



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets April 2015



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SRABC is on Facebook at:

<https://www.facebook.com/StrokeRecoveryBC>

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- **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 NEWS AND VIEWS

SRABC Board of Directors Update

The main work being undertaken by the SRABC Board of Directors is to implement the new Bylaws that were adopted at the October 2014 Annual General Meeting.

- Membership

- We have a new membership procedure which is now in full operation. Anyone wishing to apply to be a member of SRABC should contact their branch or the Provincial Office.
- Members of SRABC have:
 - The right to vote at General Meetings of the Provincial Association.
 - The right to receive notification of General Meetings of the Provincial Association.
 - The right to receive copies of key documents, such as the Annual Directors Report, Annual Financial Statements and SRABC's Bylaws.
 - The right to submit nominations for SRABC's Board of Directors.
 - The right to vote in elections for SRABC's Board of Directors.
 - The right to get nominated for election to SRABC's Board of Directors.

- Financial Reform

- A letter from SRABC's Legal Counsel, regarding SRABC financial reform was sent

via email and post to all Branches. The letter and accompanying document explains the need for financial reform and what is required.

- A series of teleconferences and meetings with the Executive Director, Tim Readman, are underway so the reforms can be reviewed and discussed with Branch personnel.

Program and Service Development Highlights

- 7 Steps to Stroke Recovery video

Viewing Figures have now reached over 27,000 views on YouTube.

- Exercise and Mobility Video Project

We have submitted a proposal to Boehringer-Ingelheim for funding which is in the final stages of their evaluation process. Heather Branscombe has created a survey to elicit input from our constituents regarding the content of the video.

- The Singing Project

We are hopeful of obtaining a second community grant from the City of Port Coquitlam to keep the program running for another year. Meanwhile it continues with volunteers. (see Branch News)

- Next Steps Walking Program

Next Steps is a transitional mall walking program for individuals with stroke which is being run by SRABC. The start date was March 19th 2015. The program is being run by Joanne Patterson, Co-Coordinator of our Shaughnessy Branch on a voluntary basis. March of Dimes Canada has agreed to provide a grant to fund her position. The original program, Step by Step, is an adapted indoor mall walking program offered by GF Strong Rehab Centre, designed for individuals who have experienced a brain injury or stroke. It is run by a recreation therapist from GF Strong and supported by 2-3 Vancouver Coastal Health volunteers. Participants from Step by Step will be referred to Next Steps when they are ready to move to a community run program.

- The Community Transition Aphasia Groups (CTAG)

CTAG is a set of groups, 3 of them, which are run by the SLP department at GF Strong for those outpatient clients who have completed their Outpatient services and are transitioning into the community. The CTAG groups use supported conversation/life participation approaches and are facilitated by volunteers who are supervised by SLPs Mike Ruskin and Dina Collins. The volunteers are provided with speech specific orientation which we offer on average twice/ year depending on the number of volunteers recruited. Currently the groups run from September until the end of July but there is no end date; that is the clients can continue to attend the CTAG groups as long as they feel it is beneficial. SRABC is planning to take over these groups, in collaboration with Mike and Dina and Sacha Arsenault, so they can continue in a community setting using the same model. We are currently looking at the logistics, starting with finding a suitable location.

- Interior Branches Outreach Project

We are working with our Branch Coordinators in Vernon and Trail to offer support in rural communities for stroke survivors and caregivers. The project is evolving to be more of a remote phone/email support and navigation service where stroke survivors, family members and care partners connect with our Branch Coordinators in Vernon and Trail for advice, information, tools and resources.

- Caregiver Support and Recognition events for BC Caregiver Week
 - We are planning an event with MS Society and Lymphoma and Leukemia Society which is open to anyone providing unpaid care or support to a friend or family member who is aging, ill, or living with a disability

Details are:

Sunday, May 3, 2015 1:30 – 3:30 pm

Multipurpose Room, Collingwood Neighborhood House (2 blocks west of Joyce Skytrain station)

5299 Joyce Street, Vancouver, BC

Guest speaker: Margaret Evans, Registered Nurse, Certified Life Coach and Author.

“Nurturing Buoyancy as a Care Partner”

- We are also participating in a Free Information and Speakers Fair for Family and Friends Unpaid Caregivers

Details are:

Saturday, May 2, 2015. 10am - 2pm.

Vancouver Public Library – Central Branch at 350 Georgia St (at Homer), Main Floor

Featuring 20 non-profit organizations which offer services for Family and Friend (unpaid) Caregivers to adults and older adults.

Plus 5 speakers throughout the day in a 300 seat presentation room.

- We are encouraging SRABC Branches to hold their own Caregiver recognition events and will provide certificates of appreciation and support for event planning as required.
- Chilliwack Branch

We are investigating the possibility of starting a new Stroke Recovery Program in Chilliwack following requests from Fraser Health Authority personnel.

Branch Update - News from SRABC's Branches

Port Coquitlam Singing Group Helps with Speech Challenges

When it's too tough to talk, sometimes it's easier to just sing.

That's why the Port Coquitlam branch of the Stroke Recovery Association of B.C. is inviting anyone with speech difficulties — or those who simply enjoy the sound of music — to join The Singing Project for weekly sessions at the Michael Wright Art Gallery at Leigh Square Community Arts Village.

"There is research that shows people with aphasia or other communication disorders after a stroke, that singing helps people recall words," said co-ordinator Deanna MacKinnon.

"People can sing even if they can't speak."

She put together a Port Coquitlam Community Foundation proposal to use the piano at Leigh Square for a singing group that would welcome everyone in the community, whether they have speech difficulties or not, and The Singing Project was born late last fall. "I thought that would be a beautiful space for people to come together and sing... and

nobody is excluded,” MacKinnon said. The group gives participants a chance to flex their speech muscles in a relaxed, welcoming environment — and one that’s free.

MacKinnon said it’s an important option because speech language pathology can be expensive for people who may be on a limited disability income.

And the results are significant, MacKinnon said, with participants who are coming out of their shells, and enjoying the company and music.

The group has a repertoire of about 40 songs with broad appeal, including everything from Leonard Cohen’s Hallelujah to a few Elvis tunes.

- The Singing Project meets Thursdays from 1 to 2:30 p.m. at the Leigh Square Community Arts Village (beside PoCo city hall). Contact 604-812-3219 or portcoquitlamstrokerecovery@gmail.com.

By Sarah Payne - The Tri-City News

<http://www.tricitynews.com/entertainment/297434581.html>

Prince George

The Prince George Stroke Recovery Branch and the Heart and Stroke Foundation are partnering with the local professional theatre company (Theatre Northwest) in the production of "The Secret Mask" a play about a man that suffers a stroke, and his son must come and care for him. The branch will be attending a rehearsal, doing a workshop on stroke for the cast and assisting them in their roles. We will be attending each performance, passing out branch literature, talking to the patrons about stroke, having a silent auction, and passing out the plays programs.

We are so excited.

Julia Cook, Branch Coordinator

Victoria Stroke Recovery Association

Shaw TV's Kevin Charach featured Victoria Stroke Recovery Association’s music therapy program on Shaw TV. You can see it on YouTube <http://ow.ly/KU6FA>.

Joel Kroeker runs the program. He is a Registered Clinical Counselor and a Music Therapist. He is also an international recording and touring artist on True North Records and his music and research has taken him all over the world from the Middle East and India to New Zealand, Tokyo, Laos, Cambodia, Brazil and Europe. He has toured with Randy Bachman (of the Guess Who), Bruce Cockburn and Colin James.

Powell River

Appreciation from Your Stroke Recovery Volunteers - What Your Volunteers Get From Helping You!

On Tuesday mornings we volunteers get OUR weekly boost at the Stroke Recovery meetings. Some volunteers are more at ease dealing with the stroke survivors and hospital support staff. Other volunteers have worked in retail businesses, dental offices, libraries, business offices and drug stores! Most of us have extensive backgrounds of volunteerism, and many of us still volunteer with other groups and organizations besides this one. We have a willingness to help and enjoy being useful to others!

The stroke survivors, their families and caregivers exemplify qualities that we all admire. Each week we see smiling faces and communicative eyes. We see strong marriages that have withstood and been strengthened by the challenges of a stroke. Your caring, sharing and love should make us all reflect on our personal lives and recognize the importance of these qualities NOW. We see courage and determination in the stroke survivors at reconquering once simple tasks, You see pride and joy on our faces at sharing in your progress, accomplishments or jobs well done. As volunteers we are fortunate to be able to share in your achievements.

We are volunteers with the best of intentions. Forgive us if we don't always understand or anticipate your needs. The Stroke Recovery Branch is a learning experience for all of us. Look in the mirror. YOU are the reason we are here. Thank you for letting us be a part of your recovery.

With Love from Your Volunteers

Trudy, Sandy, Millie, Sieg, Lena, Barb, Heather, Marrian, Ches, Eunice, Al, Terry, Jill, Jan O, Jan R

Maple Ridge/Pitt Meadows

Terri Adams has resigned from her position as Branch Coordinator. Her last day will be May 1st. We are currently recruiting for a replacement. We'd like to thank Terri for her work and wish her well for the future.

Burnaby South

Building a tree, leaf by leaf. Members of the Burnaby South Branch have gotten together to put together an art piece displayed in the image above. The idea of this art piece is to bring out creativity in individuals, build a sense of community by working together and to

empower stroke survivors by creating their own piece of work. Each member decorated and personalized their own leaf and worked together afterwards to build their tree by adding the leaves to the existing tree branches. The tree trunk and branch were drawn by one of our dedicated and talented volunteer, Hae Jin An.



Kamloops

The Kamloops Stroke Recovery Branch invited Sheldon Shore from the Heart and Stroke Foundation in to educate us about the "Living with Stroke" program that he facilitates here in our community. Six of our members attended the last session he did and I am not sure if any one else has signed up for the next session running in March. Overall, our members that have attended as well as the members that listened to his presentation feel that this program is great for Stroke Survivors and Care Givers immediately following the Stroke. These are tools that are needed right away to help people adjust to the change and set goals for their recovery. A few members felt that they had already learned the information that he covers from attending the branch meetings. Also our members felt this program is a good lead into ours and what we do at the Branch because we focus on *Life After Stroke*.

Coquitlam

Margaret Hansen, Coordinator, SRABC Coquitlam Branch: I was partying last night and had way too much fun... A fundraiser for the March of Dimes. They give a sizeable donation to the stroke Easter camp now named BLAST... Bret had a stroke in 2002. He is a MOD spokesperson. He was at the event last night. He lives in Calgary. I've got other photos of my misbehavior last night... which I may or may not share....



Photo of Margaret with Bret "The Hitman" Hart.

STROKE RECOVERY INFORMATION AND RESOURCES

Brain Plasticity- An Overview

It was once believed that as we aged, the brain's networks became fixed. In the past two decades, however, an enormous amount of research has revealed that the brain never stops changing and adjusting.

The term Neuroplasticity is derived from the root words Neuron and Plastic. A neuron refers to the nerve cells in our brain. The word plastic means to mold, sculpt, or modify. Neuroplasticity refers to the way that the brain can reorganize by creating new pathways. Plasticity, or neuroplasticity, describes how our life experiences and learning change the nerve pathways in the brain.

So, long lasting functional changes in the brain occur when we learn new things or memorize new information. These changes in 'neural connections' are what we call neuroplasticity.

Imagine the film of a camera. Pretend that the film represents your brain. Now imagine using the camera to take a picture of a tree. When a picture is taken, the film is exposed to new information -- that of the image of a tree. In order for the image to be retained, the film must react to the light and "change" to record the image of the tree. Similarly, in order for

new knowledge to be retained in memory, changes in the brain representing the new knowledge must occur.

To illustrate plasticity in another way, imagine making an impression of a coin in a lump of clay. In order for the impression of the coin to appear in the clay, changes must occur in the clay -- the shape of the clay changes as the coin is pressed into the clay. Similarly, the circuitry in the brain must change in response to experiences or sensory stimulation.

Neuroplasticity includes several different processes that take place throughout a lifetime.

Neuroplasticity does not consist of a single type of change, but rather includes several different processes that occur throughout an individual's lifetime. Many types of brain cells are involved in neuroplasticity.

Neuroplasticity occurs in the brain in two main ways:

1. During normal brain development when the child's brain first begins to process sensory information - known as developmental plasticity and plasticity of learning and memory.
2. As a way to make up for lost function and/or to maximize remaining functions in the event of brain injury such as a stroke.

Changes occur in human brains following injury. During brain repair following a stroke, the brain changes so that it can achieve maximum function in spite of the damage. Brain cells surrounding the damaged area change in their function and shape so they can take on the functions of the damaged cells.

There's lots more info available on this topic-here's an article to get you started:

<http://www.faim.org/emotions/making-new-connections-gift-neuroplasticity.html>

Patient's Guide to Aerobic Exercise After Stroke

Released last month by CPSR.



HEART & STROKE FOUNDATION

**Canadian Partnership
for Stroke Recovery**

"The Clinician's Guide is a summary of the full AEROBICS guidelines. We hope that it's a good resource for stroke rehabilitation professionals who are looking for a quick reference or refresher of the full set of guidelines, or as a starting place for those working with people with stroke and are seeking guidance on how to implement an aerobic exercise program," Dr. Tang says.

"The Clinician's Guide also features a summary table of recommendations related to frequency, intensity, time and type of aerobic activity for people who may be at different places along the continuum of stroke recovery, as well as reference charts to help quickly determine heart rate targets."

The Patient's Guide was developed to be a set of user-friendly recommendations for incorporating aerobic activity into life after stroke. It highlights the potential benefits of exercise, and provides a summary table of examples of an aerobic program for people at different stages of recovery.

The Patient's Guide can be a helpful starting point for discussion between the patient and health care professional about aerobic activity following stroke or TIA, and can serve as an ongoing resource as they prepare for discharge from stroke rehabilitation.

"We're excited to launch these new guides to promote the importance of exercise and physical activity following stroke or TIA," Dr. Tang says. "We hope that they are useful resources, for patients and clinicians alike, to supplement the detailed and comprehensive AEROBICS guidelines."

Both guides are available for download on the CPSR website www.canadianstroke.ca or by clicking [HERE](#) for the clinicians' guide www.canadianstroke.ca/wp-content/uploads/2015/03/CPSR_Guide_Clinicians-English_WEB.pdf and [HERE](#) for the patients' guide http://www.canadianstroke.ca/wp-content/uploads/2015/03/CPSR_Guide_Patients-English_WEB3.pdf.

Musical Glove Helps Stroke Patients Use Their Hands Again



NEARLY 800,000 PEOPLE have a stroke each year. That's about one person every 40 seconds. It's the leading cause of long-term disability in the US, according to the [Centers for Disease Control and Prevention](#).

There are many treatments that help stroke patients recover lost abilities. But the problem, says Nizan Friedman, founder of Flint Rehabilitation Devices, is that too few patients keep up with their therapy after leaving the hospital. "They're left at home, with just a list of

exercises that the therapist gives them to do,” he says. “It’s just not motivating, people don’t continue the therapy.”

Friedman hopes to change that with [MusicGlove](#), a wearable computing device designed to help patients improve their fine motor skills. The glove is outfitted with tiny sensors that track the user’s hand movements. Patients use it to play a *Guitar Hero*-style game that involves pinching and gripping notes on the screen of a tablet.

People were trying and crying afterwards. People who hadn't used their hands in months or even years were suddenly seeing benefit.

These are, for the most part, the same sort of exercises they’d be told to perform after leaving the hospital. “In rehab the real elements to recovery is high repetition, doing a movement many times, and being motivated to do it day in day out,” he says. Using music is a way to keep people from getting bored with doing the same exercises again and again. The [research](#) he’s published [thus far](#) bears that out.

Made Possible by Cheaper Computing

Friedman, a musician, came up with the idea while working on his PhD in biomedical engineering at the University of California, Irvine. He worked under two professors: David Reinkensmeyer, a rehabilitation robotics expert, and Mark Bachman, a sensor expert and fellow musician.

Friedman wanted to combine robotics and music therapy, but the three of them soon realized a robotic hand would be too expensive. They came up with the idea of glove instead, which, Friedman says, worked better than they could have imagined. “People were trying and crying afterwards,” he says. “People who hadn’t used their hands in months or even years were suddenly seeing benefit.”

That inspired them to found Flint Rehabilitation Devices. It is selling a home version, which is sold as a kit including the glove itself and a tablet computer designed specifically for it. The company also offers a therapist version that includes a desktop computer that boots right into the MusicGlove software. Including task-specific computers is important, Friedman says, because it reduces the complexity of learning how to use the device. This makes it more accessible to people who aren’t very tech savvy, and for therapists who don’t have time to learn how to use new software.

Asked why something like this hasn’t been attempted before, Friedman says it’s mostly due to the falling costs of components and mobile devices. “Offering a 10-inch tablet for the price point we’re selling the device wouldn’t have been an option 10 years ago,” he says. “Meanwhile, there are all these devices used in top rehab labs in the country, but

they cost around \$50,000.”

The MusicGlove is the latest example of how the falling costs of mobile computers are creating a wave of health and safety wearables, from [high tech back braces](#) that help prevent spinal injuries to [Google Glass apps for autistic students](#) to [virtual reality therapy](#). Wearable tech may be struggling to find its reason for being in the general consumer market. But it's beginning to realize its promise in the healthcare world.

T9-1-1 - Emergency Calls for People with a Communication Disability

T9-1-1 is a service that allows people who are Deaf, hard of hearing or have a communication disability to call 9-1-1 during an emergency, and converse with a 9-1-1 call-taker by text message. A special application that is loaded on a cell phone allows the 9-1-1 call-taker to recognize the call as coming from a registered cell phone associated with a person who is Deaf, hard of hearing or has a communication disability, and enables the call-taker to text with the caller to deal with the emergency.

To be eligible to use this service, a person who is Deaf, hard of hearing or has a communication disability must have a compatible cell phone and register with their wireless service provider. For a T9-1-1 call to be identified, persons may only access 9-1-1 services from their registered cell phone and only in parts of Canada where the service has been deployed.

Police Services caution that T9-1-1 is considered a “best efforts” service due to technology limitations associated with text messaging. This means that there is no guarantee a text message will be sent, delivered or received in a timely manner. In some instances, it may take longer than one minute to receive the initial text message.

The T9-1-1 service should only be used for emergency situations. The more specific you are when answering the questions from the call taker, the more quickly help can be sent. Police Services recommends that you text the following information: the location where help is needed, the service (police, ambulance or fire department) required, and the reason (what is wrong) that you need help with.

Please note that this service is not currently available everywhere in Canada. T9-1-1 will be made available across the country as 9-1-1 Call Centres make the appropriate network upgrades.

Check the website www.textwith911.ca for more information and for what areas currently served by T9-1-1. For BC info please go here:

<http://deafbc.ca/wp-content/uploads/2014/06/How-to-Register-for-T911.pdf>

5 Amazing Sites for Free Speech Therapy Materials for Adults with Aphasia

Our favorite speech therapy materials for adults are [iPad apps](#), but not everyone has or wants to use a tablet for therapy. There are some amazing resources on the web for people with aphasia to practice their communication skills on a home computer, if you know what to look for. It can be challenging to find materials that do not talk down to adults with acquired impairments, as many speech therapy materials are designed for children.

Looking to ESL resources, along with those developed specifically for people with aphasia, you can find quality materials with lower language demands. This week we bring you 5 amazing sites that offer free online speech therapy materials for adults.

To see the rest of this fine article by our friends at Tactus Therapy please visit here:

<http://tactustherapy.com/free-speech-therapy-materials-adults-aphasia/>

Stroke Survivors Tattler

Stroke Survivors Tattler is a Stroke Recovery Rehabilitation Blog supporting affected families with information about stroke causes, acute care, rehabilitation etc. There's tons of info on topics like:

- Emotions and Attitude, Complexities of #50shades of Emotions
- Technology & #Strokerecovery Tweekchat – Your Views!
- Singing and Speaking Aphasia Speech Therapy

Check it out here:

<http://www.stroke-survivors.org/>

CAREGIVERS INFORMATION AND RESOURCES

Educational Tools & Resources for Family Caregivers

Posted at: www.familycaregiversnetwork.org



- This is a list of useful tools to support family caregivers.
- Help to keep the inventory current and be part of building a better future for families and friends who care.
- Send new information to fcns@telus.net .

We are compiling a list of resources from SRABC which will be sent to them soon to be added.

Revive your Energy

by [kdavies](https://northvancaregivers.wordpress.com/author/karyndavies/) <https://northvancaregivers.wordpress.com/author/karyndavies/>

As the days start to become noticeably longer, there seems to be fewer stretches of mega-rain and cold, and colourful blossoms are poking their way through the earth.



I am enjoying the bright yellow crocuses alongside their purple counterparts, and the delicate spray of snowdrops that caress the gardens. It feels like spring is near, which brings a renewed sense of hopefulness to our spirits. Yet there is no denying that the

body, mind and soul could use some real nourishment!

A few ideas for lifting your energy: *Self-kindness is not optional here :)*

Try attending Quiet Hearts on a Wednesday afternoon at 4.30. Settle into the cozy atmosphere of a heritage church downtown, where you can relax to soothing music and let your mind unwind. Quiet Hearts listeners are transported, moved and inspired by enchanting flavours of music embracing classical, new age, jazz, folk and world styles.

<http://www.reverbnation.com/quiethearts>

Make a walking date every week with a friend, and try out a different café each time. Treating yourself to a warm drink is a simple way to practice self-kindness!

Sign up for a therapeutic touch session through Family Services' Companionship Care program. Therapeutic touch is a way to release stress or negative energy in the body, bringing more balance to the systems.

<http://www.familyservices.bc.ca/index.php/programs-a-services/companionship-community-care>

Keep a gratitude book where you write down something you're grateful for every day. When you're having a hard day, pull it out for some inspirational reminders.

Try eating a high protein breakfast. Fueling your body with good nutrients will help your energy sustain itself through any difficult moments in the day.

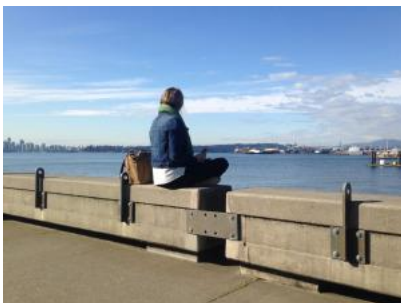
Learn some basic hand reflexology to practice on yourself. Giving yourself 10 minutes of reflexology in the morning or midday can really help your body and mind feel calm.

<http://www.positivehealth.com/article/reflexology/self-help-reflexology-empowerment-for-holistic-health>

<http://www.handreflexologycharts.com/Reflexology/hand-reflexology.htm>

Know that your dedication in the caregiving role is valued- we at North Shore Caregiver Support are aware of the amazing work you do, even if your loving efforts are not always appreciated by family members.

Eating Well, Part One



You wake up at 6:30AM to a buzzing alarm clock after a restless sleep. You hit the snooze button and accidentally rest for 30 minutes too long. You get out of bed and realize there's not enough time to make breakfast. After brushing your teeth and getting changed, you head out the door and hop on the bus or get in to your car. You stop at a coffee shop to get a coffee and a muffin. The morning is busy and you're feeling tense and rushed. Lunch time arrives and you're very hungry. There's a shop near by, so you buy a sandwich, a cookie and a coffee for the afternoon. You hastily move through the rest of your day and run errands before getting home a little too late to cook a proper dinner. You pop a pizza in the oven and eat it while watching the evening news.

Does this scenario sound familiar? With all the demands of daily life, making time to cook and eat nutritious foods can quickly slip to the bottom of our to-do lists. Meeting the needs of our loved ones and our responsibilities at work can feel more important and urgent than consuming healthy foods. While it's understandable that eating well falls off our radar when life gets hectic, it could what helps us cope and stay calm in the midst of it all.

By [K. Davies](#)

<https://northvancaregivers.wordpress.com/2015/03/06/eating-well-part-one/>

Gentle Exercise

Posted by K. Davies / Words by Cassandra Van Dyck



If you chose to exercise based on the reasons shown on the front cover of fitness magazines, you may think the only reason to get moving is so you can "look good" in a bathing suit. I'm a little ashamed to admit that growing up, I subscribed to this belief. The emotional and physical benefits of regular exercise (and how closely emotional and physical health are connected) has been a hard lesson and something I continue to learn from and experience.

The benefits of regular exercise are endless: exercise helps control weight, improves mood, helps manage anxiety and depression, combats health conditions and diseases,

boosts energy, promotes better sleep, increases your chances of living longer and healthier and helps prevent osteoporosis (Mayo Clinic/Harvard School of Public Health). We've all been told that incorporating exercise in to our days can help us to reap these benefits, yet that is easier said than done. Just like it can be challenging to cook and consume healthy meals when we're busy or experiencing stress, it can be just as hard, if not harder, to incorporate exercise in to our days when we're experiencing similar circumstances or feelings. Busy lives and stress make us tired, and it can feel like exercise requires energy we don't have.

So, now we might know the benefits of exercise and we definitely understand the the challenges of integrating it in to our lives. Where do we go from here? The good news is that you do not need to spend too much time exercising in order to experience the benefits. Some studies have shown that just 1-2 hours of brisk walking per week can decrease your risk of disease.

To read the whole article go here: <https://northvancaregivers.wordpress.com/2015/03/16/gentle-exercise>

BC Caregiving Guide



The March 2015 issue of our BC Caregiving Guide in Senior Living Magazine is now available on-line and in hard-copy. FCNS is continuing to collaborate with Senior Living Magazine to offer this Guide in March and September in order to reach more family and friend caregivers throughout BC.

The digital copy is available on the Senior Living Magazine website at:

<http://www.seniorlivingmag.com/magazine>

Visit <http://www.seniorlivingmag.com/distribution> or call 1-877-479-4705 to find out where to pick up a hard-copy of the Guide in your community. The Guide is also available in Pharmasave stores throughout BC.

Included in this issue of the BC Caregiving Guide:

- Functional Fitness for Family Caregivers
- End-of-Life Caregiving

- Men Who Care
- Family Caregiver Support Resources in BC

Please feel free to forward this email on to family, friends and co-workers who might also find the information helpful.

Glendora Scarfone

Administration and Caregiver Support

Family Caregivers' Network Society

Family Caregiver Support Line (BC) 1-877-520-3267

Family Caregiver Support

- One-to-one support
- Information and referral to community resources
- Help in navigating the healthcare system
- [Family caregiver support groups](#)

Go here for more info: <http://www.fcns-caregiving.org/>

Caregiver Support Program Newsletter

North Shore Community Resources Caregiver Support Program -the Family Caregivers' Grapevine is a bi-monthly publication that promotes the importance of self-care and provides practical information to help with the caregiving role. The new issue is here:

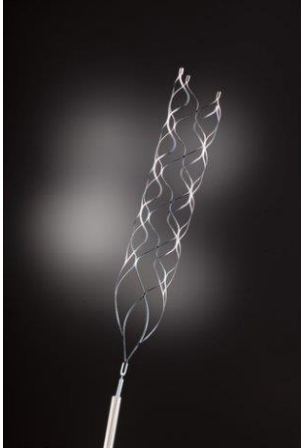
<http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>

RESEARCH

Canadian-led study confirms game-changing approach to stroke care

Canadian and international researchers have shown a new approach to treating some devastating strokes could dramatically lower the toll these brain attacks cause.

The new technique, which involves extracting large clots from the brain arteries they block, should substantially lower the number of deaths caused by stroke and make an enormous difference in post-stroke quality of life, several research teams reported at the American Stroke Association conference in Nashville, Tenn.



"Basically we saw that people who would end up in a nursing home were walking home back into their lives," Dr. Michael Hill, director of the stroke unit at Calgary's Foothills Hospital and senior author of one of the papers, said in an interview. Hill, a neurologist, is also a professor at the University of Calgary.

"So it's a pretty big deal for us in the stroke world."

Hill's study, which reports results of a clinical trial testing the procedure in five countries, was published online Wednesday by the New England Journal of Medicine, which also published an Australian paper investigating the same technique. Both were presented at the Nashville conference, along with a third that found similar results.

All three were stopped early when it became clear that the new procedure was more effective than the treatment it was tested against, the standard of care for strokes caused by clots. The standard treatment is to use a drug, tPA, which breaks up the clot. It must be used as quickly as possible and is not effective if it is not given within 4 1/2 hours of a stroke occurring.

"This is a once-in-a-generation advance in stroke care," the head of one study, Dr. Jeffrey Saver, stroke chief at the University of California, Los Angeles, told The Associated Press. An independent expert, Dr. Lee Schwamm of Massachusetts General Hospital, called it "a real turning point in the field." For many patients, "this is the difference between returning home and not returning home," although only certain types of patients can be offered it, he said.

To read the whole article go here: <https://ca.news.yahoo.com/major-advance-stroke-care-brain-stents-remove-clot-170732624.html>

Perceptions of Telerehabilitation in Stroke Recovery

Research Investigators: Dr. Janice Eng, Dr. Brodie Sakakibara, Jen Waring, Josina Rhebergen, Mary Edgar, Sarah Monsees, & Todd Van der Star

Researchers from G.F. Strong & UBC are studying the potential uses of telerehabilitation in people who have had a stroke.

Telerehabilitation is the use of communication technologies (e.g. the internet, cell phone, computers, tablets) to deliver rehabilitation services from a distance. It is important because it has the potential to increase access to rehabilitation and improve quality of care.

The purpose of this study is to learn from people who have had a stroke about the communication technologies they use, and their interest in using them to receive rehabilitation services. This study aims to guide future research and development of telerehabilitation programs.



Who can participate?

- Those who have experienced a stroke
- 19 years and older
- Live in the community
- Able to understand English

What do I need to do?

- Participants will complete a written, phone, or online survey (preference determined by the participant) that is approximately 10-15 minutes in length

Participants will receive a \$10 Starbucks gift card for completing the survey.

Please contact the research investigators if you are interested in participating in this study or if you would like more information.

Email: stroketelehab@gmail.com

Phone: 604-714-4109.

COMMUNITY EVENTS

FREE Webinars for Family and Friend Caregivers - REGISTER NOW TO RESERVE YOUR SPOT!



Spring 2015

Care Planning 101: A Webinar for Family Caregivers - April 14

Letting Go: A Valuable Lesson for Family Caregivers - May 27

Respite: Who Benefits? - June 15

[Click here for full descriptions, dates and registration details for these first 4 webinars.](#)



Celebrating Family Caregiver Week in BC - May 4 - 10, 2015

What Don't I Know That I Need to Know? Effective Decision Making in Caregiving - May 5

Creating an Unhealthy Environment for Caregiver Burnout - May 7

[Click here for full descriptions, dates and registration details for these next 2 webinars offered during Family Caregiver Week 2015.](#)

Register by phone 1-866-396-2433 or on-line at www.careringvoice.com. Webinars are offered through your computer and telephone. If you don't have a computer, you can simply listen to the audio over your telephone. You will not be able to see the visual portion of the Power Point presentation.

Visit our website for recordings of past webinars: www.fcns-caregiving.org/education/tele-

[workshop-podcasts/](#)

For additional information or if you have any questions, please call toll-free 1-877-520-3267 or email caregiversupport@fcns.ca.

Please feel free to forward this email on to family, friends and co-workers who might also find the information helpful.

BC Caregiver Week Special Event

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

Sunday, May 3, 2015 1:30 – 3:30 pm

Multipurpose Room, Collingwood Neighborhood House (2 blocks west of Joyce Skytrain station)

5299 Joyce Street, Vancouver, BC

Guest speaker: Margaret Evans, Registered Nurse, Certified Life Coach and Author.

Resilience - “Nurturing Buoyancy as a Care Partner”

Take a Break, Relax, Mingle and Learn

Free Refreshments

Register at: <https://www.surveymonkey.com/s/23Y7SQ6> or call MS Society of Canada 604-689-3144 and ask for Lower Mainland Chapter.

National Volunteer Week April 12-18, 2015 “Volunteers are a part of the ripple effect”

Volunteer Canada, in partnership with Investors Group, has announced the week of April 12-18 as National Volunteer Week. This is the 12th consecutive year for recognizing the tremendous efforts of Canadian volunteers.

Volunteers are an important pillar in any community. Individuals volunteer to make a difference and not necessarily to be thanked; however, as we all know... saying thank you goes a long way. Volunteer recognition need not be costly or take up a huge amount of manpower. In fact, Volunteer Canada and Investors Group put together the Volunteer Recognition Study, which tells you exactly how a volunteer wants to be thanked... and it's not with a fancy banquet or a formal affair.

To learn more, visit <http://volunteer.ca/content/2013-volunteer-recognition-study>.

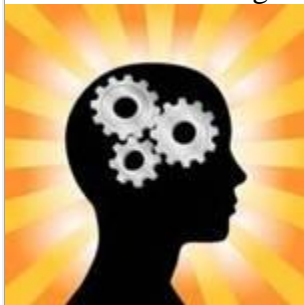
At <http://volunteer.ca/nuv2015> organization will find plenty of ideas and suggestions to help pay tribute to an agency's dedicated volunteers.

Volunteer Canada and Envision.ca show the following best practices in volunteer recognition:

1. Say “thank you!”
2. Make it a priority – Recognize volunteers to retain them and to attract new ones. Designate someone in your organization to be responsible for volunteer recognition.
3. Do it often – Recognition of volunteers should happen on a year-round, frequent and informal basis.
4. Do it in different ways – vary your recognition efforts. Here are some examples
 - Invite a speaker to talk about how he or she has been affected by your volunteers.
 - Treat your volunteers to a performance by a stand-up comic, musician or an improvisational theatre group.
 - Say thanks by creating a slide show featuring photos from the past year of your volunteers in action.
 - Announce important milestones, including the number of volunteer hours, lives touched and goals met.

Spring 2015 Understanding Stroke Sessions in Vancouver

A psychiatrist will talk about how the brain functions and what happens after a stroke and its recovery. An interactive group discussion will follow around general rehabilitation strategies and caregiver resources.



GF Strong Rehab Centre
Social Services Seminar Rm 189
6-9pm
April 30
June 25
(Fall Schedule to be announced)
For Questions and Registration

Holy Family Hospital
in Multi-Purpose room
2:45-5pm
April 13
June 30
September 14
October 26

**Call 604.737.6221 or email
helena.jung@vch.ca**

December 1
For Questions and Registration
Call 604.322.2622

Spring 2015 Building Community Connections Sessions in Vancouver

Get to know the resources available to you and your family in your community. Hear from other survivors as they share their personal journeys.



GF Strong Rehab Centre
Social Services Seminar Rm 189
6-8pm
May 6
November 4
For Questions and Registration
**Call Kelly at 604.737.6269 or
email kelly.sharp@vch.ca**

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

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