



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets May 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/>

IN THIS ISSUE:

- **Branch Update - News from SRABC's Branches**
- **Coordinators' Education session at the 2014 AGM**
- **A Useful Guide for Caregivers of Stroke Survivors**
- **A New Way of Looking at Stress Management: Try the 4 A's**
 - **Speech Therapy i-Pad Application Now on Android Too!**
 - **Benefits for People with Disabilities**
- **Virtual Reality as a Rehabilitation Tool for Community Dwelling Stroke Survivors**
 - **UBC Scooter Study - volunteers wanted**
 - **Exercise May Speed Up Stroke Recovery**
- **New Book Sudden Exit Shares Recovery Experience**
 - **10 Steps Forward-thinking Associations Take**

Branch Update - News from SRABC's Branches

Victoria Branch

The Lieutenant Governor of BC, Judith Guichon, attended the 35th anniversary celebration of Victoria Stroke Recovery Association on Friday April 4th 2014. The Lieutenant Governor spoke about her own experience of stroke in her family and congratulated VSRA on their dedication and service over the past 35 years. Tim Readman, SRABC's Executive Director, also attended. The Branch was presented with a plaque from the SRABC Board of Directors congratulating them on their marvelous achievement.



Oceanside Branch

Kathleen Falvai, Branch Coordinator and Branch Secretary, Marilyn Henderson, have been invited to attend a tea at Government House in Victoria with the Lieutenant Governor of BC in honor of Family Caregiver Week. They are delighted to be invited to this event, The Family Caregivers' Network Tea.

Peninsula Branch

The Victoria General Hospital held its Volunteer Appreciation Day April 10th, 2014. Elizabeth (Libby) Graves from the Peninsula Stroke Recovery Branch was one of the invited guests and was presented with a Certificate recognizing her 15 years of volunteer service with the stroke rehabilitation program at that hospital. Libby was a registered nurse and has a great deal of empathy for the rehabilitation program since three of her immediate family members have had strokes. She first became aware of the stroke recovery program when she and her husband, Fred, were living in North Vancouver and spending their winter holidays in Palm Springs where there was a very active centre open five days a week. She volunteered there each year during their visit. After they moved to Victoria Libby became aware of the Peninsula Stroke Recovery Branch and volunteered to help at its weekly meetings. When she learned about the rehabilitation program at the Gorge Rehabilitation Hospital that was offered as a follow-up to assist in the recovery

process for stroke survivors, she approached the hospital officials together with another volunteer, Pat Brown from the Peninsula Branch, and offered to attend their monthly pre-release meetings to provide the families involved with information about the Stroke Recovery Branches and hand out literature that could be helpful to the stroke survivors and their family. The idea was eventually accepted, the rehab program was relocated to the Victoria General Hospital, and it has been ongoing. The Victoria Branch has also participated in this same program for a number of years, and it was decided that the Peninsula and the Victoria Branches would alternate each month in order to avoid the possible confusion from having too many people present at each session.

Libby has been the recipient of the Phyllis Delaney Life After Stroke Volunteer Award and continues to work in a variety of ways to assist with the running of the Peninsula Branch. She had been its Director for a number of years which provided a Branch link with the Association and she is also the liaison with the local branch of the Heart and Stroke Foundation. The Association relies on dedicated volunteers, like Libby, and we thank them for their continuing support.

Lyall Copeland, Peninsula Branch Coordinator

Vanderhoof Branch - Branch Wins Photo Contest

The volunteer spirit in BC continues to thrive with the announcement of the winners of the 2014 National Volunteer Week Photo Contest sponsored by Volunteer BC. In celebration of National Volunteer Week (April 6-12), Volunteer BC hosted a National Volunteer Week Photo Contest which invites volunteer and non-profit organizations in communities throughout BC to submit photos that capture the theme "THANK A VOLUNTEER: Because volunteer work speaks volumes." The photo contest is an opportunity for organizations and individuals to showcase their community spirit and celebrate and recognize the contributions, dedication and hard work of their volunteers.

A photograph from SRABC's Vanderhoof Branch was selected as the 3rd top photo in the contest. The photo was chosen as it best communicated this year's theme. The other winners and a selection of entries from across the province can be found at

<http://volunteerphotocontest.tumblr.com/2014winners#sthash.AjQxOlvh.dpbs>.

The top 3 photos will be used in Volunteer BC's marketing materials and may be shared with our co-sponsors Volunteer Canada and the Administrators of Volunteer Resources in BC (AVRBC).

"We are pleased to have received such a large number of photo entries that illustrate the

immense pride that British Columbians have in their communities and for their volunteers," said Lawrie Portigal, President of Volunteer BC. "Our photo contest is a great way to celebrate volunteerism, thank and recognize volunteers and shine a spotlight on the many organizations that contribute in many different ways to making BC communities healthy, resilient and wonderful places to live."

Penny Swales, Coordinator at the Vanderhoof Branch said, "The photo was taken during this year's St. Patrick's Day party and is of Maxine, a stroke survivor, and our loyal volunteer Georgene, with the green hair. Our prize is a Chapters gift certificate for \$50 and we have yet to decide what to do with it."

Posting of the winning photo can be found in our SRABC website news section here:

<http://strokerecoverybc.ca/news/vanderhoof-branch-nvw-photo-contest-winner/>



Vanderhoof Branch - Activity Idea

We are fortunate enough to have use of the equipment at the Manor so I hook my laptop up to the TV and we play Pictionary using this website <http://flockdraw.com>. Everyone loves it. They can all do it! Even one member whose stroke has left him only able to move a few fingers on one hand. He is so pleased to be able to do it. I get each team to come up with a crazy name for their team. I made simple clues. We split into two teams and go at each other. Each team player comes forward either in wheelchair or walks and sits in a chair closer to the TV and I put the laptop on their lap. It is a hoot!

Penny Swales, Vanderhoof Branch Coordinator

Strathcona Branch

SRABC Executive Director, Tim Readman, attended the branch in April to learn about the program and take part in all the activities. He presented Volunteer Appreciation Awards to the fantastic team of volunteers who keep the program running and provide wonderful

food for everyone to share.



Templeton Branch

The new coordinator for Templeton Branch, in East Vancouver, is Ruby Gill. Ruby has a Bachelor of Arts Degree from Simon Fraser University in Psychology, Counselling and Human Development. She worked as a Case Manager with Howe Sound Rehabilitation Services Society. She has volunteered with the Western Society for Children, Fraser Health and Share Community Crisis Line. SRABC would like to thank the Branch governing committee and volunteers for keeping the program going while recruitment was in progress, especially Ollie Stogrin and Katelyn Wallis, who worked particularly hard to make sure things ran smoothly. Welcome Ruby!

Shaughnessy Branch

Is having their annual Strides for Stroke on Tuesday, June 17th ,2014

Shaughnessy Heights United Church

1550 West 33 Ave. Vancouver

10:30 am: Meet & Greet

11:00-12:00: Walk, Run or Wheel (1-2 kms in the neighbourhood)

12:00-12:30: Lunch, (coffee, tea,& sweets provided)

12:30- 2:00 : Demonstrations by members: film, photography, wood & metal carving, music, bake sale.

Please come and support Stroke Recovery in BC

Coordinators' Education session at the 2014 AGM

Saturday October 25th 2014

Room #1 (1st floor), Creekside Community Recreation Centre, 1 Athletes Way, Vancouver, BC

- 9:30 am – 11:30 AM Branch Coordinators' Education Session
- 11:30 AM – 12:00 PM Presentation of Phyllis Delaney LAS Awards
- 12:00 PM – 1:00 PM Lunch Service

Branch Coordinators' Education Session - Art Therapy

- Overview of Art Therapy with stroke survivors
- Samples of stroke survivors' artwork
- Hands-on session

Presenter: Alannah MacPhail, professional Art Therapist, B.A. (Psych); B. Ed.; DVATI
Alannah currently runs art therapy classes at the North Shore Stroke Recovery Centre in North Vancouver.

“Art therapy is a form of expressive therapy that provides the client with an opportunity to explore personal problems and potentials, resolve conflicts, and facilitate self-awareness and understanding through a variety of artistic activities. As an art therapist my role is to engage the client in a healing process by fostering and encouraging creative expression. This work is founded on a therapeutic relationship of acceptance, support and trust.”

<http://artthatmatters.ca/>

Session Coordinator: Peggy Kane, Shaughnessy Branch Coordinator

Registration:

To register for the session send an email or call Genevieve Thompson at the SRABC

Provincial Office:

Email: office@strokerecoverybc.ca

Tel: 604 688 3603 Ext. 100

A Useful Guide for Caregivers of Stroke Survivors

Now available online from March of Dimes Canada, this guide includes sections on:

- Caregiver stories
- Spasticity

- Physical therapy
- Depression
- Healthy living
- Relationships
- Drug coverage

www.marchofdimes.ca/EN/programs/src/Documents/caregivers_guide_stroke.pdf



A New Way of Looking at Stress Management: Try the 4 A's

Adapted from an article by Mayo Clinic Staff

When your stress level exceeds your ability to cope, you need to restore the balance by reducing the stressors, increasing your ability to cope or both. Try using one of the four A's: avoid, alter, accept or adapt.

- **Avoid.** *Believe it or not, you can simply avoid a lot of stress. Plan ahead, rearrange your surroundings and reap the benefits of a lighter load.*

- Take control of your surroundings. Is the traffic insane? Leave early or take the longer, less traveled route.
- Learn to say no. You have a lot of responsibilities and demands on your time. At a certain point, you cross the line between being charitable and being foolish.
- Delete part of your list. Label your to-do list with A's, B's and C's, according to importance. On hectic days, scratch the C's from your list.

- **Alter.** *One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for the better.*

- Respectfully ask others to change their behavior. And be willing to do the same. Small problems often create larger ones if they aren't resolved.
- Communicate your feelings openly. Remember to use "I" statements, as in, "I feel

frustrated by having so little time to walk. Let's talk about sharing the work in the house and in the yard."

- Manage your time better. Lump together similar tasks — group your phone calls, car errands and computer-related tasks.

- State limits in advance. Instead of stewing over a friend's nonstop chatter, politely start the conversation with, "I've got only five minutes to cover this."

- **Accept.** *Sometimes we have no choice but to accept things the way they are. For those times try to:*

- Talk with someone. You may not be able to change a frustrating situation, but that doesn't mean your feelings aren't legitimate. You'll feel better after talking it out.

- Forgive. It takes energy to be angry. Forgiving may take practice, but by doing so you will free yourself from burning more negative energy.

- Practice positive self-talk. It's easy to lose objectivity when you're stressed. One negative thought can lead to another, and soon you've created a mental avalanche. Be positive.

- Learn from your mistakes. Recognize a "teachable moment." You can't change the fact that you were late for an appointment but you can make sure you allot more time in the future.

- **Adapt.** *Thinking you can't cope is one of the greatest stressors. That's why adapting — which often involves changing your standards or expectations — can be most helpful in dealing with stress.*

- Adjust your standards. Do you need to vacuum and dust twice a week? Would macaroni and cheese be an unthinkable substitute for homemade lasagna? Redefine success and stop striving for perfection, and you may operate with a little less guilt and frustration.

- Practice thought-stopping. Stop gloomy thoughts immediately. Refuse to replay a stressful situation as negative, and it may cease to be negative.

- Adopt a mantra. Create a saying such as, "I can do it," and repeat it in tough situations.

- Create an assets column. Imagine all of the things that bring you joy in life: vacation, children, pets. Then call on that list when you're stressed. It will put things into perspective and serve as a reminder of life's joys.

- Look at the big picture. Ask yourself, "Will this matter in a year or in five years?" The

answer is often no. Realizing this makes a stressful situation seem less overwhelming.

Mayo Clinic Housecall, Vol. 15, Issue 18 | April 7, 2014



Speech Therapy i-Pad Application Now on Android Too!

Tactus Therapy Solutions is proud to announce that Naming TherAppy, one of our most popular apps for speech therapy, is now available on Android! As always, we let you try it for free with a Lite version to make sure it's right for you.

We are excited to be moving into this new territory. We truly believe that this release on Android will allow far more stroke survivors to continue their speech-language therapy at home for more intensive practice and better outcomes. Many families with special needs and aphasia will benefit from this conversion to use this evidence-based app on less expensive devices.

We appreciate your support as we enter this new market, and welcome any feedback or comments about this release. Please be sure to share this exciting news with others who might benefit!

Naming TherAppy is the best-selling word-finding app to help people with aphasia and children with special needs practice important naming and description skills. This app features over 700 photographs of everyday nouns, verbs, and adjectives in four unique activities.

Megan Sutton, SLP



Benefits for People with Disabilities

Oceanside Branch has collected this list of Resources and Programs that stroke survivors

may qualify for:

- B.C. Fuel Tax Refund Program for Persons with Disabilities
- Federal Excise Tax on Gasoline Refund
- Federal Disability Tax Credit
- Handicap Parking Permit Program
- Handicap access to municipal facilities such as swimming pools, community centres
- DART transportation
- Reduced car insurance rates with ICBC
- BC Ferries Residents Fare – Permanent Disability

Virtual Reality as a Rehabilitation Tool for Community Dwelling Stroke Survivors

UBC faculty are conducting a study, under the supervision of Dr. Tal Jarus, at our Shaughnessy Branch to find out if virtual reality is an effective balance rehabilitation tool for community dwelling stroke survivors. They are using Kinect games-which are similar to Wii games. They are measuring the degree to which this technology can be used to improve balance, balance confidence, daily function, and sociability for community dwelling stroke survivors. This study is ten weeks long.

For more information please contact :

Danielle Collette Email: d.collette@alumni.ubc.ca Ph: 778-387-1520

Rachel Pringle Email: rpringle@alumni.ubc.ca Ph: 604-999-8260



UBC Scooter Study - volunteers wanted

Researchers from the University of British Columbia are looking for volunteers to participate in a study examining measures of scooter use.

We are looking for individuals who are 55 years of age or older; have owned a scooter for at least 3 months; have mobility limitations that prevent them from going more than one block without an assistive device; and can read, write and speak in English.

If you choose to take part and are eligible to participate:

You will be asked to complete 2 data collection sessions.

During these sessions, you will answer questions about your scooter use and daily life, and complete a test of your scooter mobility skills. To cover the costs of transportation and any other expenses, you will be given a \$25 honorarium per visit.

For more information, please contact Naomi Bartz at 604-714-4108 or email at

nbartz@mail.ubc.ca



Exercise May Speed Up Stroke Recovery

A scientist at Edinburgh University, Scotland says people who have been active before their stroke are more likely to make a recovery but less is known how exercise can affect recovery after a stroke. Regular exercise can speed recovery for stroke survivors and may reduce their risk of having another stroke. Professor Gillian Mead's findings contrast with commonly held fears that exercise may trigger a further stroke. She has looked at how exercise benefits stroke recovery for 10 years.

People who have been active before their stroke are more likely to make a recovery but less is known how exercise can affect recovery after a stroke. Her findings reveal that a structured physical training plan - including aerobic, strength and balance training - can help stroke survivors to become more mobile, improve their balance and reducing their disability.

Exercise programmes

Professor Mead is currently investigating whether breaking up long periods of sitting or lying with short periods of movement might help to bring down the risk of having another stroke.

More than half of all people who survive a stroke require support to live independently.

Professor Mead said: "We're working with fitness experts to determine the best exercise prescription for stroke survivors."

"It's also important that we understand more about the factors that put patients off from taking part in exercise programs, and how we can motivate them to take advantage of the benefits."

For more information please click here:

<http://www.ed.ac.uk/news/2014/stroke-140414>



New Book Sudden Exit Shares Recovery Experience

Author Tommy Sampson discusses the process of recovering from a stroke in his candid new book, "Sudden Exit" (published by AuthorHouse).

In December 2007, Sampson suffered a major stroke that left him facing a difficult recuperation. "Sudden Exit" details the physical and mental struggles he faced and shares the frustration and anxiety he experienced as he fought to get well.

Tommy Sampson was born in 1954 at the region of South London known as Elephant and Castle. At 15, he signed up for the Millwall Football Club and at 18 he signed a two-year contract as a full professional, going on to make his first team debut in March 1974 .

'Sudden Exit' is an account of one man's struggle to fight back to health after suffering a massive stroke. Follow him through his physical and psychological struggles share his frustration and his anxiety. Does he make it? Or will the task prove beyond him!! Sudden exit is an inspirational tale of life, love and belief.

Read the full story at

<http://www.prweb.com/releases/TommySampson/SuddenExit/prweb11791955.htm>

Read more: <http://www.digitaljournal.com/pr/1873579#ixzz2zwHE6xn9v>



10 Steps Forward-thinking Associations Take

For the full article go here:

<http://exclusive.multibriefs.com/content/10-steps-forward-thinking-associations-are-taking>

Recently, a client asked Maria Huntley to talk to their leadership team about "growing professional associations in the 21st century." It was a group of dedicated volunteer leaders who desperately wanted to figure out how to grow their association. They had limited tools and resources, and the reality was they were barely staying afloat in their current state. "I decided that first I was going to focus on helping them get in a productive mind frame. Associations have the opportunity to thrive in a changing environment — if they are willing to change." Here are the 10 steps she has seen forward-thinking associations take:

1. Acknowledge and accept change: The association needs to intentionally create a culture that values tradition but also focuses on and embraces change.
2. Understand: Develop an awareness that there are four generations currently in our workplaces and what the characteristics for each of these generations are.
3. Evaluate: Consistently evaluate whether your products and services are relevant and valuable to each generation. This can be done through surveys and focus groups of members and nonmember industry professionals.
4. Lead: Create a culture where your leaders focus on solutions. Do this when tackling issues and opportunities by asking questions like: Does this matter? How does it matter? Who does it matter to?
5. Board focus: Focus your board discussion on strategy, governance and financial oversight. Don't fall into the trap of allowing tactical tasks to overtake the majority of your

meetings.

6. Adapt: Respond and adapt to the changing environment, culture and generational needs.

7. Recognize: Recognize that your stakeholders go beyond your membership. Think about who the other industry influencers may be in addition to your members. This could be vendors, non-members or competing industry players.

8. Consider: Always consider the alternative. Assign someone to be the person who is in a position to ask the tough questions. What is the worst thing that would happen if we didn't hold a golf tournament this year?

9. Be inclusive: Create a sense of belonging. Being exclusive will kill forward progress. Engage new members in volunteer positions including board positions. Offer mentorship and involve students and faculty in your leadership.

10. Social media: Embrace social media and take advantage of the opportunities it can create.

MULTI BRIEFS

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

Copyright © 2014 Stroke Recovery Association of BC, All rights reserved.

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](#)

[unsubscribe from this list](#) | [update subscription preferences](#)

MailChimp