



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



SNIPPETS

MARCH 2017



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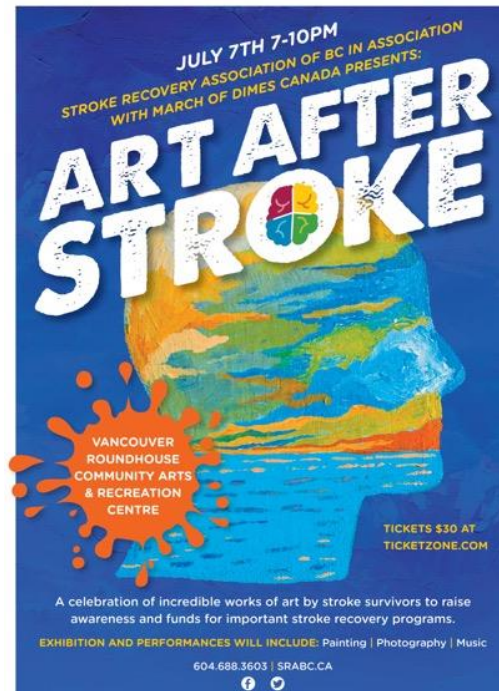
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ART AFTER STROKE: NEW SPONSORS AND CONTRIBUTORS



STROKE RECOVERY ASSOCIATION
OF BC



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.

OUR GOAL is to raise awareness and funds for important stroke recovery programming. We want everyone to know that there is life after stroke. After all, if you don't know a stroke survivor yourself, then you do know someone who loves one.

WE ARE EXCITED TO ANNOUNCE THE FOLLOWING CONTRIBUTORS AND SPONSORS:

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! Patsy is a superstar crafter - her day job as Technical Director lets her bring shows to life at various theatres around Vancouver, and her venture into events gives her a chance to flex those creative muscles in designing looks that can fit any occasion. With an inventory of eclectic pieces from around the world and her love for events, Patsy is a great addition to the AAS team!

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 inspires individuals and groups to use art to explore emotions and experiences in a way that fosters positive change. Art for Change will be on hand to help patrons and guests create their message of hope with art during the event.

Art for Change can be found at the links below.

www.artforchange.ca

<https://www.facebook.com/artforchangevancouver/>

https://twitter.com/_artforchange

[https://www.instagram.com/artforchange /](https://www.instagram.com/artforchange/)

Janine M. Ray - Art Donation Worth \$3500 - 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 the links below.

www.janinemray.com

<https://www.instagram.com/janinemray/>

<https://www.facebook.com/janinemray/>

Ronan Boyle- Art donation worth \$5000 - Da Vinci Sponsor

ART-FABULOUS! Another huge thank you goes out to local Vancouver artist Ronan Boyle, who will also be donating a painting for our event on July 7th. What's even better is that he will be creating a painting just for the 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 at the links below.

www.ronanboyleinc.com

<https://www.facebook.com/ronanboyleince/>

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>

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>

CAREGIVER'S CORNER

Why Isn't Caregiving Taught?



In an Atlantic article, Jonathan Rauch wrote, “How can it be that so many people like me are so completely unprepared for what is, after all, one of life’s near certainties (caregiving)?” Here Dr. Richard W. Lindsay discusses his exploration into teaching caregiving.

To read the whole article go here: <http://tinyurl.com/hjg54a8>

Is Your Loved One Safe to Drive?



North Shore Community Resources has provided information on warning signs that may indicate whether or not your loved one is safe to drive. Ten signs are:

- getting lost in familiar territory
- driving too slow or fast, or stopping for no reason
- riding the brake, or confusing the brake and gas pedals
- other drivers frequently honk their horns
- damage (i.e. scrapes or dents) on the car or garage
- difficulty with parking
- failing to notice/obey traffic signs or signals
- difficulty with turns, lane changes, or highway exits
- incorrect signaling
- near misses or accidents

You can read this at <http://tinyurl.com/zgnsyn2> and other helpful articles at <https://northvancaregivers.wordpress.com/>

BRANCH UPDATES

New SRABC Members Bulletin

We have decided, after receiving feedback from a number of readers, to start a new bulletin aimed at keeping members of SRABC informed about Association issues. Previously this information was included in this Snippets newsletter, but as it has evolved, the focus became more and more on more specific information about stroke recovery. As a result, an increasing number of non-members continue to subscribe to Snippets.

We will still be sending Snippets out every month, with news and information on stroke recovery resources for stroke survivors and caregivers. However, from now on items such as reports from the Board of Directors and information about the SRABC Annual General Meeting will be included in the new SRABC Members Bulletin that will be sent four times a year to SRABC members. The dates we'll issue the SRABC Members Bulletin in 2017 are:

- **Jan 16th**
- **April 16th**
- **July 16th**
- **October 16th**

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

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, April 5th

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)

Summer Recreation Program



Join the March of Dimes Canada recreation department for our week-long recreation and holiday programs this spring and summer.

Click on the location to learn more:

[Squamish, British Columbia](#) (May 15 -22, 2017)

[Brigadoon Village, Nova Scotia](#) (June 11 - 17, 2017)

[Geneva Park, Orillia, Ontario](#) (June 25 - August 18, 2017)

BLAST - Camp Squamish Registration Deadline



The deadline is coming up to register for BLAST 2017, taking place April 14 to 17 at Camp Squamish. The deadline is March 15, 2017 and the cost is \$225. Please sign up on TurtleTalk.ca or contact Deb at deb@turtletalk.ca or (604) 760-7769 from 11am to 11pm

The weekend features:

- Saturday Night Dance to Barry Wilson
- Sunday afternoon Tea at the West Coast Railway
- Funny money casino auction
- 3 pool sessions at therapeutic temperature 33.5c (92f)
- SureFeet Better Balance, Alinker, Driver's rehab specialist, and more.

Camp fees include:

- Good Friday dinner to Easter Monday lunch. BLAST is a dry camp (no alcohol).
- Chartered Bus from lower mainland.
- Bedding: Pillow, sheets, and blankets

Requirements:

- You must be able to climb into the bus or provide your own transportation.
- You must be able to do your own personal care or be accompanied by someone to help you.(i.e.: dressing, toileting, mobility, medicating, etc.)

Please don't try to get registered after March 15th deadline as Turtle brains will already be operating on maximum capacity.

BLAST is autonomous. Stroke survivors for stroke survivors. However, SRABC/MODC may help subsidize. Contact Tim treadman@marchofdimes.ca, (604) 688-3603

There will also be a BLAST Dinner on March 15
5:30p at [Trocarderos](#), 2411 Nanaimo St., Vancouver

LIFE AFTER STROKE

March of Dimes Aphasia and Communications Disabilities Program



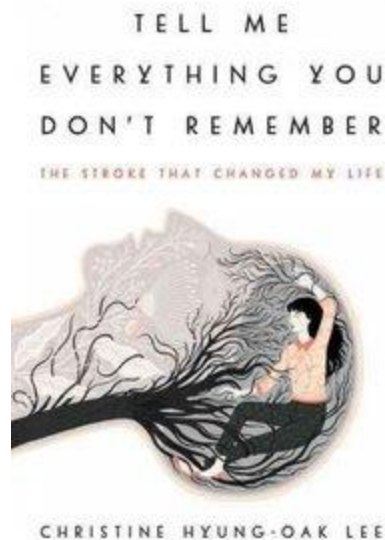
Global News recently featured MODC's **Aphasia and Communications Disabilities Program (ACDP)**. With six different locations in Ontario this program is helping those with aphasia regain their speech. Sessions include the assistance

of speech pathologists and trained volunteers and aim to improve life after stroke. Read the article and watch the TV spot here: <http://tinyurl.com/gn9hbpz>

You can also find out more about ACDP by reading the brochure at <http://tinyurl.com/hlexfm>

Or by visiting www.marchofdimes.ca

Writer Tells Her Story of Stroke and Memory Loss



Following a stroke at age 33, Christine Hyung-Oak Lee found that she couldn't remember anything for longer than fifteen minutes. Using the journals she kept during her recovery, Lee pieces her past together in her memoir, *Tell Me Everything You Don't Remember*.

To read more go here: <http://tinyurl.com/j8p3s7t>

To get info on the book go here: <http://tinyurl.com/zxv272j>

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



Brain Attack: The Journey Back



A stroke is a brain attack. This anthology is a unique collection of 33 original entries written by survivors and heroes about their recovery journeys from stroke. It includes creative writing works from a wide range of individuals, including stroke survivors and family members.

This publication is edited by Liz Pearl, an independent educator and therapist. The contributing authors share their experiences, thoughts and feelings invoking in the readers, tears, laughs, comfort and support. They express their inner strength and insights about recovery and healing.

To order, contact Liz Pearl directly. Copies are \$15.00 each plus shipping

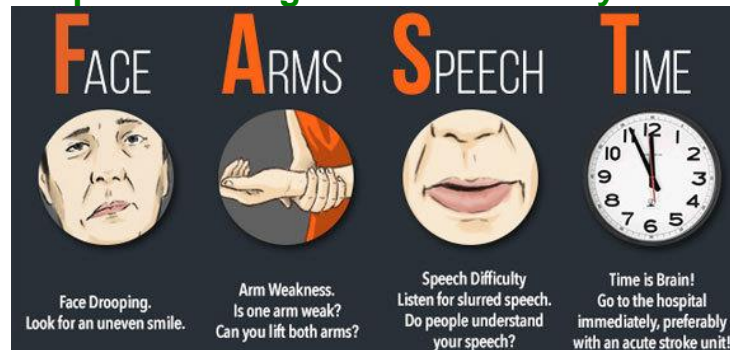
Email: Liz_pearl@sympatico.ca

Blog posts: hermagazine.ca/author/lizpearl/

Website: wisewomencanada.com/author/liz-pearl/

IN THE NEWS

Proposed Change to FAST Memory Device



The University of Kentucky has done a study that found missed stroke diagnoses can be significantly reduced by adding balance and vision problems to the list of presenting symptoms commonly known as FAST. FAST stands for Face, Arm, Speech and Time, and the suggested change is BE-FAST (B for balance, and E for eyes). Read more

here: <https://www.sciencedaily.com/releases/2017/02/170223202514.htm>

Exercise and Brain Power



A new review has found that a structured exercise program can be beneficial to stroke survivors recover not only physically but mentally as well. The study of thirteen clinical trials saw that cognition, that is thinking, learning, understanding, and remembering, was improved through exercise therapy

To read more go here: <https://tinyurl.com/gS3xp43>

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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/>