

SNIPPETS

NOVEMBER 2016



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RECOVERY & SUPPORT RESOURCES

Video Series: Life After Stroke Project



Stroke Recovery Association of Manitoba

The Stroke Recovery Association of Manitoba has created a video series profiling stroke survivors from all walks of life. who share their experiences and recovery goals. Watch the videos at <http://www.lifeafterstrokeproject.ca/>

Aphasia Friendly Newsletter



Read the latest newsletter from the Aphasia Recovery Connection (ARC) at <http://tinyurl.com/zdt57or>. This edition includes an aphasia challenge quiz, information about the Aphasia University Boot Camp, and an article about a caregiver's story. Also featured is a video reading of the newsletter!

Bridging Aging and Disability International Network (BADIN)



The goal of this not-for-profit network is to bridge the fields of aging and disability. When you sign up with BADIN, you will receive their newsletter, the chance to network with everyone from researchers to policy makers, and

opportunities to participate with the network.
Visit <http://www.badinorg.net> to find out more and register.

BOARD OF DIRECTORS' UPDATE



2016-17 SRABC BOARD OF DIRECTORS

Atul Gadhia - President
Chris Russell - Vice-President
Iris Lau - Treasurer
Mohamad Kermany - Secretary
Julie Wei - Director
Angela Wright - Director
Heather Branscombe – Director
Catherine Sherrard – Director
Michelle Sharp – Director
Brian Stromgren - Director

You can find biographies on www.srabc.ca

Annual General Meeting 2016

Our AGM was held on Saturday, October 15th, 2016 in Vancouver, BC.
Thank you to all SRABC members who attended or sent in their proxy votes.

We passed a motion to revise our bylaws and constitution to bring them into line with the new Societies Act that will come into force in November 2016.

In doing so we made sure we stay ahead of the game and don't have to scramble at the last minute to put things right. A big thank you to our legal and executive team for all their work in making this happen. The new bylaws will not come into effect until the Society transitions to the new Societies Act, which will occur after November 28, 2016 when that Act comes into force. Until such time, the current bylaws will remain in effect.

Town Hall Meeting Calls

We set up 'Town Hall Meeting' calls to provide updates on what's happening at SRABC and so members can ask questions and provide feedback. We have had very few people taking part so we won't be scheduling another call for the immediate future. We'll revisit this at a later date. Meanwhile, if you have any questions please contact us via the Provincial Office.

New Video

We have sent DVD copies of the new video in our series '7 Steps to Stroke Recovery.' The Communication and Language video is now on YouTube here: <https://youtu.be/ZIFUhuOrhWw>

It gives useful information and advice about dealing with aphasia.

Aphasia is a communication disorder that results from damage or injury to the language parts of the brain. It's more common in older adults, particularly those who have had a stroke.

People with aphasia may have difficulty talking, understanding what others are saying, and difficulty with reading and writing.

Life for people with aphasia can be exhausting and frustrating. You know what you want to say, but cannot find the words to say it. Sometimes the wrong word comes out. Sometimes you get stuck saying the same word over and over. And sometimes, the words won't come at all.

It can feel like being dropped into a foreign country where you don't speak the language.

Aphasia can make others underestimate your competence and intelligence.

Aphasia can make everyday communication hard.

Activities like using the phone or ordering food at a restaurant can suddenly become challenging. Just saying a friend's name or sharing an idea can be difficult.

Living with aphasia can be very isolating leading to changes in confidence and self-esteem.

It is important that people with aphasia and their families and friends know that they are not alone. Help is available. By finding ways to communicate together and working as partners, a person with aphasia and their loved ones can live successfully with aphasia.

New Staff Member

March of Dimes Canada (MODC) and SRABC are pleased to welcome Jill Jukes to the organization as our Western Region Coordinator, Community Engagement & Integration Services (CEIS), based in the Vancouver office.

Jill is a graduate of Trent University (Honours BA, Political Studies), obtained a Journalism diploma from Algonquin College, and is a Certified Volunteer Administrator (CVA).

After working as a reporter for the Sechelt Press, Jill joined CNIB in 1998 as their Community Coordinator, then Communications Coordinator before spending three years as the Coordinator of Marketing and Volunteer Services for the West End Community Centre Association. There she honed her skills and competencies in marketing, special events and fundraising. She returned to CNIB in 2008 as the Coordinator, Volunteer Services, Greater Vancouver & Vancouver Islands Region and then National Manager for Volunteer Services at CNIB where she provided leadership, support and direction to a team of 23 Coordinators of Volunteer Services across the country.

Jill joins the BC team to assist with our joint MODC/Stroke Recovery Association programs, to champion volunteer engagement for MODC and

SRABC, and to assist with MODC national volunteer resource management initiatives.

Please join us in welcoming Jill to the SRABC/March of Dimes Canada team! Jill will commence her duties on November 15th.

BRANCH UPDATES

VANCOUVER

Website Upgrades



We are upgrading SRABC's website. One of the new items we will be including is a blog. Just in case you don't know what that is ... a blog is short for 'weblog'. It is a part of a website that is like a diary or journal. Bloggers (people who write blogs) usually write about their opinions and thoughts on a particular topic.

The topic of our blog will be stroke recovery. Its purpose will be to provide useful information to stroke survivors. By 'useful' we mean practical tips ... but also we mean the kind of personal and uplifting stories, moments, as well as the daily accomplishments that you may not find elsewhere.

So we're looking for tips on managing daily living. For instance, at present we have videos on how to clip nails or put up a ponytail when one side of your body is compromised. These are good tips and we'd love more of them.

If you know anyone who might be willing to contribute information from their own experiences then we'd love to have them answer some questions. We can use their answers to create blog postings that tell stories of courage and perseverance in the face of stroke

Here are some questions about the blog we thought you could ask some of the stroke survivors you know or answer yourself:

- What kind of information would you like to read about in our blog?
- What information is missing for you right now that you could use?
- What information was missing in the initial stages of your recovery that you wish you had known about?
- What topics would help you the most?
- If you know anyone who'd be willing to provide more details of their personal story then we'd love them to answer questions like these:
 - How old were you when you had your stroke?
 - How long ago did you have your stroke?
 - What was your first thought when you were told you had suffered a stroke?
 - What are some of the greatest challenges you've faced and how did you overcome them?
 - Describe the moment you first realized that there was hope.
 - What's been your most important accomplishment?
 - Did something unexpected and wonderful ever happen as a result of your stroke? Perhaps a loved one helped in unexpected ways or a stranger came through when you needed it?
 - Sometimes we can find laughter in some of our darkest moments. While dealing with the changes and challenges of your stroke, did something funny and unexpected ever happen that you'd like to share?
 - Do you have any tips to pass on about managing daily living after a stroke?
 - If there's a message you could send others who are recovering from a stroke, what would you say to them?
 - Are there any ways in which your life is better now than before the stroke?



On a very windy Saturday morning ten branch coordinators met at the Creekside Recreation Centre for our annual education session. This year's theme was Speech and Language. The guest speaker was Eavan Sinden, a Clinical Instructor in Speech Language Pathology at UBC.

The meeting began with a debut viewing of Communication and Language, the second in the 7 Steps to Stroke Recovery video series. It was well received and each coordinator was given a copy of the video to take back to their branch.

Eavan Sinden's primary focus is to develop programs and resources for people with aphasia within the Life Participation Approach to Aphasia (LPAA) model. Her approach to speech therapy was practical, realistic and very achievable. As coordinators we were all so pleased to hear that by setting up a non-threatening and positive environment for our stroke survivors we are all contributing greatly to their speech rehabilitation! Eavan's presentation was thought-provoking and full of helpful and easy to implement ideas. She answered all of our questions and was happy to share some of her triumphs and disappointments.

The session ended with all coordinators wanting more time with Eavan to learn about supported conversation for adults with aphasia.

VERNON

Branch Commemorates Canada's 150th Anniversary



The Vernon Stroke Recovery Branch celebrated Canada's 150th Anniversary by planting 150 tulip bulbs at the Vernon Jubilee Hospital. For photos and more information, read it online in the Vernon Morning Star

<http://www.vernonmorningstar.com/community/398466021.html>

CAREGIVER'S CORNER

Family Caregivers of BC



**Family Caregivers
of British Columbia**

Read the latest version of the Caregiver Connection at

<http://www.familycaregiversbc.ca/wp-content/uploads/2016/10/CaregiverConnection-fall2016-web.pdf>

Family Caregiver's Grapevine Fall Edition



**North Shore
Community Resources**

Connecting You to Community Services!

Download the North Shore Community Resource's September/October Edition of the Family Caregiver's Grapevine at

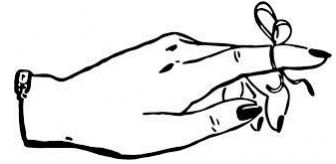
<http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>. This edition covers issues of anxiety, guilt, and time management as a caregiver.

TECHNOLOGY & DISCOVERY

WRAP - MEMORY AID

Having a hard time remembering things? Try using WRAP.

W = Write
R = Repeat
A = Associate
P = Picture



Write things down-remember to read what you write.

Repeat, routine, rehearsal- do things the same way over and over and practice, practice, practice.

Associate-connect easy things to remember with hard things to remember e.g. if you are trying to remember the name of a person called 'John' you can connect it with John Lennon of The Beatles.

Picture-take a mental picture or take a pencil and draw it. Look for things that are easy to identify because they stand out.

How will you remember this? Go back to the start and touch each word as you read it out loud. Do it 3 times. You be using your hearing, vision and touch all at the same time to enrich the learning experience. Chances are it will now stick! Think of it like a sports or exercise drill.

Learn more about the WRAP method here and visit www.speechinsightpathology.com for more resources and information.

EVENTS

WORLD STROKE DAY: #StrokeIsTreatable

The campaign theme of this year's World Stroke Day 2016 (#WSD2016) was #StrokeIsTreatable. In preparation for March of Dimes had stroke survivors from Stroke Recovery Canada®, Stroke Recovery Association of BC, and Aphasia & Communication Disabilities Program (ACDP) reveal

their insights into stroke and/or stroke recovery. To view the inspiring album visit <http://bit.ly/MODCWS16>. For more information about the MODC's Stroke Recovery services, please visit <http://bit.ly/ModcSRC> and <http://strokerecoverybc.ca>

ART AFTER STROKE 2017

Mark your calendars! 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 also pleased to announce that we have our first Michelangelo level 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/>

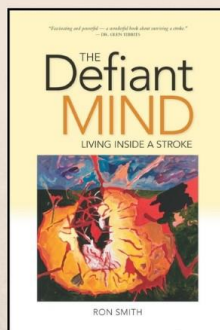
Tickets for Art After Stroke are available through Ticketzone: <https://www.ticketzone.com/event/8622/artafter-stroke>

Book Launch

featuring the BC Bestseller

*The Defiant Mind:
Living Inside a Stroke*

by Ron Smith



“Beautiful, moving and resourceful . . . a work that everyone should read.”
– *Vancouver Sun*

Wednesday, Nov. 16 at 7:00 p.m.
Dunbar Community Centre,
4747 Dunbar St., Vancouver

Refreshments, readings, book signing
Ample parking available (at rear and on street)

VOLUNTEER



Employment Mentorship Support Project

ConnecTra Society has a new research program, Employment Mentorship Support Project, in partnership with University of British Columbia's Department of Occupational Therapy and Occupational Science.

ConnecTra is seeking volunteer mentors to support individuals with physical disabilities in pursuit of employment, training, education, volunteering, recreation and increased social involvement.

Typical support includes researching community resources, job searches, and registration of participants at their local Work BC Employment Services Centre.

Volunteer Mentors will need to have previous employment experience, clear a criminal record check for vulnerable adults, and commit to volunteering over an eight-month period.

Attendance at a day-long volunteer orientation is required:

Saturday, Nov 19 from 9:30 a.m. through 4 p.m. in Multi-Purpose Room No. 3 of Creekside Community Centre, 1 Athletes Way, Vancouver. Located near Olympic Village and Main Street Science World Stations.

ConnecTra reimburses Volunteer Mentors for parking and Translink.

For more information: www.connectra.org or please contact: DAVID PARKE at dppowder@gmail.com and 604-839-0557