



# Stroke Recovery Association of BC April 2013 Snippets Newsletter

## **Branch Coordinator Update**

### **• Vernon Branch**

Brenda Paul is leaving the Okanagan area and has resigned from her position as Branch Coordinator of the Vernon Branch. We would like to extend our thanks to Brenda for all the work she has done in running the Vernon Branch's weekly activities. We wish her all the best for the future. We are now recruiting for a replacement.

## **Community Stroke Recovery Education Days**

Planning continues on this project - to pilot a one-day community education session in health promotion, secondary stroke prevention and stroke recovery in each of BC's five health regions. The Stroke Recovery Education Days will take place in June 2013.

The dates and locations are (exact times to be announced):

Vancouver Region

Date: Saturday June 8

Time: TBA

Alma Van Dusen and Peter Kaye Room

Library Square Conference Centre @ Vancouver Public Library

350 West Georgia St., Vancouver, BC

Fraser Region

Date: Saturday June 8

Time: TBA

Fitness Studio 2

White Rock Centre for Active Living

1475 Anderson Street, White Rock, BC

Interior Region

Date: Saturday June 15

Time: TBA

Centre for Learning Atrium (next to Library)

Okanagan College

1000 K.L.O. Road Kelowna, BC

Vancouver Island Region

Date: Saturday June 8

Time: TBA

Christ Community Church

2221 Bowen Road, Nanaimo, BC V9S 5J3

Northern Region

Date: Saturday June 15

Time: TBA

Webinar / Teleconference - access via phone or computer

Details TBA

### **Free event in Vancouver for Caregivers**

“There are only four kinds of people in the world -those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.” -

Rosalyn Carter

- May 9th to 13th has been proclaimed by the BC Provincial Government as Caregiver Week. I am working with a team from other family caregiver-related organizations to plan an event for family caregivers in the Vancouver area in order to celebrate this occasion.
  - A family caregiver is anyone who provides unpaid care and support to an adult friend or neighbour, partner, parent, adult child or other family member. Caregivers can be any age - many young people are caregivers.
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- I am working with a team from other family caregiver-related organizations to plan an event for family caregivers in the Vancouver area in order to celebrate this occasion.
- We'll be providing refreshments, relaxation, speakers, live music and information on services.

Take a Break... Relax, Learn and Have Fun

Sunday May 5th, 2013

1:00 pm - 4:30 pm

Paetzold Health Education Centre

Jim Pattison Pavilion

Vancouver General Hospital

899 West 12th Avenue, Vancouver

Event open to anyone providing unpaid care or support to a friend or family member who is aging, ill, or living with a disability

Event is free but you must pre-register by calling 604-877-4650 or e-mail: [bulent.hasan@vch.ca](mailto:bulent.hasan@vch.ca)

Full details to follow

### **New Special Award for Caregivers**

A special award has been created for family members or professionals who serve as caregivers, all of whom are being honoured Friday on National Caregiver Day.

The new initiative is called the Canada Cares Caregiver Award and is part of the Canada Cares program that supports caregivers across the country.

The awards will be given out both regionally and nationally according to criteria like caregiver strength, commitment to care, community involvement and compassion.

One nominee will get the Canada Cares One Wish Award, which is worth \$10,000 and is sponsored by We Care Home Health Services. Details about the program and the awards are available at [www.canadacares.org](http://www.canadacares.org)

Nominations for the awards will be accepted until September 30.

### **New Stroke Best Practices update focus on mood and cognition**

New guidelines released on Tuesday March 19, 2013 for physicians, nurses and allied health professionals recommend depression screening for all individuals living with stroke and their caregivers. The incidence of depression in both groups exceeds 30 per cent – and too many people fail to receive proper care, according to experts.

“The occurrence of post-stroke depression and changes to cognition affect a large proportion of patients who have experienced stroke,” says Dalhousie University professor Dr. Gail Eskes, who chaired an expert national panel on Mood and Cognition in Patients Following Stroke. “Of equal

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concern is the large number of spouses and informal caregivers who experience depressive symptoms in the post-stroke recovery phase.”

New recommendations, posted at [www.strokebestpractices.ca](http://www.strokebestpractices.ca) will be widely disseminated in the Canadian health-care community. Recent reports on the quality of stroke services in Canada show inconsistent screening and monitoring of stroke patients for depression and cognitive changes, even in large urban centres. Treatment delays may lead to poor outcomes, prolonged recovery and desperation on the part of patients and families.

To read the rest of this article please go here:

<http://www.strokebestpractices.ca/index.php/news/new-stroke-best-practices-update-focus-on-mood-and-cognition/>

### **Community Education for Caregivers**

This is a caregiving session in North Vancouver you might be interested in sharing info about with members.

Contact Karyn at 604-982-3320 or [karyn.davies@nscr.bc.ca](mailto:karyn.davies@nscr.bc.ca) for registration or more information. Change, Loss and Hope

Tuesday April 16th, 2013, 1:00 to 3:30 pm, North Shore Community Resources, Room 203, Capilano Mall, 935 Marine Drive, North Vancouver.

Learn the following:

- how changes and transitions impact loss and grief
- common changes in relationships during caregiving situations
- ways to practice self-kindness during challenging times
- how to connect with your sources of hope and strength

Presented by Carolyn Main and Kathy Schretlen, experienced group facilitators with the Lower Mainland Grief Recovery Society. Kathy has been supporting people in their grief for 15 years, and Carolyn has a background in both teaching and counselling related to bereavement. Carolyn and Kathy believe in the value of community education around loss and bereavement.

To register, contact Karyn at 604-982-3320 or [karyn.davies@nscr.bc.ca](mailto:karyn.davies@nscr.bc.ca).

### **Brain Injury Memory Aids**

Memory M-AID™ is a series of reusable peel-and-stick “Wayfinding” aids created for those with memory loss due to a brain injury, stroke, dementia or any other cause. They use a patented, high quality, polyester coated fabric that can be re-positioned many times over without leaving any sticky residue so that it may be used long or short term. They contain messages such as ‘Turn off stove’ or ‘Wash your hands’ that can be stuck around the home to remind you of

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important tasks or the location of items.

To learn more about Memory M-AID™ and/or to offer feedback and suggestions, please visit the Facebook page <https://www.facebook.com/MemoryMAID> or website at <http://bkrcarteffects.com/items> . You may also contact them by telephone 1-519-284-3149 or by email at [info@bkrcarteffects.com](mailto:info@bkrcarteffects.com).

### **BC Housing Grants for Home Adaptations Available**

If you are a low income senior or a person with a disability and in need of home adaptations, you may be eligible to receive up to \$20,000 by way of a tax-free grant from BC Housing, which is forgivable if the recipient remains in the home for up to three years, or the landlord commits to not raising the tenants rent for up to five years. The particulars provided in BC Housing's brochure.

There are three ways to obtain a copy of the eligibility requirements and application guide, along with the HAFI application form:

1. Download the documents from [www.bchousing.org/HAFI](http://www.bchousing.org/HAFI)
2. Call BC Housing at 604-646-7055 to have documents mailed to you, or
3. In person at any BC Housing Office.

For more information, contact:

HAFI BC Housing

Homeowner Protection Branch

650 – 4789 Kingsway

Burnaby, BC V5H 0A3

Phone: 604-646-7055

Fax: 604-646-7054

Toll-free: 1-800-407-7757 (ext. 7055)

Email: [hafi@bchousing.org](mailto:hafi@bchousing.org)

[www.bchousing.org/HAFI](http://www.bchousing.org/HAFI)

[http://www.bchousing.org/Options/Home\\_Renovations](http://www.bchousing.org/Options/Home_Renovations)

### **BCBIA & PCBIC Join As One Organization!**

The BC Brain Injury Association (BCBIA) and the Pacific Coast Brain Injury Conference Society (PCBICS) are joining together to become one group with a focused and clear purpose to support our province's brain injury community. The union of these two organizations was announced in November 2012 at the BCBIA's Gala in Vancouver. The timeline for the merger will take 3-6 months to get the business end of things complete and form a new organization

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with one board of directors.

### **Travelling for Medical Treatment**

Hope Air: Our Mission

To arrange free flights for Canadians who are in financial need and must travel to healthcare. Since 1986, Hope Air has been arranging free flights to get financially-disadvantaged Canadians to the healthcare they need.

Hope Air is the only registered, national charity that provides free flights to people who cannot afford the cost of an airline ticket to get to medical expertise or specialized medical technologies that usually exist only in larger urban centres.

Hope Air is unique among Canadian charities in what we do. And we are proud to provide all flights to our Clients completely free of charge: no cost is transferred to Clients.

“We’re not an airline, we’re a lifeline.” For information please use the following contact information:

Toll free: 1-877-346-HOPE (4673)

Email: [mail@hopeair.ca](mailto:mail@hopeair.ca) Website: <http://www.hopeair.ca/wwd/WhatWeDo.aspx>

### **Research Participants Needed**

My name is Christina Prociuk and I am a Master's of Social Work student at UBC. As part of my course requirements, I need to do a research project. My project is the transition home from an inpatient rehabilitation facility (such as GF Strong) after a brain injury. I have included more information below:

Experiences of Individuals Transitioning Home from Rehabilitation Facility  
Following a Traumatic Brain Injury

I am a Master of Social Work student at the University of British Columbia. For my graduate research course, I am conducting a study that explores experiences of individuals transitioning home from an inpatient rehabilitation facility following a traumatic brain injury. I am interested in learning about how people adjust at home after being in a rehabilitation facility.

You are eligible to participate in this study if:

- 19 years of age or older
- Have sustained a moderate traumatic brain injury
- Spent time in an inpatient rehabilitation facility for four weeks or more
- Have been home from an inpatient rehabilitation facility from three months to two years
- You live in the Lower Mainland
- You speak and understand English
- You are willing to be interviewed

You will be given the option to review a written analysis of the study finding. Total maximum time

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commitment (including review of the analysis) will not exceed 3 hours.

This study is being supervised by Vaughan Marshall, Instructor, UBC School of Social Work, [vaughan.marshall@ubc.ca](mailto:vaughan.marshall@ubc.ca).

As a thank you for your time, an honorarium of a \$10.00 Starbucks gift card will be provided.

Interested? Please contact:

Christina Prociuk [christinapresearch2013@hotmail.com](mailto:christinapresearch2013@hotmail.com)

Thank you!

### **Creating Your To-Be List**

***“Doing nothing is happiness for children and misery for old men.”***

***~Victor Hugo***

We make To-Do lists, and yet has anyone ever created a To-Be list? We are human beings, not human doings, so why do we forget that being is as important as doing?

We add grocery shopping to our To-Do list, as well as creating a list of people to call. We add exercise and administration, cleaning and proposals.

*But what about **You** amongst all of that? Where are you, the Being behind the Doing? How are you feeling, how are you being, while you do?*

**Children are great at being!** They are emotive, expressive and present. Somewhere along the line, though, we were told that being was not enough. It was wrong simply to be, perhaps selfish or self-centered. *Idle hands are the work of the Devil!* Doing was where our value and self-worth lied. So much so, it has now become a collective obsession of humanity.

And this obsession impacts our health and wellbeing. We have become stressed by our to-do list. We feel tired and resentful. Our to-do's only release their grip when we fall asleep...

....but then our alarm goes off, and what is the first thing that pops in our mind...?

***“Knowing that there is no point of arrival is to be in flow.”***

***~ Deepak Chopra***

**We have become a society that has forgotten the meaning of life.** We forget we are only here for a short time. If we would remember to look up into the sky once in a while, pause, take a breath and consider that we are a speck on a blue and green ball, floating in this grand universe, we would remind ourselves that perhaps life isn't all about accomplishing tasks, but rather enjoying the ride.

*What if the You behind the list got equal, if not more attention than the list itself? What if being was made a priority in the same way we make doing? How would you then like to be?*

Perhaps calm, or curious, or engaged or expressive? Maybe it's care-free, or passionate, or fluid, or assertive? Or maybe it's trusting, intuitive, receptive or quiet.

### **Creating Your To-Be List**

*What would be different if you made a To-Be list?* It could be as simple as taking a moment

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when you wake up in the morning to consciously choose how you want to be throughout the day. Think about your to-do's, and also ask yourself how you want to *be* as you *do*.

You could also write down a list of qualities you'd like to embody, or feelings you'd like to feel. Write them down on a simple piece of paper or make it fancy and creative, and then place it on your wall. You could also make a collage or alter that has images or symbols that represent how you want to be. Visual structures are powerful ways to remind us of our intentions.

Try it out for a day and see what happens! You may find that placing your attention on how you want to be will infuse new positive energy and outcomes in your day.

**Happy Being everyone!**

### **Communicating to Stay Connected**

Here are four ways you can nurture and sustain your connection with others.

**1. Speak Calmly:** When we raise our voice or react to what others are saying we initiate conflict. So much of conflict can be averted simply by staying calm. It is the safety created by our calmness that keeps the space of connection open. Taking deep breaths is a great way to stay grounded in your body and maintain a calm tone. Identifying the underlying need or deeper value trying to be expressed by the other will also help you to stay calm. In other words, looking for the positive and seeing through the eyes of empathy.

**2. Speak Slowly:** Speaking fast is often a sign of being ungrounded, nervous and, as a whole, disconnected. When someone speaks fast it often feels like they are talking right through us. By pacing ourselves we create room between our words so that each is more easily received. It's in the space between that we not only hear the other's words, but connect to the human being behind the words.

**3. Use Brevity:** Speaking has more impact when it is short and to the point. The longer our sentences are, and the more we speak at one particular time, the less engaged the other will be. They will begin to drift away. Be conscious of your balance of dialogue – meaning, be aware that you are listening as much as you are speaking. When this balance gets tilted too much to one side, you will lose your connection and desired impact.

**4. Pause:** Conscious communication is not just about the art of sharing, but the art of receiving as well. It is very tempting to want to continuously fill in space, especially when there is a pause after you finish speaking. Let this pause settle in. Allow others a moment to digest what you have said and compose their thoughts. By speaking calmly, slowly and with brevity you will find it much easier to hold the empty space that lies between your words and theirs.

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### **Stay in the Loop-make sure you get our emails!**

- Please keep us up to date with any changes to your email address.
- We send information by email from the Provincial Office to the Branch Coordinator and the Branch Directors regularly. If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder. If you are not getting emails and find they are going to your junk mail then please mark them as 'not junk'.
- If you are not getting our messages then please give Genevieve Thompson our Office Administrator a call and she will help you to resolve the problem.



Happy Springtime!

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

**Our mailing address is:**

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