



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets September 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/>

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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

Email the President and Board Chair, Casey Crawford, at 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 this letter.

From the Provincial Office - call 604 688 3603 or 1-888-313-3377 or email execdir@strokerecoverybc.ca

Branch Coordinators' Education Session

Saturday October 25th 2014

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

9:30 am – 11:30 AM

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

Refreshments:

Please note that owing to the recent in our reduction in funding we will not be able to provide refreshments this year. However the cafes and restaurants in the Olympic Village (or the Village on False Creek as it is now called) are now all open for business. Here are a couple of recommendations for those of you who like to plan ahead.

<http://jjbeancoffee.com/our-locations/false-creek>

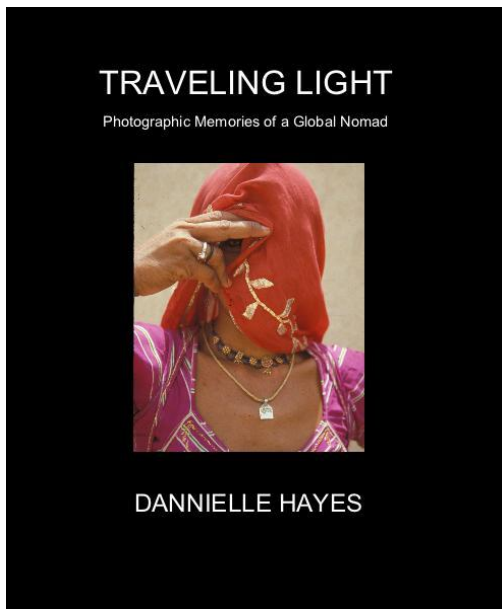
http://www.terrabreads.com/find_us/locations

Branch Update - News from SRABC's Branches

Shaughnessy Branch

Renowned photographer and writer, Dannielle Hayes; stroke survivor, Shaughnessy Branch member and member of the SRABC Communications Committee held a book launch brunch at the lovely Listel Hotel, on Robson Street in Vancouver on August 17th. Dannielle spent almost 50 years based in New York City. She taught photography and video, and founded Professional Women Photographers in 1975. She has traveled to more than 80 countries as a photographer. Her fabulous new book of memoirs and photos is called *Traveling Light: Photographic Memories of a Global Nomad*. It is available at

<http://www.blurb.ca/b/5463345-traveling-light>



Richmond Branch

Judith McBride is leaving the Coordinator post at the Richmond Branch. Judith will continue to be Co-Coordinator at the White Rock and Delta Branches. We'd like to thank Judith for her work in developing the program at the Branch and assisting with the development of the new Chinese language group which will be launched in the fall.

Burnaby South and Burnaby North

Natasha Cham has resigned from the Branch Coordinator positions for both Burnaby South and Burnaby North Branches. She will be pursuing a full-time job and focusing on her career in the medical field. We'd like to thank Natasha for her work at the Branches during her stay with SRABC and wish her well for the future. Ruby Gill, Templeton Branch Coordinator will be taking over the position at Burnaby North. We are still recruiting for Burnaby South.

Maple Ridge/Pitt Meadows

Here's the most recent message from David Baker - Songwriter and Maple Ridge Stroke Recovery Member who we have featured in previous editions of Snippets.

"There is an international choir festival in Powell River every year. It attracts choirs from Canada, the U.S. and overseas. There's about 1000 voices in total attending. The Elmer Isler Award is for a choir performing a Canadian composition. The winner of this year's award was the Jubilate Ensemble from Vancouver. The winning song they performed before an audience of 3000 was my Royal Hudson song
How about that? We're all thrilled!"

You can see the video and hear the song on YouTube here:

<http://www.youtube.com/watch?v=89XI7QbMXSY>

Congratulations Dave!

Victoria

The Victoria Stroke Recovery Association (VSRA) and The Centre for Biomedical Research held a Focus on Stroke event at the University of Victoria on June 12th. It provided participants with the opportunity to learn about current research, medical care and rehabilitation from 'bench to bedside and beyond'.

The presenters were Dr. Craig Brown, Assistant Professor and Researcher at the Division of Medical Sciences, University of Victoria; Dr. Andrew Penn, Island Health Neurologist and Medical Lead of the Stroke Rapid Assessment Unit and Dr. E. Paul Zehr, Professor & Director, Centre for Biomedical Research, Rehabilitation Neuroscience Laboratory, University of Victoria.

There's video of the event here: <https://www.youtube.com/watch?v=ihjc3vSnh34#t=10>

The forum also gave us (Stroke Recovery Association) the opportunity to showcase what we can offer stroke survivors after they are discharged from hospital, and as they reintegrate back into their respective communities. The forum was well attended by the public (over 200 people). Volunteers from VSRA were able to meet with many attendees before the event, and distribute considerable SRABC material for them to take home and read.

The relationship between VSRA and Dr. Zehr's research program (CBR) has already yielded results. A few of our members are currently involved in PhD research projects, and a few more members are scheduled to participate in research this fall. As results become available they too will be made available. If you have any questions please get in touch and we will get you the answers.

Sincerely,

Bill Cox

VSRA Director

Coquitlam

June is Stroke Recovery Month throughout BC. To help raise funds for the Stroke Recovery Association of BC (SRABC) the Coquitlam Stroke Recovery branch hosted their fifth annual Strides for Stroke Walk at the Dogwood Pavilion. The event was attended by stroke survivors, their families and various community supporters. After the walk

participants enjoyed live music, prizes and a whole lot of laughs. In addition to raising important funds for SRABC the event also builds a community for stroke survivors while raising awareness about stroke and the services SRABC provides. For more information please visit www.strokerecoverybc.ca



Rick & Nadia with Stroke Recovery Branch coordinator Margaret Hansen

Port Coquitlam Branch

The Singing Project

The project plan has been finalised -it will run from October 2014 to March 2105.

We have reached an agreement with the Leigh Square Community Arts Village to host the singing sessions.

Board of Directors Update

Casey Crawford who has been SRABC President for the past two years is leaving our Board of Directors. Casey has served for eight of the past nine years as a board member. He has volunteered for several other community groups, including the Kerrisdale Soccer Association, the Canadian Diabetes Association, and the Little Mountain Baseball Association. Casey has worked in retail, telecommunications, and media and publishing. Currently, he is a sales and marketing project manager with a Vancouver media firm. He spends his free time with his wife and two sons, who are all keen athletes, to play soccer, baseball, and field hockey, and to cycle on Vancouver's bike routes. A lifelong resident of Greater Vancouver and a dedicated community volunteer, Casey Crawford is running for Park Board Commissioner in the November municipal election. We wish him luck in his bid for election.



Ben Sullivan, the Regional Director for Vancouver Island is also finishing his board term in October. Ben is a member of the Comox Valley Stroke Recovery Group. He had a stroke in 2008 at the age of 38, and has faced a different set of challenges due to his age, than those of older stroke survivors; from the impact of a stroke within the family, coping with a reduced income and the stresses felt by many caregivers especially within a family dynamic. Ben has worked for the last 9 years as a community support worker.

We would like to express our heartfelt thanks both for being part of our board and for their valuable contributions to the governance of SRABC.



Living with a Disability Conference

SRABC is collaborating with Brent Page, National Manager for Community Engagement & Integration Services with March of Dimes Canada to organize this conference to be held in the Fraser Valley this October. There are a number of other non-profit health care organisations involved.

Please see details below. If you want a copy of the flyer emailed to you please contact Tim Readman execdir@strokerecoverybc.ca

WEDNESDAY OCTOBER 29, 2014

10:00 a.m. to 4:00 p.m.

9:30 a.m. Registration

LANGLEY EVENTS CENTRE - BANQUET HALL

7888 200th Street, Langley, British Columbia

Sessions will include information on:

- Disability Advocacy
- Aging and living well
- Navigating the healthcare sector
- Stroke Recovery
- Strategies to prevent falling
- Safety in the home
- Access to services and supports
- March of Dimes Canada programs and services information
- Display Booths and MUCH MORE!

Admission Fee: (Includes parking, lunch, refreshments and materials)

\$10 Attendees

\$25 Health Professionals

Space is limited so register now!

If you have any questions, please contact:

Xilonem Lopez

1-800-263-3463 ext.7209

xlopez@marchofdimes.ca

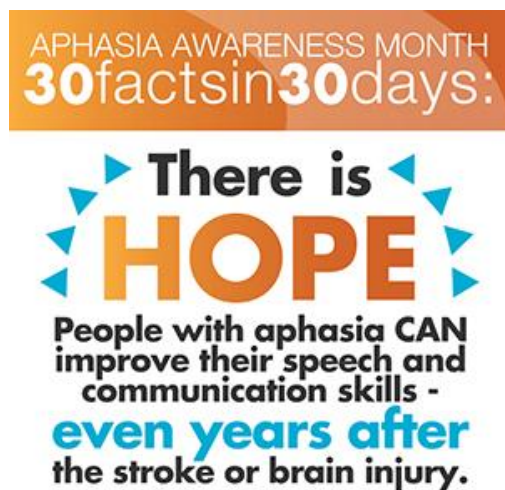
For more information please see their

website: <http://marchofdimes.ca/EN/events/other/Pages/Living-with-a-Disability-Conference.aspx>

30 Aphasia Facts

The BC Association of Speech-Language Pathologists and Audiologists posted '30 Facts in 30 Days' on the BCASLPA Facebook page as part of their publicity campaign for Aphasia and Stroke Awareness Month. Each one can be saved as a jpeg and then printed or posted online. They can be used to educate people about aphasia and its challenges.

There's an example below. The rest are at this link: <http://tinyurl.com/qjrb3k8>



The Disability Foundation

The Disability Foundation and its affiliated organizations were founded in Vancouver by Sam Sullivan after he became tetraplegic as a result of a skiing accident at the age of 19. The Foundation provides opportunities for people with disabilities. It promotes the capabilities and talents of people with physical challenges, once barriers in the physical landscape have been overcome.

The [Tetra Society](#) recruits technically skilled volunteers who have made more than 5,000 custom-made assistive devices for people with disabilities in locations throughout North America. [ConnecTra Society](#) serves as a connecting agency, linking people with physical disabilities to activities and programs. The [Disabled Sailing Association](#) has catalyzed the formation of 20 sailing programs throughout North America and has 140 of its specially designed sip and puff 16-foot sailboats in use throughout the world (and now has its

own [boat donation site](#) and blog, [Sailing is Freedom](#)). The [BC Mobility Opportunities Society](#) Wilderness Access Program has 50 of its TrailRiders in use in programs throughout North America enabling ascents to the peak of Mount Kilimanjaro and the base camp of Mount Everest. [Vancouver Adapted Music Society](#) operates a music studio in the GF Strong Rehab Centre and has introduced hundreds of people with disabilities to the world of music. The [Disabled Independent Gardeners Association](#) operates two community gardens and holds regular workshops.

For more information click here: <http://www.disabilityfoundation.org/index.html>



Sam Sullivan, founder of the Disability Foundation.

Get StrokeSmart in Your Mailbox and Inbox

The USA's National Stroke Association has re-launched StrokeSmart, its flagship publication dedicated to the millions of families impacted by stroke. StrokeSmart boasts a sleek redesign and companion website, www.strokesmart.org that will bring you the stories and news of a community and world impacted by stroke. Receive the print publication, an e-newsletter and access to 24/7 content and a searchable resource directory—for free.

Sign up or renew now to begin receiving StrokeSmart in your mailbox and your inbox by clicking here - <http://www.stroke.org/site/PageServer?pagename=mag>

StrokeSmart

Functional Electrical Stimulation

Functional electrical stimulation (FES) is a technique used to activate a muscle and produce movement at a joint. It has become a commonly used technique in early and late stroke rehabilitation as it can significantly improve movement and walking.



The most common type of functional electrical stimulation device is a dropped foot stimulator. This device is used to activate muscles in the leg responsible for stepping and balance. The Odstock Dropped Foot Stimulator (ODFS) was developed in Britain in the late 1980s. The ODFS is essentially an electronic “orthosis” that activates muscles in the leg. Walking improvement can be possible in many challenging situations– e.g. grass, kerbs and inclines.



Living with Stroke Programs

In partnership with local health authorities, Heart & Stroke Foundation has recruited and trained a group of volunteer facilitators (stroke survivors and health professionals) to hold

self-management workshops for stroke survivors and their caregivers over an 8 week period in various communities throughout the province. The complete list of all Living with Stroke programs being introduced in the fall of 2014 can be found at

www.heartandstroke.bc.ca/livingwithstroke

For more information please contact: Deborah Rusch, Manager, Survivor Support | Heart and Stroke Foundation 778 372.8012 drusch@hsf.bc.ca

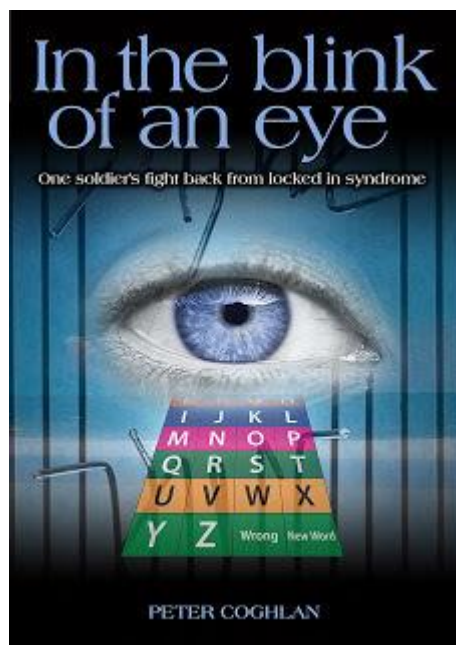
Keep trying and keep the hope. Don't ever give up.

Peter Coghlan was enjoying a pre-dinner drink on the patio with friends and family. The future on that hot, sunny evening seemed as bright as the weather until, suddenly, he felt tired and decided to lie down for a nap. "About four hours later, I awoke feeling confused and agitated. I walked out to my patio where my friends and family were sitting around my bar. I remember feeling very strange and said, 'I feel like I have had a stroke.' The others noticed I was slurring my words and they asked me to walk in a straight line up and down the patio. You can read the rest of Peter's story in his book *In the Blink of an Eye*

<http://petercoghlan.com/my-book-in-the-blink-of-an-eye/>

"Even when you think you're nearly there, there's still a long way to go. But you have to keep waking up and keep doing the best you can. Keep trying and keep the hope. Don't ever give up." You can watch Peter's inspirational video here:

<http://petercoghlan.com/2014/07/29/keep-trying-and-keep-the-hope-dont-ever-give-up/>



I Am Dolphin Physics Game May Help Stroke Survivors

A new game - I Am Dolphin - was developed by a multidisciplinary team at Johns Hopkins, using the principles of neuroscience. Check out the video here:

<https://www.youtube.com/watch?v=2dFTdpVdhQE>

The game is simple: players control a dolphin or an orca whale by running their finger along a touch screen. The sea creatures follow the movement with realistic body motions that simulate muscles, bones, and a functioning motor system.

The objective of the game is to fight off predatory fish, but I expect a huge draw will simply be the fun of playing with the physics of the animals. "You feel as though you become the dolphin," software architect Omar Ahmad says of the link created between the player's and the animal's motor systems.

For more information please go here: <http://www.escapistmagazine.com/news/view/136725-I-Am-Dolphin-Video-Game-by-Johns-Hopkins-University-to-Help-Stroke-Patients>



Canada Cares - a Celebration of Caregivers

MV-1 Accessible Vehicle Contest

How would an accessible vehicle make a positive difference in your life? Tell us now for your chance to win!



Tell us why you want to win an MV-1 accessible vehicle.

[Click here for full contest rules and regulations](#)

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

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