



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA

# Snippets October 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](mailto:office@strokerecoverybc.ca)
- All past issues of Snippets are available on the SRABC website at:

<http://strokerecoverybc.ca/snippets/>

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### **SRABC Bylaw Reform**

We need to change our bylaws

It is part of the annual cycle of events in running an effective Association to review the bylaws. Our lawyer has advised us that we need to update our bylaws to bring them in line with current standards.

We need your vote!

The day you paid your \$20 to SRABC you became part of an Association. As an SRABC member, voting on important decisions is one of your rights and responsibilities. The

Board of Directors will be proposing a Special Resolution to adopt new bylaws and recommends that you vote YES. The Special Resolution must be approved by not less than 75% of those members who vote on the resolution. We encourage you to make an informed vote with your Association's best interests in mind.

How to submit your vote:

You can either vote in person at the SRABC AGM or you can fill in a proxy form which we will be sending to every Branch along with all the AGM information in mid-September.

Save the Date: SRABC AGM

The SRABC AGM is on Saturday October 25th at Creekside Community Centre in Vancouver.

How can members ask questions and provide feedback?

Call the Executive Director, Tim Readman, on 604 688 3603 or 1-888-313-3377 or email [execdir@strokerecoverybc.ca](mailto:execdir@strokerecoverybc.ca)

Email the President and Board Chair, Casey Crawford, at [president@strokerecoverybc.ca](mailto:president@strokerecoverybc.ca)

Where can I get more information?

From your Branch Coordinator - we sent a copy of the new bylaws and an explanation of all the changes to every one of SRABC's branches with the 2014 AGM information package.

From the Provincial Office - call 604 688 3603 or 1-888-313-3377 or email [execdir@strokerecoverybc.ca](mailto:execdir@strokerecoverybc.ca)

## **Branch Update - News from SRABC's Branches**

### **Burnaby South**

The new coordinator for the Burnaby South Branch is Irene Iu. Irene has a B.Sc. Honours in Physiology from the University of British Columbia. She has worked as a lab technician and research assistant at VGH and at UBC. She has been a volunteer at St. Paul's Hospital for five years in the Renal Coffee Cart Program and in the Healthy Heart Resource Centre. She has also been a BC Lung Association Fundraising Event Volunteer for four years. Irene has volunteered at our Burnaby North Branch for six months prior to applying for this position. We'd like you to join us in welcoming Irene to our team.

### **Burnaby North**

Ruby Gill, Templeton Branch Coordinator has taken over the position at Burnaby North. Thank you to Ruby for agreeing to coordinate this program!

## Kamloops

Stroke Recovery Education Day 2014



Members of the Kamloops Branch with Tim Readman, Executive Director



Stroke Survivors who spoke at the presentation: Sharon Cox



Stroke Survivors who spoke at the presentation: Glenys Doddington.



Members of the Kamloops Branch at their SUMMER PARTY

The Kamloops Stroke Recovery Branch was honored to have Tim Readman - Executive Director SRABC, join us for our Stroke Recovery Education Day. We enjoyed two presentations from Stroke Recovery Members, Sharon Cox and Glenys Doddington, who both shared their personal stories of recovery. Members of the community joined us in exercise, conversation and the viewing of both of SRABC's recent DVD'S "7 Steps to Stroke Recovery" and "Interviews with Stroke Survivors". It is a great privilege to make a difference in the lives of individuals and caregivers in our community that are dealing with the effects of Stroke. Thank you SRABC for your support.

The Kamloops branch also enjoyed their end of Summer Party at the residence of our President Colin Cox's house. We enjoyed chilli, buns, salads, desserts and most importantly fun and games. Our planning for the remainder of the year has been set and we look forward to sharing with other branches our activities in future Snippets Newsletters.

Health and Happiness from Shona Cox - Program Coordinator and the members of the Kamloops Stroke Recovery Branch.

## **Research Provides New Understanding of Emotional Impact of Stroke**

The physical challenges associated with recovery from a stroke are well documented however the impact of a stroke on emotion is less well understood. New research from the

University of Aberdeen, published October 1st in the British Journal of Clinical Psychology has identified key areas in which stroke can impair emotion regulation and found that these difficulties continued 18 months after the stroke.

The findings of this study have implications for the long-term treatment and recovery of stroke survivors and may help pave the way to help guide treatment interventions following stroke.

<http://medicalxpress.com/news/2014-10-emotional-impact.html>

## **Research on Couples after Stroke - Volunteers Needed**

If you want full details please ask your Branch Coordinator or email [execdir@strokerecoverybc.ca](mailto:execdir@strokerecoverybc.ca) or call Tim Readman on 604-688-3603 ext. 103 - and he will send you a copy.

Purpose:

Family transitions such as birth of children or retirement often change marriage relationships. Stroke may be particularly challenging to marriages. However, little is known about how couples think about their marriages in light of their changed situation.

The proposed study will help us to understand how couples construct their husband and wife roles and marital relationship after one partner has a stroke. The results of this study will be used in support of my dissertation.

What am I being asked to do?

We are asking to you and your spouse to participate in either a joint or separate interviews to talk about your relationship. You may be asked if you wish to participate in a second interview to check if your experience was similar to other couple's.

What will happen?

We'll ask you questions like how you met and some of the memorable experiences. Then we will ask you to tell us about your relationship now and how you manage. Finally, we will ask a few questions about what you knew about stroke at the time the stroke happened and what your relationship was like when one of you was discharged home after a first stroke. The discussion will take about one hour. The interviews will be tape recorded and transcribed.

Do You have Questions?

If you have more questions please call Sharon Anderson at 780-7953-5541 or email her at [sdanders@ualberta.ca](mailto:sdanders@ualberta.ca)

## Getting Over the Fear of a Second Stroke

Posted by Lisa O'Neill Hill Sep 11 2014 <http://www.strokesmart.org/new?id=263>



You've had a stroke and your world is suddenly upside down. You're shocked and scared. You want to know why it happened and what you need to do to get better. All of this is normal. After all, a stroke is a medical emergency and can be a life-changing event. But, if you're like many, once you get over that initial shock, you may begin to worry about something else—having a second stroke. "It's very, very common that they're worried about having another one," Dr. Benjamin Bruinsma, medical director of the stroke program at Mary Free Bed Rehabilitation Hospital in Grand Rapids, Mich., said of stroke survivors. After a stroke, the risk of a second one can go up by 40% within five years. Dr. Bruinsma says he tries to alleviate patients' fears by telling them the results of testing and explaining the treatments that will help them get better. So, what can you do if you are worried about a second stroke?

**Know your risk factors** "I think the main thing is... know the risk factors in general. Know your specific risk factors and then eliminate your risk factors as best as possible," Dr. Bruinsma said. It's also important to follow your physicians' advice about taking medications such as aspirin that can decrease your risk, he said.

**Get emotional support** Psychological counseling can help, whether you are concerned about having a second stroke, anxious because you had a stroke, or depressed because of physical limitations. "Getting into a stroke support group is very beneficial because you can get the perspective of what other people went through," Dr. Bruinsma said.

**Control your blood pressure** A recent study published in the journal *Stroke* found that stroke survivors could reduce their risk of a second stroke by more than 50% by consistently controlling their blood pressure. Most stroke survivors did not do that. The study found that less than a third of stroke survivors maintained a consistent blood

pressure more than 75% of the time.

If you feel strange and are unsure whether you are having another stroke, don't take any chances. If you experience any stroke symptoms, call 9-1-1.

## **Stroke of Luck— A Play by Jacques Lalonde**

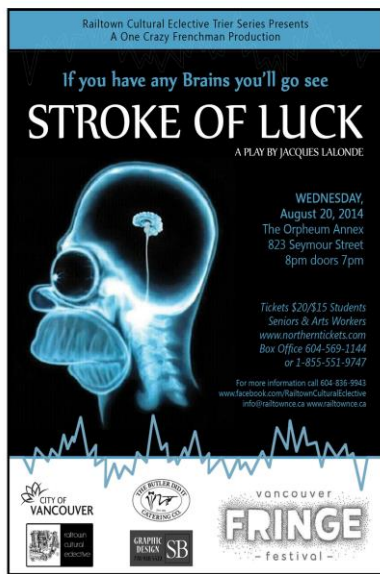
Review by Jose Suganob, Stroke Survivor, Templeton Stroke Recovery

Jacques Lalonde has performed for over one million people at almost every major festival in BC including Vancouver International Storytelling, Children's Dragon-boat, and Comedy Festivals, Vancouver and Surrey First Night, The Festival of Dreams, Prince Rupert Comedy Festival. He is the only recipient of a Lifetime Achievement Award from the Vancouver International Fringe Festival and has been in over 20 Best of the Fringe and holdovers including A Closer Walk with Jean Chretien, How I Learn to Drive, The Kenny Rodgers Experience and A Short History of My Life as a Bear. He also was the host for Live City Vancouver at the 2010 Olympic Games.

On July 1, 2013, Jacques Lalonde has a stroke that left him without the use of his right arm and right side of his face. Stroke of Luck uses Jacques' renowned storytelling skills to give us an inside look at how the brain works and the difficult road to recovery. We learn about the value of reaching out to friends, staying positive and see some of the crazy exercises one has to do get back to 'normal.' Stroke of Luck gives us hope, inspires us to see the beauty of life in new ways, and will help develop your Christopher Walken impersonation. Will Jacques be to use his right hand again? Will he ever able to sing? What can he now do with his left hand that he couldn't do before? All will be revealed with the charm and wit Jacques is famous for in his storytelling.

Templeton Branch members - Ollie Stogrin, Orlando, Rose, Deb and I and our Branch Coordinator Ruby Gill - went to see Stroke of Luck on 8/20/2014. I went via Skytrain, to Granville Station and went to west of Seymour Street until I found the Orpheum Annex (823 Seymour St.). An usher told me the Orpheum Annex was on the 2nd floor. The building is fairly new so it has an elevator (that's good because of my scooter). I came early and talked to Tim Readman (Executive Director of SRABC) and Margaret Hansen (Coquitlam Branch Coordinator) came as well. We watched the play from the front row. Jacques really is a good story teller. He is a stroke survivor, too. With the charm and wit, he gave us an inside look how the brain works and the difficult road to recovery.





## Online Stroke Support Group

An online stroke support group helping those who have suffered a stroke. Caregivers and survivors welcome for support and encouragement. Join for free.

<http://www.strokesupportgroup.org>

## Constant Therapy

Constant Therapy is a personalised iPad based therapy for people who have had strokes or other brain injuries.

The wide variety of tasks helps to deliver customized therapy to people with speech, language, cognitive, memory, communication and learning disorders. The detailed analytics available through Constant Therapy empower, clinicians, patients and their caregivers as they make faster progress in their recovery.

To view a short overview go here: <https://www.youtube.com/watch?v=yKVAWpTHiwc>

For more information: <http://www.constanttherapy.com/>



## Links to Aphasia Apps and Information

Thanks to Ruby Gill, Templeton Branch Coordinator for doing the research and sharing

this information.

[http://www.stroke.org/site/DocServer/iHOPE\\_Aphasia\\_Apps\\_List\\_.pdf?docID=9761](http://www.stroke.org/site/DocServer/iHOPE_Aphasia_Apps_List_.pdf?docID=9761) - link for apps

<http://www.aphasia.org/sites/default/files/files/ApplicationsList.pdf> - link for apps from national aphasia association

<http://online.wsj.com/news/articles/SB10001424127887323368704578593631733648200> - wall street journal article; interesting read

<http://www.bu.edu/aphasiaresearch/> - this is a link for links to top Aphasia resources and some apps are included, but you need to look through it all to find them closer to the end



## **FAME and GRASP Program Information**

Thanks to Ruby Gill, Templeton Branch Coordinator for sharing this information.

I thought the following links to these programs for improving arm and leg function after stroke could be useful to interested volunteers and Branch Coordinators. They are the two programs that Dr. Lara Boyd discussed when she spoke at our Branch. One of the volunteers at Templeton is certified in GRASP and he will be starting this shortly. (He has already started a balance/mobility program as members stated this was an important area of recovery for them).

I thought this could be disseminated to interested parties and could be useful. Information regarding liability etc. is also included on the website.

<http://neurorehab.med.ubc.ca/fame/>

<http://neurorehab.med.ubc.ca/grasp/>

## **BC Caregiving Guide**

The September 2014 issue of the BC Caregiving Guide in Senior Living Magazine is now available on-line and in hard-copy. FCNS is continuing to collaborate with Senior Living Magazine to offer this Guide in March and September in order to reach more caregivers throughout BC. The digital copy is available on the Senior Living Magazine website

at: <http://www.seniorlivingmag.com/issues>.

Visit <http://www.seniorlivingmag.com/distribution> or call 1-877-479-4705 to find out where to pick up a hard-copy of the Guide in your community.

Included in this issue of the BC Caregiving Guide:

- Caregiving From a Distance
- Surviving Long-Term Caregiving
- How Family Caregiver Support Organizations Can Help
- Respite Care and Caregiver Support Across BC
- Family Caregiver Support Resources in BC

Click [here](#) to access your digital copy of the September 2014 BC Caregiving Guide



## **FREE Webinars for Family and Friend Caregivers**

Register now to reserve your spot in these upcoming webinars. For additional information or if you have any questions, please call 250-384-0408 (toll-free 1-877-520-3267) or email [caregiversupport@fcns.ca](mailto:caregiversupport@fcns.ca).

Rules, Roles and Responsibilities: Working Effectively with Your Case Manager

### **The Reluctant Caregiver: Are You One?**

Wednesday, October 15, 6:30 - 8:00 PM

You will have the opportunity to vent, receive compassion, be challenged respectfully by a skilled counsellor and learn ways to... [Read more](#)

### **Cultivating Balance: Self-Nurturing for Family Caregivers**

Tuesday, October 21, 6:30 - 8:00 PM

As a family caregiver, if you feel you are burning out, this webinar could be the catalyst for giving yourself permission... [Read more](#)

### **How to Have Those Difficult Conversations: Tips for Family Caregivers**

Monday, November 3, 6:30 - 8:00 PM

Is it no longer safe for your parent to be driving? Are you feeling like you can't do it all anymore... [Read more](#)

### **Managing the Ongoing Losses of Caregiving**

Tuesday, November 18, 6:30 - 8:00 PM

Facing ongoing loss is one of the many challenges that family caregivers encounter.

These can include the loss of... [Read more](#)

Register by phone 1-866-396-2433 or on-line at [www.careringvoice.com](http://www.careringvoice.com). Webinars are offered through your computer and telephone. If you don't have a computer, you can simply listen to the audio over your telephone. You will not be able to see the visual portion of the Power Point presentation.

Please feel free to forward this email on to family, friends and co-workers who might also find the information helpful.

*Glendora Scarfone, Administration and Caregiver Support, Family Caregivers' Network Society*



Care-ring Voice Network

### **Can Taking Care of Someone Make you Happier?**

Yes! There are certainly challenges and tough days, but there are also many times of expressing love in ways big and small, learning to be truly present, and even laughter.

Fulfillment

Being able to provide physical, emotional or spiritual support to someone, or all of the above, is not a one-way street - caring and helping others is deeply gratifying, rewarding and uplifting.

Happiness

Many caregivers express the wonderful things they cherish about their role as a care

partner - renewed sense of purpose and belonging, great pride in being a caregiver and moments of incredible laughter and happiness.

#### The little things

A short chat with a friend, a regular early morning run, 20 minutes to draw or paint, or even caring for something else like a garden or your dog, can help you refuel for challenging times ahead.

#### Stronger relationships

You might get to know the person better, or in new ways, during the experience of providing care. A 2012 Stats Canada study, Caregivers in Canada, found that about nine in 10 caregivers felt the experience was rewarding. Moreover, seven in 10 also expressed that their relationship with their care receiver had strengthened over the course of the previous 12 months.

Source: [www.huffingtonpost.ca/natalie-strouth/benefits-of-caregiving\\_b\\_4136104.html](http://www.huffingtonpost.ca/natalie-strouth/benefits-of-caregiving_b_4136104.html)

## **Seeking Volunteers: Rehabilitation Research Study**

Are you recovering from a stroke?

The Robotics for Rehabilitation Exercise and Assessment in Collaborative Health Care (RREACH) Laboratory is conducting this study, which aims to improve the way home-based physical therapy is delivered by studying human reaching movements while holding two small robotic devices in your hands. We are seeking volunteers who are recovering from a stroke and who meet the following criteria:

- Weakness on one side of the body as a result of a stroke.
- Able to sit on a chair without arm rests, for 1 hour.
- Ability to understand/follow directions and answer questions in English.

The Robotics for Rehabilitation Exercise and Assessment in Collaborative Health Care (RREACH) Laboratory is conducting this study, which aims to improve the way home-based physical therapy is delivered.

Participants will be asked to come to the UBC Point Grey Campus and perform a series of reaching exercises while holding two small robotic devices in their hands (if you are not able to grasp them, we will provide you with an adjustable strap that will hold the small robotic devices in place).

The study will take approximately 1.5-2 hours. Volunteers will be required to complete a consent form before participating. Participants will receive compensation for transportation

expense, as well as a small gift as a token of our appreciation.

For more information, or to volunteer for this study, please contact:

Bulmaro Valdés [bulmaro.valdes@alumni.ubc.ca](mailto:bulmaro.valdes@alumni.ubc.ca) | 778-628-7056

Thank you for your interest in our research.

Co-Investigator: Bulmaro Valdés | PhD Candidate

Principal Investigator: Dr. Mike Van der Loos | Professor Department of Mechanical Engineering, UBC



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### **Job Fair for Job Seekers Living with a Disability**

This Job Fair organised by Neil Squire Society is exclusively for job seekers living with a disability. It will feature employers committed to a representative workforce, as well as service providers.

When: Thursday, October 23, 2014 12:30pm – 3:30pm

Where: Firefighters Banquet & Conference Centre, Metrotown Complex, 6515 Bonsor St., Burnaby, BC V5H 3E8

Registration

For more information contact: Anirudh Rayas 604.637.3577 [anirudhr@neilsquire.ca](mailto:anirudhr@neilsquire.ca) or Alexi Thomas 604.473.9363 [alexit@neilsquire.ca](mailto:alexit@neilsquire.ca)



### **Musical Stroke Project**

This project at the University of London, England aims to investigate the role of music in stroke rehabilitation with a focus on trialling some traditional forms of physical intervention on new devices using a variety of haptic systems. Three prototypes are designed and built

to trial these ideas and preliminary feedback from 25 stroke survivors is used to assess their interest in music as a motivator for performing standard repetitive tasks. Direct feedback results show that 92% of patients are interested in informal group music making and 100% showed interest in playing one particular prototype, the Musical Stress Ball.

There's more info here: <http://ow.ly/BSgUL>

## **The Music Glove**

The Music Glove is a USA FDA approved rehabilitation device that improves hand function in people with stroke and other neurological or muscular disabilities.

Users play the music-based game by making specific hand movements along with scrolling notes on the screen. These movements, such as pincer grasp and key pinch grip, are vital to regaining the ability to use the hand after neural damage.

There's more info here: <http://www.musicglove.com/>



## **The Post Stroke Checklist (PSC): Improving Life after Stroke**

The Post Stroke Checklist (PSC) was developed by an international multi-disciplinary group of stroke experts, including several WSO leaders, convened to focus on the need for improved long-term stroke management across the continuum of care. Professor Michael Brainin (Austria), GSCAP Chair, stated that "the need for practical tools to support clinicians in identifying long-term stroke complications and referring appropriately, with the goal of improving quality-of-life for stroke survivors, had prompted the GSCAP to focus on PSC development as a priority".

Professor Stephen Davis (Australia), President of the World Stroke Organization (WSO), added that "we need to continue to improve long-term care and support after stroke. The

WSO is keen to support the availability of tools that will improve stroke survivor follow-up and ensure that treatable complications are identified and referred for appropriate management. "He continued that "the WSO Board was delighted to endorse the PSC on 5th February 2013 and urged clinicians caring for stroke survivors to integrate the PSC into regular follow-up."

The PSC is a simple, easy-to-use checklist of 11 key questions that helps health care professionals identify post-stroke problems amenable to treatment and/or referral. The key questions focus on:

- 1) Secondary stroke prevention
- 2) Activities of daily living
- 3) Mobility
- 4) Spasticity
- 5) Pain
- 6) Incontinence
- 7) Communication
- 8) Mood
- 9) Cognition
- 10) Life after stroke
- 11) Relationship with family

The questions included in the checklist support productive clinician-patient dialogue and it is envisaged that the PSC will be administered during regular stroke follow-up at designated time intervals i.e. 3-months, 6-months, 12-months post stroke and annually thereafter. The twelfth point which should not be forgotten is the strain of patient's next-of-kin and caregivers. Their professional support when needed will improve the well-being of the patient.

Professors Christopher Chen (Singapore) and Anthony Ward (UK) carried out PSC feasibility and utility pilots during 2012. Professor Chen highlighted that "the pilots confirmed that the PSC is simple and easy to use with strong content validity, and demonstrated that the checklist supported the identification of a wide range of unmet stroke survivor needs". He also noted that "clinicians and patients expressed high overall satisfaction with the PSC, that the checklist was generally well understood, and that the asking of appropriate questions was highly valued by stroke survivors and caregivers".

For more information please go here:

<http://www.worldstrokecampaign.org/learn/the-post-stroke-checklist-psc-improving-life-after->



[stroke.html](#)



## **The Importance of Practicing Gratitude**

Introduce the topic by asking the group these questions:

1. What do you think the term “practicing gratitude” means?
2. Do you think there is a link between gratitude and a higher quality of life? Why?

Share these 3 questions and answers about gratitude:

1. What is gratitude? Gratitude means thankfulness, noticing simple pleasures, and acknowledging what you receive. It means learning to be aware, on a continuous basis, of how much you’ve been given.
2. How does gratitude improve quality of life? Two psychologists, Michael McCollough of Southern Methodist and Robert Emmons of the University of California, conducted an experiment on gratitude and its impact on well-being. The results indicated that daily gratitude exercises resulted in higher reported levels of alertness, enthusiasm, determination, optimism, and energy. In addition, those in the gratitude group experienced less depression and stress, were more likely to help others, exercised more regularly, and made greater progress toward achieving personal goals.
3. How can you practice gratitude? Keep a gratitude journal - write down every day a list of three to ten things for which you are grateful; you can do this first thing in the morning or before going to bed at night. Or, write a gratitude letter to a person who has been a positive influence in your life but whom you have not properly thanked. Some experts suggest that setting up a meeting with this person and read the letter to them face to face.

Conclude the topic with the following activity:

1. Let the group know you are going to start your practice now and ask each person to take a moment and think of one thing they are thankful for.
2. Give a few moments of reflection time, then ask everyone (or those who feel comfortable) to share what they are thankful for.
3. Ask the group how expressing gratefulness made them feel.

Source: [www.thechangeblog.com/gratitude](http://www.thechangeblog.com/gratitude)



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

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