



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



# SNIPPETS

## SEPTEMBER 2017



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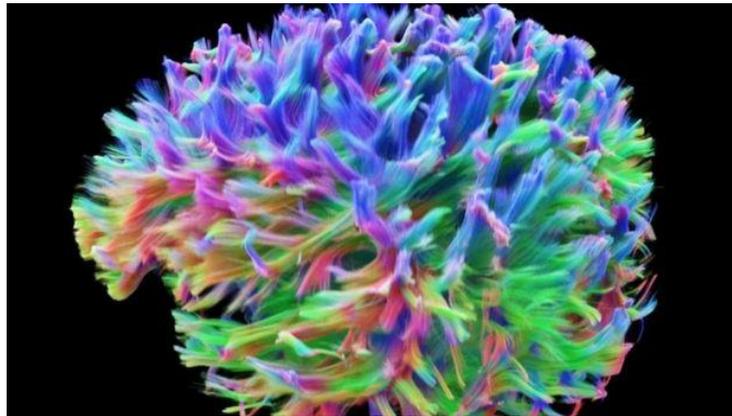
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## RESOURCES

### Video: The Brain's Internal Wiring

Check out this amazing video of the brain's internal wiring as seen with a specialized MRI machine! <http://goo.gl/JLivRx>



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### Aphasia Friendly Resources



A series of videos are all available on You Tube for use at anytime to enhance understanding of aphasia.

Visit: <https://tinyurl.com/y9pvyzqy>

The Aphasia Aware resource pack is also available in the Free Resource Library at [www.aphasiafriendly.co](http://www.aphasiafriendly.co)

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## CAREGIVER'S CORNER

### Web Series about Caregivers

Family doctor Yvette Lu is the producer of a new web series about unpaid caregivers, people who care for family and friends who have chronic health conditions.

This series interviews caregivers about problems they face and then works with them to figure out solutions to make their lives easier. The series aims to raise awareness about the unpaid work that caregivers do, and provide information that can help other caregivers with similar issues. They are reaching out to SRABC to find someone who cares for a person who has had a stroke.

They are based in Vancouver and are looking for families of all cultural backgrounds for their show, and are particularly looking for a caregiver who is a visible minority in order to be representative of our country's cultural diversity. Filming will take place from August to October.

The show is 8-10 minutes long and would take 2-3 days to film. It would involve filming an introductory interview to identify any problems, a segment helping the caregivers by connecting them with solutions, then a follow-up interview.

If you'd like to view the first episode, you can watch it at <http://bit.ly/whocareshealth>

If you are interested, please contact Yvette Lu by phone 604-817-1093, or email [yvette.lu@gmail.com](mailto:yvette.lu@gmail.com)

Caregiver **Stories**  
*connections*

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## Assertive & Effective Communication for Caregivers

It can be a challenge to speak up and get your message across. Wendy Johnstone writes about some ways to be more assertive and voice your caregiving needs in the right way to the right people. Read the article here: <https://tinyurl.com/y6w9hep8>



**Family Caregivers  
of British Columbia**

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## Mindfulness Practices for Caregivers

**September 14, 6:30- 8:00 pm**

The Caregiver Network is hosting a session on user-friendly exercises to help you recognize how your busy mind is taking you away from your quiet, wise self, and from the person you are caring for. For more information visit: <https://tinyurl.com/y795troa>



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## Webinar: The Art of Assertiveness

**September 28, 6:30-8:00 pm**

Think about a situation you have faced in your caregiving role where you ended up feeling resentful and unhappy about the way it ended. Perhaps you feel like you were taken advantage of, violated, not respected and/or not heard. If this is resonating, sign-up for this webinar to hear how to handle it differently and improve your assertiveness next time. Learn more at: <https://tinyurl.com/y9fo9awc>



# PROGRAMS

## Understanding Stroke Workshops



G.F. Strong Rehab Centre Acquired Brain Injury Program will be hosting a workshop for survivors, families and friends to learn about how the brain works, stroke and recovery. They will also talk about life after a stroke, including strategies to help and available resources.

All are welcome, and the sessions are free. Registration is required.  
**Please call 604-737-6221 to register or to get more information.**

### **2017 Schedule**

From 3:00 pm –5:30 pm on:

Wednesday, September 13th

Wednesday, November 1st

### **Location**

G.F. Strong Rehab Centre Acquired Brain Injury Program  
4255 Laurel Street Vancouver, BC V5Z 2G9  
Social Services Seminar Room (Room 189)

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## The Registered Disability Savings Plan (RDSP)

**Join the Plan Institute for a FREE information** session on the Registered Disability Savings Plan (RDSP) and learn all you need to know about becoming eligible, opening, and maximizing the benefits from your RDSP. Also find out how you could be eligible for up to \$90,000 in grants and bonds, the

Endowment 150 grant and more.

Tele-seminar: October 18, November 22 (Can be taken from anywhere)

Vancouver: November 14

Invermere: September 20

For more information, visit: <https://tinyurl.com/y9rhltj>



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## Will, Trust and Estate Planning

**Vancouver: October 5, November 2, December 7**

In this workshop, estate-planning attorney Halldor Bjarnason & Ken Kramer explain how to arrange your estate, prepare a will, and the various ins and outs of setting up a trust specifically for your relative or loved-one with a disability.

<https://tinyurl.com/ybu5yvr6>

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## YOUNG STROKE SURVIVORS

### Young Stroke Survivors of BC



The Young Stroke Survivors (YSS) of BC is a community of individuals who are navigating life after stroke. The YSSBC is a program of SRABC in association with March of Dimes Canada. Although everyone's experience with stroke is different, together we learn, share and grow by supporting one another along the road to recovery.

1. What is the age range for a YSS?  
Age is just a number. If you self-identify as a YSS then we would like to get to know you!
  2. How frequently do you meet?  
Once a month.
  3. What does the group do?
    - a. We alternate monthly between educational forums in person and via webinar and interactive, recreation-based excursions.
    - b. We are forming a group to participate in Walk 'n Roll – a 'go at your own pace' walking and fundraising event for people of all abilities.
    - c. We are also planning to get involved in the Next Steps mall walking program as an exercise leisure activity each month.
  4. Do I have to live in Vancouver to join?  
No - we cover all of BC.
  5. Can my partner, friend or caregiver join me in this group?  
Yes they are welcome.
  6. How do I learn more?  
Contact Tim Readman at [treadman@marchofdimes.ca](mailto:treadman@marchofdimes.ca)
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## BRANCH UPDATES

### SRABC Members Bulletin

The SRABC Members Bulletin is sent out four times a year to SRABC members. The last issue SRABC Members Bulletin in 2017 is **October 16**.

If you are interested in becoming a SRABC member contact [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca) for more information.

# FITNESS & MOVEMENT

## YMCA Program: Choose to Move



The YMCA of Greater Vancouver has a **Choose to Move** program. Under the Active Aging BC initiative, Choose to Move is a 6-month motivation and support program for adults 65+ who are living with one or more chronic conditions and interested in becoming active.

The program includes:

- one-to-one support over 6 months from a trained activity coach
- a personalized physical activity plan
- monthly group meetings at the YMCA with others in the program, where participants can share experiences and learn about relevant health topics
- regular check-ins with the activity coach to ensure participants are meeting their goals and to address barriers
- a complimentary 3-month membership to YMCA which includes access to the fitness center, swimming pool and group fitness classes designed for older adults

Learn more at: <https://gv.ymca.ca/Programs/Health-Fitness/Choose-to-Move>

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**WEST VANCOUVER  
COMMUNITY CENTRE**

# FAME FOR STROKE

*Designed specifically and proven to improve fitness, mobility and strength for people after stroke living in the community.*

The small group class (1:4 instructor to student ratio) includes functional strengthening exercises, agility and fitness exercises and balance exercises. Suitable for people—at any time after stroke—who can stand for 5 minutes, walk 10 metres (even with a walking aid) and communicate with the instructor.

**CONTACT ERIC BAGNALL AT 604-921-2169**

**TUESDAY & THURSDAY  
11:15 A.M. – 12:15 P.M.**

SEPT. 19 – DEC. 14 | #36352 | \$390

JAN. 2 – MAR. 29 | #36397 | \$390

**REGISTER**

[westvancouverrec.ca](http://westvancouverrec.ca)

**604-925-7270**

 [facebook.com/westvanrec](https://facebook.com/westvanrec)

 [twitter.com/westvanrec](https://twitter.com/westvanrec)

West Vancouver  
Community Centres Society  
...you belong here!



Vancouver  
CoastalHealth

westvancouver

# LIFE AFTER STROKE

## My Stroke of Insight by Jill Bolte Taylor

My Stroke of Insight by Jill Bolte Taylor has become a classic - if you haven't seen it - please watch it! It is an amazing thing that this Harvard trained brain researcher had insight into what was occurring at a neurological level even as she was experiencing her own stroke. If you haven't seen the film you can read about Jill and watch it here: <https://tinyurl.com/ycxges9x>



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## Neurology Now Study

A new study by Neurology Now finds that engaging in usual activities can help stroke survivors in their recovery, and that rest is not always the better option. Read more at: <https://tinyurl.com/ya6r6dmr>

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## *A Gift in Your Will*

**A gift in your will** is a one way to support the Stroke Recovery Association of BC and March of Dimes Canada while helping you achieve significant tax saving for your estate by reducing or eliminating your income tax liability of your death. A gift in your will is a meaningful way to reduce your taxes, increase inheritances to your loved ones and help us assist British Columbian stroke survivors and caregivers. Your kind gift ensures there is 'Life After Stroke'.

**Please Seek Expert Advice:** We strongly recommend you seek professional advice to ensure your financial goals are considered, your tax situation reviewed and that your planned gift is tailored to your circumstances. Consult with your lawyer or estate planner regarding the specific wording of any charitable Will bequest.

For further information please call Margaret Purcell at 1-800-263-3463 ext. 7286.