familycaregiversbc@gmail.com](mailto:familycaregiversbc@gmail.com) or by phoning 1-250-702-4350.

Please feel free to forward this email to your contacts.

Kindest regards,  
Wendy Johnstone

## COMMUNITY EVENTS

### Recreational Camp Opportunity for Adults Living with Disabilities



A chance to experience the outdoors at its best! Join us for our week long recreation camp  
For: Adults (19 yrs+) living with a disability.

\$1,500 per person - Subsidies available based on eligibility criteria - please inquire for more  
Program includes:

- Meals, accommodation for seven days and six nights, equipment/activities, and attendant services.
- Daily activities include swimming, archery, wall climbing, trail walks, bonfires, fishing, arts and crafts and lots more.
- Transportation is not included.

Important Dates:

- Application Deadline: March 11, 2016
- Summer Holiday Recreation Program: May 13 - May 19, 2016

**For more information or if you have any questions, please contact:**

Keith Rashid at: [krashid@marchofdimes.ca](mailto:krashid@marchofdimes.ca) - 1-800-263-3463 ext.7213

Alexis Dickson at: [adickson@marchofdimes.ca](mailto:adickson@marchofdimes.ca) -1-800-263-3463 ext. 7212

## BARRIER-FREE BC

### Barrier-Free BC

I have attached a page that I hope you will circulate among your friends/contacts. It is a form we hope individual British Columbians will complete and forward via mail or email indicating their personal, individual support of Barrier-Free BC. This is important as it is individuals, not organizations, who vote and elect governments and it is important we collect the names of people who are supporting the campaign.

Folks can send it back to me; email to [barrierfreebc@gmail.com](mailto:barrierfreebc@gmail.com) or mail it if it is easier.

Thanks for sharing this around!

**Brent Page** | National Manager for Community Engagement & Integration Services

**March of Dimes Canada** | 301-1212 West Broadway, Vancouver, BC V6H 3V1

Tollfree Voice Mail: 1-800-263-3463 x 7749 | Direct Line: 604-738-6219 | e-

mail:[bpage@marchofdimes.ca](mailto:bpage@marchofdimes.ca) |



**barrier Free BC**

**Barrier-Free BC FORM OF SUPPORT**

c/o 200 – 5055 Joyce Street

Vancouver, BC

V5R 6B2

Email: [Barrierfreebc@gmail.com](mailto:Barrierfreebc@gmail.com)

Dear Sir/Madam:

I, \_\_\_\_\_, formally support the Barrier-Free BC movement that is calling upon BC's Legislative Assembly to enact a strong and effective British Columbians with Disabilities Act. I endorse the thirteen principles upon which a British Columbians with Disabilities Act should be based. I believe it is important to achieve a barrier-free province for all persons with disabilities.

First/Last Name:

\_\_\_\_\_

Street

Address: \_\_\_\_\_

City/Province: \_\_\_\_\_

Postal

Code: \_\_\_\_\_

Signature:

\_\_\_\_\_

Date: \_\_\_\_\_

Send me the monthly electronic newsletter and keep me posted with the occasional campaign update.

Email address\*: \_\_\_\_\_

Post my name along with others who support the Barrier-Free BC campaign on the web site.

[www.barrierfreebc.org](http://www.barrierfreebc.org)

## 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/>**

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

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

**Our mailing address is:**

Stroke Recovery Association of BC  
301 - 1212 West Broadway  
Vancouver, British Columbia (BC) V6H 3V1  
Canada

[Add us to your address book](#)

The MailChimp logo is displayed in a grey rounded rectangle. The text "MailChimp" is written in a white, cursive, handwritten-style font.

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