



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



SNIPPETS

SEPTEMBER 2016

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[New SRABC Guide to Recovering from Stroke Now Available!](#)

We are happy to announce that our newest Guide to Recovering from a Stroke: Exercise and Mobility is now available! The purpose of the Guides to Recovering from a Stroke is to give stroke survivors and caregivers helpful and practical information. Find it [here \(http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke/\)](http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke/)

COMMUNICATION AND APHASIA

National Aphasia Association Info Graphic

The National Aphasia Association has released a helpful info graphic on how to communicate with someone who has aphasia:

aphasia
COMMUNICATING THROUGH THE BARRIERS.

What is Aphasia?
Aphasia is a language disorder that affects the ability to communicate. It's most often caused by injury to parts of the brain that control speech and language resulting from a stroke.

I need to communicate with someone who has aphasia.

- Keep it Simple**
Speak in short, simple sentences.
- Be Patient**
Allow plenty of time for a response. Talk with him/her not for him/her.
- Remove Distractions**
Turn off radios and TVs.
- Be Creative**
Try writing, gesturing, pictures and communication tools like an iPad.
- Confirm**
Repeat back what you think he/she is saying.

People With Aphasia

1. Communicate differently, but they are as smart as they were before.
2. Their hearing is fine; speaking loudly does not help.
3. Aphasia is not contagious! To talk to people with aphasia, you'll just have to communicate differently.

I have aphasia.

- Take Your Time**
Remember it may take a while to get the words out.
- Let People Know What Works Best For You**
Do you want a question asked in multiple ways? Let them know.
- Use Assistive Devices**
Bring photos, diagrams, pen and paper, etc.
- Getting Frustrated Is Okay**
Don't blame yourself if you get stuck or stumble on your words. Be patient with yourself as you find what works.

If You Get Stuck, You Can

1. Admit you're struggling.
2. Recap what you have discussed so far.
3. Decide whether to carry on or come back to it later.

American Heart Association
American Stroke Association
Together to End Stroke™

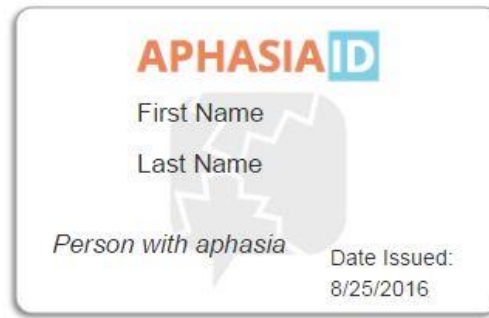
National Aphasia Association

Learn more at StrokeAssociation.org/aphasia and Aphasia.org

©2014, American Heart Association

Download your own copy and find more guidelines and resources [here \(http://www.aphasia.org/aphasia_resources/communication-guides/\)](http://www.aphasia.org/aphasia_resources/communication-guides/)

Create an Aphasia ID



The NAA has also created a template for an ID card for those with Aphasia, as well as for friends, family members, and caregivers. The ID includes information on aphasia and lets others know how to communicate with those who have aphasia, making it useful in situations where it can be uncomfortable to explain. Create and print your personalized one [here](http://aphasiaid.com/) (<http://aphasiaid.com/>)

Aphasia Friendly: One Stop Shop for Aphasia Resources



Aphasia Friendly is a website that aims to be a global platform for material and resources relating to aphasia. They have free resource downloads and links to websites that deal with stroke, neurology, and recovery. Explore their site and discover a wealth of information from across the globe! Visit <http://www.aphasiafriendly.co/>

APHASIA FRIENDLY NEWSLETTER



Read the latest newsletter from the Aphasia Recovery Connection (ARC) [here](http://campaign.r20.constantcontact.com/render?m=1120258988422&ca=dd7a89d7-0914-49cd-be7b-7197401e79fd)
(<http://campaign.r20.constantcontact.com/render?m=1120258988422&ca=dd7a89d7-0914-49cd-be7b-7197401e79fd>)

Included is a video reading of the newsletter!

BOARD OF DIRECTORS' UPDATE

Annual General Meeting 2016



This year's AGM is on **Saturday, October 15th, 2016** in Room #5 (2nd Floor), Creekside Community Recreation Centre, 1 Athletes Way, Vancouver, BC

Revision of our Bylaws

- We have to revise our bylaws to bring them into line with the new Societies Act that will come into force in November 2016.
- We will need to pass a special resolution with a 75% majority at the AGM to accept the revised bylaws to bring them into line with the new Societies Act.
- We will need quorum and a supportive vote to achieve this.

- There are no significant changes; it will mainly require ensuring the wording meets the requirements of the new act.

Please plan to be at the event so we can make sure we have quorum. If you can't attend please submit a proxy – this will mean your vote can be included and will also count towards quorum. Proxy forms will be sent out with the formal notice of the AGM in September.

Town Hall Meeting Calls HAVE YOUR SAY!



Each 'Town Hall Meeting' call is hosted by board member Chris Russell and the Executive Director Tim Readman who provide updates on what's happening at SRABC. Members are encouraged to ask questions and provide feedback.

THE NEXT CALL is Wednesday October 12th at 4pm.
To dial in please call: 1-800-263-3463
As soon as you hear the automated reply Press 8
Conference number: 622
Password: 416622

BRANCH UPDATES

New Video in Progress

We have started filming the next video in our series '7 Steps to Stroke Recovery.' The Communication and Language video features the SRABC Aphasia Committee Wendy Duke, Eavan Sinden, Megan Sutton, and Tami Howe- all renowned Speech Language Pathologists. Next up in September is a trip to the British Columbia Sea to Sky Aphasia Camp in Squamish to get more footage.



Clockwise from top: the SRABC Aphasia Committee after a great day's filming, Megan on Screen, the film crew.

March of Dimes Program Spotlight: Summer Recreation in BC!

This year, the March of Dimes took their Recreation Program to British Columbia! From May 13 to May 19, participants from Ontario and BC enjoyed the best of Western Canada. Home-base was an Easter Seals Camp in Squamish, and the fun included:

- Visiting Squamish, Stanley Park, Granville Island, Canada Place, Horseshoe Bay, Vancouver, and Alice Lake
- Riding the sea-to-sky gondola
- Paddle-boarding, hiking, swimming, and other sports

It was a great start to our expanded Recreation Program. Thanks to all the participants, staff, and volunteers who helped make it a success. For more information on our Rec Programs, contact Keith Rashid at: krashid@marchofdimes.ca

CAREGIVER'S CORNER

Family Caregivers of BC



Family Caregivers of British Columbia

Read the latest version of the Caregiver Connection [here](http://tinyurl.com/iq8byfr) (<http://tinyurl.com/iq8byfr>)

Free Caregiver's Survival Guide Available for Download

AgingCare.com®

AgingCare.com has published a free guide for family caregivers. This book offers practical advice on caring for elderly family members, has advice from those experienced in the field, and provides emotional support. Download your copy [here](https://www.agingcare.com/eBook?ebs=rtfhg) (<https://www.agingcare.com/eBook?ebs=rtfhg>)

Family Caregiver's Grapevine Fall Edition



Download the North Shore Community Resource's September/October Edition of the Family Caregiver's Grapevine [here](http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf) (<http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>). This edition covers issues of anxiety, guilt, and time management as a caregiver.

EVENTS

Vancouver Whitecaps - Wednesday Sept. 28, 2016



Join MODC to cheer on the Vancouver Whitecaps FC at their home stadium! The Vancouver Whitecaps will be playing the Trinidad and Tobago's Central F.C., also known as the Sharks!

For: Adults (18 yrs+) living with a disability.

Cost: \$30.00

Location: BC Place, 777 Pacific Blvd, Vancouver, BC V6B 4Y8

Game time: 7:00 pm

No transportation included.

Program includes:

- Game ticket
- Accessible and non-accessible seating available

For more information or to make a payment by credit card please contact:

Alexis Dickson

adickson@marchofdimes.ca

1-800-263-3463 ext. 7212

Keith Rashid

krashid@marchofdimes.ca

1-800-263-3463 ext.7213

Registration may close earlier if event capacity is reached.

We look forward to seeing you!

ART AND MEDIA

VANCOUVER FRINGE FESTIVAL 2016

Jacques Lalonde takes the stage in Trump: The Musical



Actor, comedian, and stroke survivor, (and performer at Art After Stroke!) Jacques Lalonde once again brings his charisma to the stage, this time in Trump: The Musical. With shows running from September 8th-18th 2016 at the Carousel Theatre on Granville Island, this irreverent musical written by Jacques Lalonde and R. David Stephens parodies pop culture and current American politics.

Tickets are available [here](https://tickets.vancouverfringe.com/shows/trump-%20the%20musical!/events) (https://tickets.vancouverfringe.com/shows/trump-%20the%20musical!/events)

My Stroke of Luck



Diane Barnes tells her story of surviving a hemorrhagic stroke through the eyes of both doctor and patient. This solo show explores some of the pitfalls and challenges women face in presenting for and getting timely care, emphasizes the role of rehab in recovery, and navigates changing family dynamics. The show runs from September 8-18 at Studio 1398 on Granville

Island.

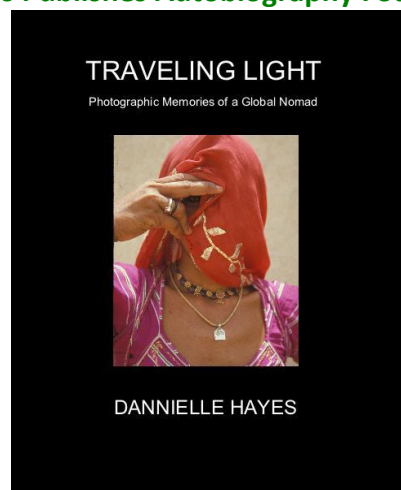
Tickets are available [here](https://tickets.vancouverfringe.com/shows/my%20stroke%20of%20luck/events)
(<https://tickets.vancouverfringe.com/shows/my%20stroke%20of%20luck/events>)

SFU Interviews Margaret Hansen of Coquitlam Branch



Margaret Hansen of the Coquitlam Branch of the Stroke Recovery Association of British Columbia was interviewed by Simon Fraser University's CJSF Radio. Hansen talked about the ins-and-outs of strokes and the recovery process. Listen to the full interview [here](http://www.cjsf.ca/pguide/grid/description.php?ID=56) (<http://www.cjsf.ca/pguide/grid/description.php?ID=56>).

Danielle Hayes Publishes Autobiography Four Years After Stroke



For Danielle Hayes, what began as a form of self-therapy has now taken the form of an autobiography that will now be featured at the World Stroke Congress in Hyderabad India in October. TRAVELING LIGHT: Photographic Memories of a Global Nomad is available at cost from blurb.com.

TECHNOLOGY & DISCOVERY

GRASP: Neurorehabilitation

The GRASP (Graded repetitive arm supplementary program) was developed by Dr. Janice Eng and her team at UBC to improve arm and hand ability in stroke survivors and can be undertaken by the stroke survivor on their own as homework

- It is highly recommended that stroke survivors have assistance from Family or caregivers with GRASP
 - The program, manual, and GRASP books are free of charge.

You can find out more here:

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

Technology@ Work Program



The Technology@Work Program is designed to support people with disabilities who have workplace barriers in British Columbia who require Assistive Technology for employment or volunteer activities. For more information visit their website, <http://www.neilsquire.ca/individual-programs-services/technologywork/>

STUDIES

Online Study on Upper Limb Pain in Stroke

THE UNIVERSITY OF MELBOURNE



- Have you experienced a stroke more than three months ago?

- Are you interested in increasing the understanding of pain in stroke, in order to develop effective treatments?

Researchers from the Florey Institute of Neuroscience and Mental Health, University of Melbourne and La Trobe University are currently seeking participants for an online study that is investigating upper limb pain in stroke. Participation is anonymous, and involves answering a questionnaire and then performing some activities involving body recognition/ownership.

Anyone over 18 years of age is eligible for this study, whether they experience pain or not. Participation takes approximately 20 minutes, and requires access to a working computer with internet access. The researchers are also looking for participants without stroke, in order to make comparisons between groups. For optimal analysis, the researchers are aiming to recruit 1000 stroke survivor participants (and 1000 non stroke) from many different countries.

If you are interested in participating, please go to the information page at <http://research.noigroup.com/?p=stls>

Or

Contact Brendon Haslam

Neurorehabilitation and Recovery Lab, Stroke Division Florey Institute of Neuroscience and Mental Health, University of Melbourne, Australia Haslam.b@florey.edu.au

Correction: In the last edition of Snippets, it should have read that University of Michigan found the cost of care giving to be \$11,000 annually, not weekly.

- 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/>