



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



SNIPPETS

MAY 2017



Art After Stroke
NEW CONTRIBUTORS
& SPONSORS!!

ONLY 2 MONTHS LEFT TO PURCHASE TICKETS

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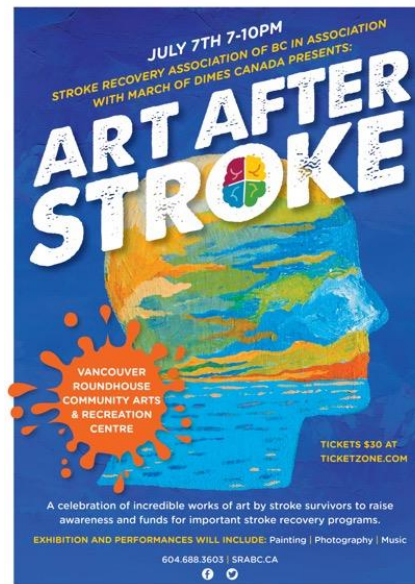
Mixed Media

Brain Injury Film Festival

Book Explores Brotherly Love in Recovery

Recovery Guide: Healing the Broken Brain

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. **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>

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:

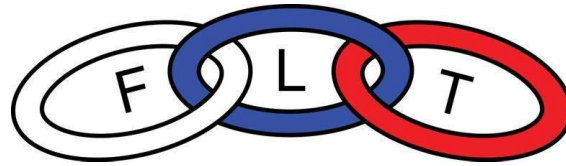


Van Gogh Sponsor

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/>

Van Gogh Sponsor - Odd Fellow Lodge



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>



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 at 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

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



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/>



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! This means you can spend all day at the Vancouver Art Gallery AND have complimentary lunch at the Gallery Cafe! Special mention goes out to David Steiner for making this happen. 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>

MAY IS STROKE RECOVERY MONTH!



Join March of Dimes Canada in the **2017 WAYS WE CARE** @Canada150th campaign by thanking the people who have helped you on your **#pathtorecovery**. There is **#lifeafterstroke!**

OO STROKE FACTS

- Stroke is the leading cause of disability in Canada.
- Stroke is the third leading cause of mortality in Canada.
- Over eight million Canadians provide care to friends or family members with a disability or chronic illness.
- One in ten caregivers spend 30 hours or more of care per week.

? How can you join the WAYS WE CARE campaign?

Provide testimonials and pictures to share memories and appreciation for the special people in your life who helped you on your **#pathtorecovery!**

- Remember to include your full name and location.
- Testimonials can be submitted via email to adickson@marchofdimes.ca by **April 31, 2017**.
- Remember - short and sweet is best
(maximum of two sentences so that testimonial can be shared on social media)

📱 Promote Stroke Recovery Month through social media!

- Tweet **@modcanada** throughout the month of May!
- Share and like MODC FaceBook posts about stroke recovery!
- Use hashtags like **#wayswecare #mayisstrokecovery #lifeafterstroke #pathtorecovery #caregivers** to generate attention!

For more information please contact:

Alexis Dickson | Education and Health Promotion Coordinator
1-800-263-3463 ext. 7756 OR adickson@marchofdimes.ca

CAREGIVER'S CORNER



Family Caregivers of British Columbia

This edition of the Caregiver's Connection includes articles on tax benefits and disability credits, caregiving resources in Surrey, a look at how caregivers are recognized within the health care system, a stress test, and a personal caregiving account.

Read the Caregiver's Connection from Family Caregivers of BC here <https://tinyurl.com/kmj92bc>



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

BRANCH UPDATES

New SRABC Members Bulletin

The SRABC Members Bulletin that 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.

SRABC Members Interviewed on iHeart Radio

Former SRABC Vice-President and stroke survivor, Greg McKinstry, and SRABC Executive Director, Tim Readman, were interviewed on the Engaging in Aging Radio Show on [iHeartRadio](http://iHeartRadio.com) AM 1150, which broadcasts in the Kelowna region on Sundays at 9:00am. The topic was stroke recovery and the show was hosted by Marjorie Horne. The show recording can be downloaded here:

<https://www.hightail.com/download/dDZHU2VrNkdQb0xyZHNUQw>

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)

New Website for the Toronto Stroke Network

The Toronto Stroke Network, a website that acts as stroke recovery guide, has a new website. It covers topics ranging from finance to relationships to the steps of recovery. Visit <http://strokerecovery.guide>

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
-

Music in Stroke Recovery



Researchers at Murdoch University are looking to use the natural human response to music to create an affordable, home-based therapy solution for stroke survivors. Music creates strong responses in the brain, and they are exploring this through a study that measures brain activity and motor functions in relation to music. To learn more visit <http://tinyurl.com/m5qnfvl>

Stroke Survivor Blogs Her Recovery

Krishna Pindolia newest blog post is up. In it she candidly discusses her emotional and physical struggle of stroke recovery, showing her courage and determination along the way. You can read the post here: <https://strokeathon10yearson.wordpress.com/>



National Stroke Awareness Month

May is National Stroke Awareness Month and the National Stroke Association is looking at the alarming number of strokes in young Americans. Over the last decade, there has been a spike of 44% in the number of young Americans (under 45 years) hospitalized due to stroke. This animated video, [“Young Stroke: An Unexpected Reality,”](#) focuses on the challenges faced by young stroke survivors and offers a wide range of resources to support stroke survivors in their recovery journeys. Watch it here: <http://tinyurl.com/lwgpawn>

STUDIES

Hyperbaric Oxygen Therapy in Studies



Read about one stroke survivor's experience participating in a clinical trial, and learn more about the ongoing research on hyperbaric oxygen therapy.

Read the article here: <http://tinyurl.com/m6lukm6>

MIXED MEDIA

Brain Injury Film Festival

In partnership with Douglas College, Fraser Health Acquired Brain injury Services is hosting the 4th Brain Injury Film Festival (BIFF). BIFF is a free event and will be held at Douglas College, New Westminster Campus on 3 consecutive Wednesdays in May. This year's films explore a producer's recovery after brain injury, concussions and the culture of hockey, and in-patient recovery in New Zealand.

Douglas College, New Westminster Campus
Lecture Theatre N2201, May 17, 24 & 31, 2017 from 7-9 pm

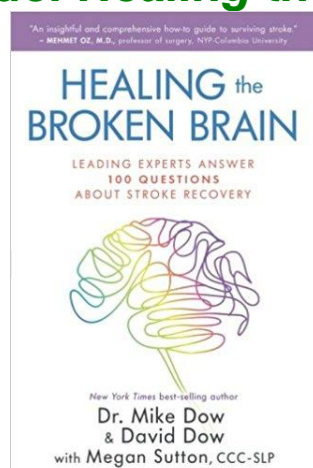
To find out more, visit: <https://www.facebook.com/FHBIFF/>

Book Explores Brotherly Love in Recovery

David Dow had a massive stroke at the age of ten but he was able to move forward with recovery. David, 32, and his older brother Dr. Mike Dow, a U.S. psychotherapist, have written a book about how to maximize recovery from a stroke.

Read more: <http://tinyurl.com/n5a6vkx>

Recovery Guide: Healing the Broken Brain



Get the answers you need about stroke recovery in an easy-to-read Q&A format in the new book: *Healing the Broken Brain – Leading Experts Answer 100 Questions About Stroke Recovery*. Answers to the more than 100 questions come from leading experts in the field.

<http://tinyurl.com/l7ol7ye>

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.



**We acknowledge the financial
support of the
Province of British Columbia**

- 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/>