



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



SNIPPETS

APRIL 2017



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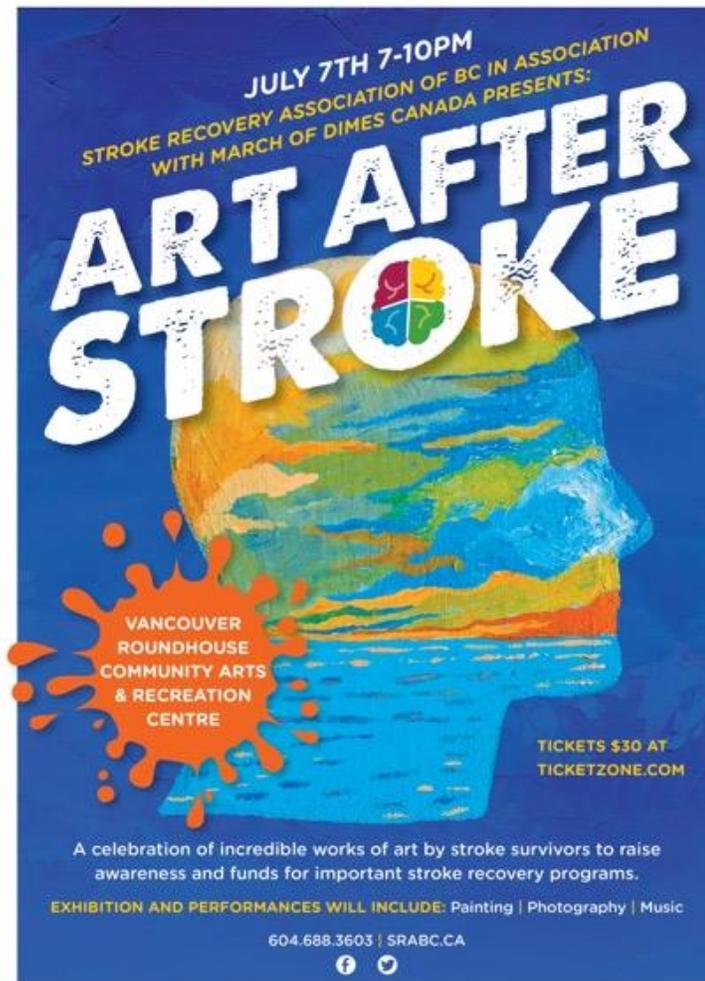
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ART AFTER STROKE: NEW SPONSORS AND CONTRIBUTORS



The second annual Art After Stroke will take place on July 7th, 2017 at the Roundhouse Community and Arts Centre.

The event will feature a silent auction and art and performances by stroke survivors.

OUR GOAL is to raise awareness and funds for important stroke recovery programming. We want everyone to know that there is life after stroke. After all, if you don't know a stroke survivor yourself, then you do know someone who loves one.

**WE ARE EXCITED TO ANNOUNCE THE FOLLOWING CONTRIBUTORS
AND SPONSORS:**

**Zulu Nyala Group and Angela Wright
WIN A SAFARI TRIP TO AFRICA!!!**

New this year! Art After Stroke is thrilled to announce that there will be an opportunity to bid on a Safari Adventure at the spectacular Zulu Nyala game reserve!

Thanks to the Zulu Nyala Group and Angela Wright, we will be offering this prize in our silent auction and the winner will experience the magic of Africa!

This trip includes a 6 night stay for up to 4 people and comes with meals, and 2 excursions per day! There's more info here: <http://zulunyalagroup.com>

How to win? Attend Art After Stroke and join in the auction bidding. Buy your tickets soon so you can have a chance to win this photographer's dream!



Van Gogh Sponsor

Lights, Camera, Action! We have a video sponsor!

Two Sparrows Media will be back in 2017 to produce the Art After Stroke trailer! They bring a team of experts in the film and television industry. They will be on site to film the event on July 7th.

Check out their website: www.twosparrowsmedia.com

Patsy Tomkins - Decorator and Van Gogh Sponsor

We are thrilled to announce and welcome Patsy Tomkins, a 'Van Gogh' sponsor for Art After Stroke! Patsy is a local Vancouver based Technical Director and aspiring Event Designer that has kindly volunteered her time and team to decorate the Art After Stroke event space for us this year.

Art For Change - Michelangelo Sponsor

After Stroke is proud to announce an interactive space this year called The Artist Studio. The Artist Studio will be hosted and sponsored by a great organization - Art for Change.

Art for Change can be found at www.artforchange.ca

Janine M. Ray - Da Vinci Sponsor

ART UP FOR AUCTION! We wish to thank local Vancouver artist Janine M. Ray for her donation of a painting that she will be creating just for the event on July 7th! We are touched by the gesture and look forward to her chef d'oeuvre. You can follow her journey on the creation of her masterpiece on the Art After Stroke Facebook page!

Check out her amazing artwork at www.janinemray.com

Ronan Boyle - Da Vinci Sponsor

ART-FABULOUS! Ronan Boyle will be creating and donating a painting for our event. You will have the opportunity to bid on his artwork on the day of the event so make sure you buy your ticket now! You can follow his journey on the creation of his masterpiece on the Art After Stroke Facebook page!

Check out his amazing artwork: www.ronanboyleinc.com



Michelangelo Sponsor

Thanks to Main Street Brewing Company in Vancouver, our bar will be stocked with some pretty tasty beer! Check them out at: <http://mainstreetbeer.ca/>

Pacific Coastal
AIRLINES®
Michelangelo Sponsor

We want to thank and welcome back Pacific Coastal Airlines as Michelangelo sponsor! They are donating a Silver Travel Voucher/Round-trip for two passengers between Vancouver South Terminal and Victoria International Terminal. It will be up for auction on July 7th. <http://www.pacificcoastal.com>

Dannielle Hayes - Art After Stroke Gallery Curator 2017

Dannielle Hayes is once again going to be the curator of our Art After Stroke Gallery at the 2017 event. She is donating a copy of her book *Traveling Light* for auction. Dannielle is a travel photographer, writer and publisher. As a photographer, she has worked closely with various national tourism organisations and has been a professor of photography and video.

For more information please see her website: www.dhayesfoto.com and her YouTube channel: <https://www.youtube.com/user/dhayesfoto>.



Donation - Guitar

MUSIC TO OUR EARS! A big thank you goes out to Long & McQuade for the donation of an acoustic guitar to our auction! The Denver model acoustic guitar will be available to bid on July 7th. You need to be there to bid so make sure you grab your tickets soon!

Visit Long & McQuade at www.long-mcquade.com to learn more about this awesome company and shop their products.

An Evening For Two Courtesy of the Listel Hotel

The Listel Hotel Downtown Vancouver is donating an Inside Package which includes a night in the hotel and dinner for two in Forage! If you want to have the opportunity to win this great prize, you must attend the event! Learn more about this classic Vancouver hotel at <http://thelistelhotel.com/our-hotel.php>

Swirl Wine Store Tasting for Eight

A big thank you to Angela Wright and to Swirl Wine Store in Yaletown Vancouver for their kind silent auction donation of a Private Wine Tasting for 8 at their great location! Check out the Swirl Wine Store website: <http://swirlwinestore.ca>

For a taste of the Art After Stroke check out the video trailer:
<https://youtu.be/ta6wUIXSSOA>

Tickets for Art After Stroke are available through Ticketzone:
<https://www.ticketzone.com/event/8622/art-after-stroke>

CAREGIVER'S CORNER



Family Caregivers of British Columbia

Read the most recent edition of the Caregiver's Connection from Family Caregivers of BC here <https://tinyurl.com/l2zqqe4>



North Shore Community Resources

Connecting You to Community Services!

You can find the March/April edition of the Family Caregivers' Grapevine from North Shore Community Resources at <https://tinyurl.com/lpunh5m>

New SRABC Members Bulletin

The SRABC Members Bulletin that will be sent four times a year to SRABC members. The dates we'll issue the SRABC Members Bulletin in 2017 are:

- **Jan 16th**
- **April 16th**
- **July 16th**
- **October 16th**

If you are interested in becoming a SRABC member contact office@strokerecoverybc.ca for more information.

MODC Volunteer Featured in Article

MODC consumer and volunteer Tom Rideout has been featured in a news article about his experience as a stroke survivor! In the piece, Tom talks about the immense impact MODC and SRC has had on his life post-stroke. Read the full article at <https://tinyurl.com/n7vja4h>

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

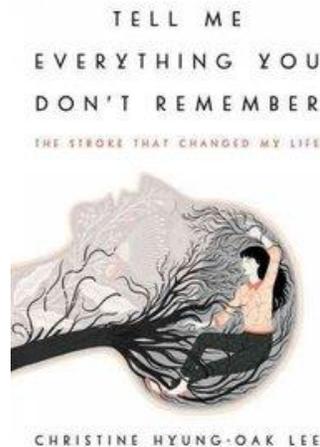
From 3:00 pm –5:30 pm on:
Wednesday, September 13th
Wednesday, November 1st

Location G.F. Strong Rehab Centre Acquired Brain Injury Program
4255 Laurel Street Vancouver, BC V5Z 2G9

Social Services Seminar Room (Room 189)

BOOKS

Writer Tells Her Story of Stroke and Memory Loss



Following a stroke at age 33, Christine Hyung-Oak Lee found that she couldn't remember anything for longer than fifteen minutes. Using the journals she kept during her recovery, Lee pieces her past together in her memoir, *Tell Me Everything You Don't Remember*.

To read more go here: <http://tinyurl.com/j8p3s7t>

To get info on the book go here: <http://tinyurl.com/zxv272j>

Love Stroke - Relationships after Stroke

At thirty-six years old, Kelly Marsh was a successful businesswoman and her husband, thirty-nine-year-old Brad Marsh, was a successful entrepreneur and businessman.

In *Love Stroke*, they tell their story of how their lives changes after Kelly suffered a stroke in August 30, 2009. This firsthand account from both Brad and Kelly aims to help all traumatic brain injury survivors and caregivers, especially younger survivors and caregivers as they shape their own destinies in recovery.

Find the book here: <https://tinyurl.com/mfweyvs>

LIFE AFTER STROKE

8 Ways to Ease Recovery

This article from Everyday Health suggests methods you can use to improve your mood and health during recovery. The list includes listening to music, art therapy, walking, and yoga. Read the full list here: <https://tinyurl.com/kgkolll>

New Website for the Toronto Stroke Network

The Toronto Stroke Network, a website that acts as stroke recovery guide, has a new website. It covers topics ranging from finance to relationships to the steps of recovery. Visit <http://strokerecovery.guide>

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?

* We alternate monthly between educational forums in person and via webinar and interactive, recreation-based excursions.

* 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.

* 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

Technology @ Work Program

Do you know someone employed or self-employed or a dedicated volunteer with an employment related barrier caused by a disability or old injury or chronic pain? If this barrier can be overcome with an assistive technology... then the

Technology@Work program may be able to help pay for some or all of the needed accommodations! Further details at www.bctechatwork.ca

Nate Toevs - Employer Outreach Developer

natet@neilsquire.ca

T 604.473.9363 x122

F 604.629.1761

400 - 3999 Henning Drive, Burnaby, BC, V5C 6P9



Online Meditation Sessions

Meditation can train your mind, improve your with focus, and help with stress reduction. Headspace has digital mindfulness sessions to help you learn meditation and mindfulness. Visit <https://www.headspace.com>

Transition Magazine

Since 1977, Transition Magazine has provided:

- a cross-disability analysis on a wide range of issues
- an opportunity to share information among the disability community, their friends and families, and the general public
- a way for people with disabilities to display creative talent
- an entertaining and thought-provoking magazine at very nominal subscription rates

Each edition is focused around a particular theme, such as education, health and wellness or living with change. Transition Magazine welcomes submissions of creative writing, graphic art and articles.

Find it here: <https://tinyurl.com/l8j3x6m>

FOCUS ON APHASIA

TED-Ed Video on Aphasia

This animated video from TED-Ed talks about aphasia. It provides information about the different types, the causes, and symptoms of aphasia.

Watch it at: <https://www.youtube.com/watch?v=-GsVhbmeCJA>

Aphasia Friendly Resources

Visit this website for many resources designed to educate and guide those living with aphasia: <http://www.aphasiafriendly.co>

EVA Park: A Virtual World for People with Aphasia

EVA Park is a pioneering virtual world for people with aphasia, a language impairment that affects one third of people who survive a stroke.

This film shows EVA Park in action. You will hear the personal stories of

John and Lorraine, who face the daily frustrations of aphasia, and learn about how EVA Park made a difference to them. John's partner, Paula, talks about how practising in Eva Park enabled John to order his own dinner in a restaurant for the first time since his stroke. <https://vimeo.com/144810651>

Learn more about EVA Park here: <http://smcse.city.ac.uk/eva/>

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.



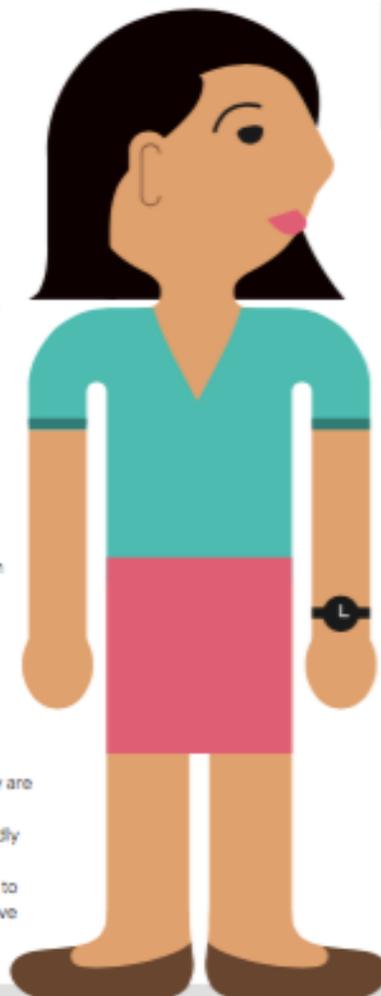
Be Creative
Try writing, gesturing, pictures and communication tools like an iPad.



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.



STUDIES

RESEARCH PARTICIPANTS NEEDED

HAVE YOU EVER HAD A STROKE?

UBC researchers are inviting stroke survivors and their partners to participate in a study on everyday health behaviors.

Your experience matters ... Tell us about it!

WHAT WILL WE HAVE TO DO?

- 1) Participate in two interview sessions and take health measurements
- 2) Complete questionnaires on a tablet and wear physical activity monitors for 14 days
- 3) Provide a blood sample



WHO CAN PARTICIPATE?

- You or your partner has had a stroke and you can both take part in the study
- You do not need any technology skills

WHAT IS IN IT FOR US?

- Receive **one tablet** per couple or up to **\$100** each
- Get a detailed **health report**
- Get a free **technology workshop**

HOW DO WE GET STARTED?

Phone **604-822-3549** or e-mail **pulse@psych.ubc.ca!**

www.ubcpulsestudy.wordpress.com



PULSE (Partners Using Linked Strategies Effectively) study

Sponsors: This research is supported by a grant from the Heart and Stroke Foundation of Canada.

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.



**We acknowledge the financial support
of the Province of British Columbia**

- 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/>
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