



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets November 2013

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 for our Branch Coordinators to assist them in their work with people whose lives have been affected by stroke - especially those recovering from a stroke, their caregivers, their friends, family and supporters. We welcome your comments and feedback. If you know anyone who will find this information 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.

Branch Update

Abbotsford Branch

Congratulations to Laura Gilburg, Abbotsford Branch Coordinator, who recently got married and is now Laura Wegener. Please update your records with Laura's married name.



Stay in the Loop-make sure you get our emails!

- Please keep us up to date with any changes to your email address.
- We send information by email from the Provincial Office to the Branch Coordinator and the Branch Directors regularly. If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder. If you are not getting emails and find they are going to your junk mail then please mark them as 'not junk'.
- If you are not getting our messages then please give

Vernon Branch - New Location

The Vernon Branch is excited to announce that their Stroke Recovery program has relocated to a new home - The Fraternity of Eagles Hall, 5101 25th Avenue, Vernon, BC. They still meet from 9:30 am to 12:30 pm. Branch Coordinator, Chantal Fairbrother reports that the hall is working really well and is a great space for running a stroke recovery program. "The new location is great. I had everyone up doing a new exercise program for balance (provided by a rehab worker) and there was lots of room. I am always looking forward to next week!"

Peninsula Branch

Charter Member Passes Away by Lyall Copeland, Branch Coordinator

Helmut Arnkens passed away June 20th 2013 at age 83. Helmut had a stroke April 3rd 1982 and shortly thereafter he and his wife Hilda became members of the Victoria Stroke Recovery Branch. As the Branch grew in numbers it was decided a second Branch should be established to provide a more convenient location for those having to travel some distance to attend the Victoria location.

Helmut and Hilda joined with others to seek a location on the Peninsula more suited to their needs and in 1990, with the benefit of the same coordinator, formed what is now called the Peninsula Stroke Recovery Branch. While the original location has since changed due to the need for more space, apart from a short break when Helmut and Hilda moved to Parksville and attended the Branch there, they continued their membership with the Peninsula Branch after they relocated to Sidney. For a period of time they actually attended both Branches in the Victoria area. Hilda passed away in 2008 so Helmut relocated to the Beacon Hill Villa near the Parliament Buildings in downtown Victoria since, without his beloved caregiver, he needed full time care. However he did continue his membership with the Peninsula

Genevieve Thompson our Office Administrator a call and she will help you to resolve the problem.

Stroke Recovery Branch using the handi-DART as his means of transportation and a power scooter. He attended regularly for most of 2012 but due to failing health was unable to continue his membership into his 31st year with the Stroke Recovery Association of British Columbia. Helmut and Hilda were loyal supporters of the Stroke Recovery program.

**White Rock / South Surrey Stroke Recovery Branch
'Life After Stroke' - A new program for stroke survivors and their caregivers.**

The White Rock/South Surrey Stroke Recovery has new stroke survivors joining our group every week. To meet this need we are starting a program specifically for new stroke survivors and their caregivers.

Every Thursday from 9:00 am to 12:00 noon at:

Centre for Active Living

Unit 5 - 1475 Anderson Street

White Rock, B.C. V4B 0A8

Tel: 604-536-4673

wrstroke@shaw.ca

For more information and to register contact:

Judith McBride

email: jmcbride@mcgi.ca • **tel:** 604-671-7761

Gayl Hutchison

email: wrstroke@shaw.ca • **tel:** 604-536-4673

When a person first has a stroke they are often angry, dismayed, depressed and overwhelmed with their new life as a stroke survivor. They have no concept of what is going to happen. They are released from hospital as soon as their physical symptoms have abated, but their mental health may not be repaired. We will help them find the means to:

- improve their physical and mental health
- improve their memory and communication
- provide an accepting environment for social

- interaction and recreation

Participants in the “Life After Stroke” program will learn:

- There is “Life after stroke” – including ways to cope with life in the weeks, months and even years after the hospital stay ends
- Easy to apply tips and strategies for making life at home easier after a stroke
- How to find support in the community
- Ways to prevent another stroke
- Members will participate in speech, exercise, yoga and music therapies provided by professional instructors and meet other survivors and caregivers.
- They will leave equipped with information, tools and skills to support them in their life after a stroke.

Benefits of attending this program:

- Increased social interaction
- Knowledge and awareness of information and services relevant to stroke survivors
- Peer support, encouragement and motivation from other stroke survivors
- Awareness of stroke risk and impairment after stroke
- Improved mobility, communication, speech and memory using speech therapy, physiotherapy, occupational therapy, activities and games, both physical and mental

Our Goals for this program:

- To extend the years that stroke survivors may continue to live in their own home with dignity and independence
- To be responsive to the needs of the caregiver – providing support, yoga and music therapy, respite opportunities
- To educate the need for recognition of risk factors, and to seek immediate medical attention

The 2013 Phyllis Delaney Life After Stroke Awards

The 2013 Phyllis Delaney Life After Stroke Award winners were

chosen by the SRABC Meetings and Special Events Committee on Tuesday August 13th 2013.

The Committee members for 2013 are:

Atul Ghadia – Board of Directors (former SRABC Provincial Coordinator)

Mary-Joan Giffin – Board of Directors - Interior Region (Vernon Branch Director)

Rob Slinger – SRABC Branch Member

Due to the abundance of nominations in the Outstanding Achievement Award the committee decided to give two awards in this category.

The results are:

Volunteer of the Year – Diana Abbott- Saanich Branch

Nominated by: Lyall Copeland

Outstanding Achievement – Greg McKinstry- Shaughnessy Branch

Nominated by: Peggy Kane

Outstanding Achievement – David Baker- Maple Ridge Branch

Nominated by: Jack Corstanje

Caregiver – Marilyn Simpson- Delta Branch

Nominated by: Karel Ley

Achievement in the Arts or Sport Award – Eugene Wilson- Shaughnessy Branch

Nominated by: Peggy Kane

We would like to congratulate all of the winners and nominators! Also, a special thanks to Karel Ley for taking photos! We will be highlighting all of our 2013 Phyllis Delaney Life After Stroke Award winners in future editions of the Life After Stoke Newsletter.



Communicating with Someone who has Aphasia

There are different types of aphasia which cause different kinds of communication problems. Always remember that every person's aphasia is different. Here are a few general suggestions that will be helpful for most people with aphasia.

1. Use anything that helps you to communicate:

- Use pen and paper
- Write down key words
- Draw pictures or diagrams
- Point to photos, objects, maps and calendars
- Use tone of voice and facial expression to help communicate
- Use gesture or pantomime

2. Remember that understanding can be difficult:

- Relax - don't rush
- Be natural

- Be patient
- Don't speak too quickly
- Say one thing at a time
- Don't yell
- Don't pretend you understand
- Recap to check that everyone got the right message

Facebook and Twitter

Here's a reminder for those of you who use social media – please 'like us' on Facebook and 'follow us' on Twitter.

Twitter: @StrokeRecovBC Facebook: StrokeRecoveryBC

American Stroke Association - Tips for Daily Living Videos featuring Stroke Survivors

A stroke can make every day activities challenging. These challenges may be due to a number of stroke-related conditions. American Stroke Association have enlisted the help of volunteers who have been sending in their own adaptive tips and ideas on video. This volunteer-powered library shows tips and ideas from stroke survivors from all over the USA who have created or discovered adaptive and often innovative ways to get things done!

If you are interested in sending in a video all you have to do is to complete the submission form for a chance to be featured in their library and on ASA's Facebook page "WhatWorksWednesdays".

At present you can watch the following on their site at

<http://tinyurl.com/q4rzqzd> :

- Karen Dionne, hemorrhagic stroke survivor, shares her tips for putting her hair up in a ponytail.
- Stroke survivor John Murphy demonstrates his innovative method for cutting his nails.
- Stroke survivor Tia Thompson shares her safe method for getting in and out of the shower.

- Stroke survivor John Moses provides step-by-step instructions for tying your shoes with one hand.
- See how Rosanna Radding shares her tips for living re-abled. See how she chops an onion and read her step-by-step instructions.

We are also posting these to our Facebook page at:
StrokeRecoveryBC

Caregiver Handbook NEW!

SRABC has ordered copies and will send them to all Branches in the Greater Vancouver Area.

For anybody who is caring for an elderly family member or friend, or knows someone who is, the new Metro Vancouver Family & Friend Caregivers Information and Resource Handbook is an indispensable resource. The guide supplies key information about the topics caregivers struggle with the most, including housing, health care and the law, including:

- The full range of community services that help seniors to age-in-place.
- The non-medical home support services offered by United Way “Better at Home”, the government-funded and United Way-managed program.
- Housing, including information on getting into assisted living and residential care, and a check-list of things to do when a senior has to move.
- Caregiver supports.
- Health concerns, such as dementia and depression, with information on disease-specific programs and websites.
- Legal issues, including how to prepare a representation agreement.
- End-of-life issues and care.
- The handbook is published online at

www.uwlm.ca (Enter “caregivers” into the search box)

Tele-workshops and Webinars -Caregiver Education

Talking About Those “Taboo” Caregiving Topics - November 13, 2013 6:30 pm – 8 pm

You will have the opportunity to ask questions and share with other family caregivers those caregiving situations or topics that are embarrassing, seem to be unmentionable or taboo. We recognize that each person’s perception of what is difficult to talk about will be different. You can vent, receive compassion, be challenged respectfully by a skilled counsellor and learn ways to manage your situation more easily.

Tips for Long-Distance Caregivers - November 26, 2013 7 pm – 8 pm

Caring for someone long-distance can be just as stressful, or sometimes even more stressful, than being there. There are a number of ways for a long-distance caregiver to become involved in the caregiving process. This session will be beneficial to you whether you are providing care from a distance or are the primary caregiver and communicating with other family members who live out of town.

Above sessions hosted by the Family Caregivers’ Network Society

Register for free: 1-866-396-2433 or on-line at

www.careringvoice.com

Webinars are offered through your computer and telephone. If you don’t have a computer, you can simply listen over the telephone.

The Caregiver Support Program - Free Sessions

For registration and information on all sessions contact Karyn by email at karyn.davies@nscr.bc.ca or by phone at 604-982-3320.

Tuesday walk and talks

Walk and Talks

We've enjoyed some wonderful walks this fall. If you haven't been able to join us, there are three remaining dates, **November 19, December 3 and December 17**. Meet, as usual, at the covered picnic area in John Lawson Park, West Vancouver.

Pathways of Caregiving

Meet others with similar experiences and share ideas and encouragement on a whole range of issues, including accessing relevant services and support systems, exploring the challenges and rewards of caregiving, changing roles and relationships, practicing self-care during transitions and losses, and recognizing your personal signs of stress. Pathways of caregiving takes place over four Fridays, **November 8, 15, 22 and 29** - 10:00 am to noon, in Room 203, Capilano Mall, 935 Marine Drive, North Vancouver.

Stroke of Hope - a new creative workbook for stroke survivors and caregivers

"Stroke of Hope is an interesting, creative workbook for stroke survivors and caregivers. It will also be of interest to health professionals. Heather Branscombe has personalized the "marathon of stroke" by suggesting the stroke survivor controls the recovery journey. Being informed and having goals enables the individual to choose the "ingredients" needed to succeed – ingredients that will differ depending on the goal. She describes the latest in best evidence for stroke recovery in an understandable format and links the evidence to recovery. The book is enjoyable as well as thought-provoking and best of all action-oriented." Mary Solomon, PT, Past Chair, Neurosciences Division, Canadian Physiotherapy Association, Past President, International Neurological Physiotherapy Association

For more information please contact the author:

Heather Branscombe, PT MBA, Abilities Neurological

Rehabilitation Phone: 778-880-0944 Email:

abilitiesrehab@gmail.com

www.abilitiesrehabilitation.com

Stroke Recovery at Age 19: Ashley's Story

This article reminds us all that young people can have strokes too...a fact that is often overlooked.

Ashley Slate had no idea what was happening when she had her first stroke. Fortunately, her dad was there to call 911...

No one thinks that at 19 years old they could be at risk of having a stroke. So, 10 years ago, when Ashley Slate, of Richmond, Va., didn't feel right and everything went fuzzy, she had no idea what was happening to her.

Slate, who works in new-construction sales, was living at home with her parents. It was Mother's Day weekend. Slate had taken a shower and had gone downstairs to talk to her dad about how the family would celebrate mom.

"I was sitting on a kitchen stool when the whole room started to cave in," she said. "I felt really weird. And I had a fuzzy feeling in my eyes."

For the full article please go here:

<http://www.everydayhealth.com/heart-health/stroke-recovery-at-age-nineteen-ashleys-story-7660.aspx>

Free wheelchair training for GF Strong Research

Do you use a manual or power wheelchair? Are you a caregiver interested in receiving wheelchair training? The research lab at GF Strong has a number of wheelchair training studies in which you can take part! These projects include aspects such as setting goals, peer training, and even using a Wii or a tablet! If you're interested in participating or would like more information, please visit <http://millerresearch.osot.ubc.ca/research/participate/> or contact Kate Keetch at 604-714-4108 or Kate.Keetch@vch.ca

The Heart and Stroke Foundation (HSF) Canadian

Partnership for Stroke Recovery

Headquartered at the University of Ottawa, the HSF Canadian Partnership for Stroke Recovery comprises these partners -- the Heart and Stroke Foundation, Sunnybrook Research Institute, Baycrest, the Ottawa Hospital Research Institute, uOttawa and Memorial University of Newfoundland and Toronto Rehab. Over and above targeted research on brain repair, exercise after stroke, small vessel disease and dementia, the HSF Canadian Partnership for Stroke Recovery will:

- conduct clinical trials to test new rehabilitation therapies;
- fund emerging and innovative stroke recovery research;
- advocate for better services for patients and families;
- produce resources and tools to deliver the latest research knowledge to the people who can use it; and,
- foster networking and collaboration in the stroke recovery community.
- To learn more about the Partnership, please visit www.canadianstroke.ca

Praise for the New SRABC Website

“I was guest-teaching a non-profit marketing 101 course at BCIT last night and showed off the new SRABC website as one of my good examples and talked about how it evolved.”

Lynne Henshaw

North Shore Homelessness Task Force Coordinator

“I wanted to let you know how good your new site looks. It is really easy to navigate with loads of helpful information.”

Kelly Sharp, BSc OT

Community Intervention Coordinator

Acquired Brain Injury and Intensive Rehab Day Programs

GF Strong Rehabilitation Centre

Asking for Help - A Wonderful Way to Give

What if asking for help is an act of giving? It is one of the hardest things to do it seems. In asking for help we are afraid that we might be burdening others, or that our wish will go unanswered leaving us feeling disappointed...again. Or maybe we feel that if we ask for help we will be judged as incompetent, giving our boss reason to not grant us that raise. Or perhaps we don't want to feel vulnerable, and admit to ourselves that maybe we don't have all the answers and can't do it alone. It also doesn't help when we live in a society that says giving is better than receiving, putting ourselves first is bad or selfish, and we must be strong. Asking for help can feel vulnerable. So what if asking for help is an act of giving? When we ask for help we give people the opportunity to give. And giving feels good, and is good for the soul. By asking we invite people to temporarily look beyond themselves, show compassion and extend their gifts and resources. The same is true for us – we open ourselves to others, show compassion for our needs and limits, and relieve the stress of doing it alone. We strengthen our interconnectedness with others, and build community one relationship at a time. And we support each other, and ourselves, to be human, versus superhuman, and to act with humility and empathy. “A man never stands as tall as when he kneels to help a child.” ~ Knights of Pythagoras. Open yourself to others and let go of what cannot be done alone. Where can you ask for help? Where can you receive the offerings from others in your life today? -

See more at: <http://www.vincegowmon.com/asking-for-help/#sthash.qxrtjO1E.dpuf>

Volunteering Makes You Happier

We know about the good that volunteers do. From delivering meals to the elderly to staffing polling stations at election time, we'd be lost without volunteers in our society. But there's another reason why volunteering is a good thing, and that's for the effect

on individuals themselves. More and more research shows that volunteering improves health and well-being among people who do it.

The latest comes in the form of a study from the University of Exeter. Researchers reviewed 40 studies from the last 20 years looking at the link between volunteering and health. They found a strong positive association. For example, volunteers had a 22% lower mortality rate than non-volunteers, and they also had higher levels of self-esteem and happiness.

Volunteering is something that can potentially be good for people, but only when they choose to do it.

Exactly why volunteers should feel better about themselves is an open question that hasn't been fully answered by research (one problem is that happier people may be more likely to volunteer in the first place). But the Exeter work gives some possible explanations, such as increased social inclusion and activity levels.

The study follows previous reviews that have found similar benefits, particularly among older people who are most at risk of becoming isolated. U.S. states with the highest volunteer rates tend to have the lowest rates for mortality and heart disease, and research indicates there is a "threshold"--two hours per week--where the benefits are maximized.

Does that mean we should do everything we can to encourage volunteering? Maybe not, actually. Sue Richards, who led the latest review, says cajoling people into helping others can backfire, and that the effect is reduced when people are not recognized for their efforts or the activity eats too much into their time.

"The evidence points to volunteering as something that can potentially be good for people, but only when they choose to do it, and at a level that feels right for them," she says, in an email.

"Compelling people to volunteer is unlikely to yield health benefits."

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

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

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