STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets April 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/

IN THIS ISSUE:

• Branch Update - News from SRABC's Branches
• B.L.A.S.T. Easter Camp 2014
• Greg McKinstry Climbs the Wall!
• Volunteer Appreciation
• Training and Workshops on Volunteer Management
• New SRABC T-shirt
• Chinese Translation of SRABC Aphasia Brochure
• Global Bill of Rights for Stroke
• Cognitive Dysfunction, Confusion and the Problem of Wandering
• Free Software for Speech from Bungalow

Branch Update - News from SRABC's Branches

Surrey Branch

The new coordinator for Surrey Branch is Simren Hara. Simren is a Respiratory Therapist (RT), with the Fraser Health Authority. She has worked in various health care positions, from residential care to clinical settings, to public health, and has experience in diverse settings. She has also volunteered for a number of non-profit organisations. Simren is fluent in English and Punjabi, and also speaks Hindi and French. Simren has a Bachelor of Health Science Degree with Distinction from Thompson Rivers University, Kamloops, BC.

Abbotsford Branch

Cassie Labbe has been appointed to the Abbotsford Branch Interim Coordinator position. She will be providing cover for Laura Wegener during her absence between May 8th and June 19th. Laura is taking a health-care course. Cassie is a Community Health worker and prides health care services to clients in their own homes, including stroke survivors. She is a registered Care Aide and has an Health Care Aide Certificate from the University of the Fraser Valley.

B.L.A.S.T. Easter Camp 2014

Don't forget that B.L.A.S.T. Easter Camp 2014 is taking place this month, April 18th to April 21st, 2014.

Greg McKinstry Climbs the Wall!

SRABC Board Director, stroke survivor, Phyllis Delaney Life After Stroke Award Winner and Shaughnessy Branch member, Greg McKinstry, loves a challenge. He participated in Climb the Wall 2014 which took place on Sunday, March 16th at the Sheraton Vancouver Wall Centre Hotel in downtown Vancouver. Close to 300 participants came out to climb one of the city's tallest buildings - 48 storeys - including almost 100 firefighters who climbed the stairs in full gear! The event is an annual fundraiser that raises money for The BC Lung Association's lung health research, education and advocacy. Greg, who usually gets around in an electric wheelchair, not only completed the climb, but is currently the leading fundraiser for the event. Our hat is off to Greg for his courage and commitment. What an achievement!

Volunteer Appreciation

National Volunteer Week (April 6-12, 2014) is a time to recognize, celebrate and thank our fantastic volunteers. SRABC's Branches are holding events recognizing their volunteers and presenting certificates of appreciation to their volunteers. The numbers of certificates requested so far are:

Vanderhoof Branch 10
Prince George Branch 5
Strathcona Branch 17
Vernon Branch 3
Coquitlam Branch 15
Kelowna Branch 7
Salmon arm Branch 4
Abbotsford Branch 3
Trail Branch 4
Sechelt Branch 3
Peninsula Branch 12

83 in Total

If any other Branches want certificates of appreciation, please email office@strokerecoverybc.ca

Training and Workshops on Volunteer Management

Community Volunteer Connections was established as the Greater Coquitlam Volunteer Bureau in 1976. Over the last 35 years, Community Volunteer Connections has connected people to volunteer opportunities in our community and trained Managers of Volunteers in the best practices of Volunteer Management. Community Volunteer Connections offer TWO kinds of learning opportunities: Workshops and Working Groups. For more information please visit: http://www.volunteerconnections.net/managers-of-volunteers/training-workshops

There's also some very good info about here evaluating your volunteer program: http://www.volunteerconnections.net/docs/professional-development-items/program-evaluation-measuring-success-handout_lindsay_baker.pdf?Status=Master

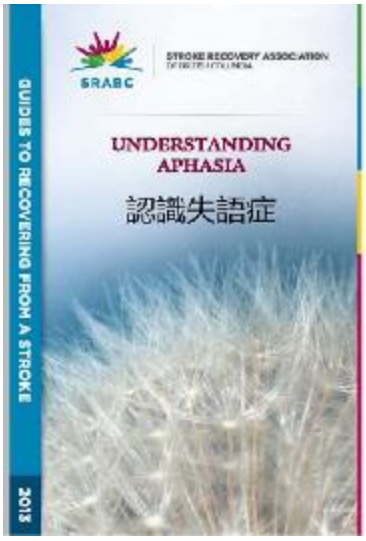
Community Volunteer Connections

New SRABC T-shirt

Here is a photo of the new SRABC T-shirt designed by Matthew Nosworthy, our volunteer graphic designer, with Dannielle Hayes, Shaughnessy Branch member and part of SRABC's Communications Committee. We are thinking of getting some made and making them available for purchase at a mere $20 each. At this point we'd like feedback as to who would be interested in purchasing the shirt (in pre-shrunk cotton, all sizes available, printed on white only, lasts for more than 200 washings). Please let us know and then we'll decide if it is worth pursuing this further.

Chinese Translation of SRABC Aphasia Brochure

Many thanks to Pat Chow, Coordinator at our Strathcona Branch in Vancouver, for arranging the translation of SRABC's 'Understanding Aphasia' guide into Chinese. Irene Lee, the daughter of one of the Branch's members did the translation professionally. Thank you to Irene for helping us out with this important task. The guide is now available on the SRABC website at http://strokerecoverybc.ca/recovering-from-a-stroke/guides-to-recovering-from-a-stroke and a copy has been sent to every Branch Coordinator. We are hoping to print copies soon. If you'd like some please email office@strokerecoverybc.ca



Global Bill of Rights for Stroke

The World Stroke Organization is developing the Global Bill of Rights for Stroke. The Bill of Rights is being developed with input from as many stroke patients/survivors and carers as we can contact. We are asking people affected by stroke to complete a survey to identify the areas of greatest priority.

A survey has now been developed and is available in English, Spanish, Portuguese, French, Hindi, Chinese, Russian Arabic, German and Japanese. It can be found at http://www.worldstrokecampaign.org/2012/Learn/Pages/GlobalBillofRightsforStrokeSurvey.aspx

It is an online survey using Survey Monkey which is commonly in use for collecting this kind of data. It is completely anonymous and has around 20 questions. It takes about 5 minutes to complete as it is very general.

World Stroke Organization

Cognitive Dysfunction, Confusion and the Problem of Wandering

The following information is adapted from an excellent article written by Peter Siln, MSW, RSW, a well-known geriatric counsellor and consultant based in Vancouver. Peter's entire article can be found at www.diamondgeriatrics.com *"A Newsletter on Elders and Caregiving",*

January 14, 2014

It is well known that some stroke survivors experience confusion, diminished problem solving skills, and memory decline. In terms of seeking to reduce the likelihood of wandering, there are several things that can be done. These steps can be divided into person-centred and environmental actions.

Consider some of these person-centred approaches:

- Remember that what we are calling wandering is often purposeful behaviour.
- Find out what someone is looking for, what they are trying to achieve. Are they lonely, scared or bored?
- Can you help them safely to have what they want?
- Try to distract them with an activity
- If the behaviour is occurring at a specific time try to assign someone to be with them at that time
- Put coats and hats and keys somewhere out of sight.

Environmental approaches can include:

- Reviewing the environment to see if it is creating anxiety, for instance too much stimulation, too hot or cold, confusing or disorienting.
- Putting a sign on the doors which tell members not to go out without telling someone first.
- Orienting them tactfully: for instance, "exercises will be next door in an hour."

Free Software for Speech from Bungalow

“I don’t know if everyone got this, but I installed it on my computer. Very good for a free program.”

Margaret Hansen - Stroke Recovery Association of BC - Coquitlam Branch

For more information please go here:

http://morespeech.com/?utm_source=newsletter&utm_medium=email&utm_campaign=1&utm_term=FreeForLimitedTime

follow on Twitter | friend on Facebook | forward to a friend

Copyright © 2014 Stroke Recovery Association of BC, All rights reserved.

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

Our mailing address is:
Stroke Recovery Association of BC
301 - 1212 West Broadway
Vancouver, British Columbia (BC) V6H 3V1
Canada

Add us to your address book

unsubscribe from this list | update subscription preferences