



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets August 2013

Facebook and Twitter

SRABC is now on Facebook at:

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

and Twitter at:

<https://twitter.com/StrokeRecovBC>

Branch Coordinator Update

- Templeton Branch

We are still recruiting for this position.

- Abbotsford Branch

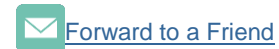
Kayleen Dyck is taking some time off from the coordinator position and in her absence the interim coordinator will be Laura Gilberg. Laura is working on completing a degree in kinesiology at the University of the Fraser Valley. She has volunteered for five years with the Abbotsford Stroke Recovery Branch and has taken responsibility for assisting with program delivery.

Phyllis Delaney Life After Stroke Award 2013 Nominations

Winners will be chosen at the August 13th meeting of the Meetings and Special Events Committee. Thank you to everyone who submitted nominations.

SRABC Guides to Recovering From a Stroke: Order Now!

A reminder that if you would like to order hard copies in English, Chinese, Punjabi or Hindi please email Genevieve



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 If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder.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.

Thompson at the Provincial Office

at [office@strokerecoverybc.ca](mailto:atoffice@strokerecoverybc.ca)

The titles are:

Daily Living - This guide will help to answer questions about how to successfully return home and resume daily living after stroke.

Adjusting the Home after Stroke - This guide will help to answer two questions:

- What can be done to make the home safe?
- How can the home be set up to help recovery?

Self-Advocacy - This guide will help to answer questions about how to get what you need after a stroke, whether you are a caregiver or a stroke survivor.

Getting Back into the Community - This guide will help to answer questions about how to get back into the community after a stroke.

Take Care: a handbook for family caregivers

This handbook talks about the problems and rewards that come from caring for an adult with a chronic illness or disability. The aim is to give caregivers information and ideas about how to cope.

The handbook is available in English and Traditional and Simplified Chinese. There are copies on the SRABC website at:

<http://strokerecoverybc.ca/recovering-from-a-stroke/information-caregivers/caregiver-resources/>

Social Media Links

We are posting information daily on Facebook and Twitter which is another way we can get our message out to the world- particularly to younger stroke survivors and caregivers. Our Facebook page is here:

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

Our Twitter handle is: @StrokeRecovBC

If you have anything to send us as a possible item to post please send it to Tim Readman at execdir@strokerecoverybc.ca

Please take a look at the links, 'like' us, 'follow' us and let us

know your ideas!

Is dressing a challenge for any stroke survivors you know?

There's a company that specialises in adapted clothing. <http://www.silverts.com/>

They have helpful videos on the subject here: <http://www.silverts.com/show.cfm/video>

There's a section on stroke here: <http://www.silverts.com/stroke-clothing/>

Caregivers with Disabilities

The Winter 2013 edition of the BC Coalition of People with Disabilities Transition magazine will look at a topic that is rarely discussed. Many people who live with a disability and/or are aging are often in the role of caregiver for a family member who also has a disability. How do these caregivers manage this role and still take care of themselves?

BC Coalition of People with Disabilities would appreciate hearing about your experiences as a caregiver with a disability (by August 15th). It will help us to shape the content for the Winter issue of Transition.

Complete the following short survey by August 15 and you will be eligible to win one of two \$20 gift certificates to London Drugs, or a similar store in your neighbourhood:

<http://www.surveymonkey.com/s/CS3P729>

Caregiver Times Newsletter

The Vancouver Coastal Health Caregiver Support Program is pleased to be sending out the Summer 2013 Issue of the *Caregiver Times* newsletter. Link to on-line newsletter: http://caregivers.vch.ca/docs/newsletter_13_summer.pdf

Inside this issue:

Page 1: Traveling with Someone Who Has a Disability or Illness

Page 2: Resilience and Relaxation

Page 3: Caregiver Education: Managing Criticism; Assertiveness Skills for Caregivers; Coping with On-going Loss

& Grief

Page 4: Caregiver Resources and Support: Breathing to Relax;
Monthly Caregiver Group Meetings

Free Wheelchair Training

Do you use a manual or power wheelchair? Are you a caregiver interested in receiving wheelchair training? The research lab at GF Strong has a number of wheelchair training studies in which you can take part! These projects include aspects such as setting goals, peer training, and even using a Wii or a tablet! If you're interested in participating or would like more information, please

visit <http://millerresearch.osot.ubc.ca/research/participate/> or contact Kate Keetch at 604-714-4108 or Kate.Keetch@vch.ca

Appreciation for the Arts May Boost Stroke Recovery

It elevates the soul, but an appetite for the arts may also do the body good. A new study found that stroke survivors who enjoyed music, painting and theater had better recovery than patients who did not.

Researchers from the University Tor Vergata School of Nursing in Rome asked 192 stroke survivors whether they did or did not like art: the participants were fairly split, with 105 reporting an interest in music, painting and theater, and 87 reporting no appreciation. The researchers then compared quality of life for patients who liked art and patients who didn't.

Overall, art lovers reported a slew of positive physical and mental health benefits. They had more energy, better general health and improved mobility. They were also happier, less anxious or depressed and had better memory and communication skills.

"Stroke survivors who saw art as an integrated part of their former lifestyle, by expressing appreciation towards music, painting and theater, showed better recovery skills than those who did not," lead author Dr. Ercole Vellone, assistant professor in nursing science at the University Tor Vergata, said in a statement.

"Music works like a megavitamin for the brain. Results in the

Finland study showing improved mood is important for recovery,” says Dr. Wendy Magee, associate professor of music therapy at the Boyer College of Music and Dance at Temple University in Philadelphia; Magee was not involved with the studies. “We know that after stroke, the incidence of depression is higher due to neurochemical changes in the brain and [hindered motor skills]. We need to find things to elevate patients’ moods so they are more motivated to engage in therapy.”

The researchers hope the new findings will aid nurses in their caretaking of stroke victims. “Traditionally the attitude in health care is that we use music therapy when nothing else works, but the studies show we should use the therapy right away within the first couple of weeks of treatment,” says Magee.

Read more: <http://healthland.time.com/2012/03/16/how-an-appreciation-for-the-arts-may-boost-stroke-recovery/#ixzz2bJTal0mb>

Stroke Recovery Theories Challenged By New Studies Looking at Brain Lesions

Stroke survivors left weakened or partially paralyzed may be able to regain more arm and hand movement than their doctors realize, say experts at The Ohio State University Wexner Medical Center who have just published two new studies evaluating stroke outcomes.

One study analyzed the correlation between long-term arm impairment after stroke and the size of brain lesions caused by patients’ strokes – a visual measure often used by doctors to determine rehabilitation therapy type and duration. The other study compared the efficacy of a portable robotics-assisted therapy program with a traditional program to improve arm function in patients who had experienced a stroke as long as six years ago.

“These studies were looking at two entirely different aspects of a stroke, yet they both suggest that stroke patients can indeed regain function years and years after the initial event,” said Stephen Page, PhD, OTR/L, author of both studies and

associate professor of Health and Rehabilitation Sciences in Ohio State's College of Medicine. "Unfortunately, we know that this is not a message that many patients and especially their clinicians may be getting, so the patients may not be reaching their true potential for recovery."

See more at: <http://tinyurl.com/nk5n9t3>

From Victim to Leader

Think back to a time when you felt someone had done you wrong, a time you felt victimized in some way.

Perhaps it was at work – someone was always late, or speaking to you with disrespect. Or maybe it was at home – you were the one always doing the household duties; the responsibilities were not equally shared.

While it is easy to point at others and blame, it is more empowering to point within.

We move from victim to leader when we **own our role** in any conflict. Instead of blaming the other, we look for what we can do differently to change things.

Maybe you:

- *Let someone know what your expectations are*
- *Tell someone how you feel about the way they speak to you*
- *No longer enable someone or a situation*
- *Say No and create healthy boundaries*

What would you have done differently in your situation if you had acted as Leader?

Next time you catch yourself in blame or victim mode, ask yourself, **What role am I playing in this situation?** Then look for what courageous steps you can take to empower the situation and yourself.

When you own your side of the story, you create the space for the relationship and situation to change in a healthy and positive direction.

- See more at: <http://www.vincegowmon.com/from-victim-to-leader/#sthash.3AtZRJxa.dpuf>

Accepting and Communicating that We *Do Not Know*.

Something we tend to struggle with is accepting and communicating that we *do not know*.

To the extent that we have been raised to believe that knowledge is power, we have come to believe that not knowing is weak and unproductive. As such, being honest about not knowing is difficult, and we feel pressure to act as if we know, when in fact we don't. We fear judgment, asking for help and feeling as if we are a failure.

Where in your life are you not accepting that you do not know?

If you were to make it OK to not know, what would you do differently?

Here are four ways to express not knowing:

- **"I don't know."** (Variation: "I don't have an answer for you.")
- **"Can I get back to you?"** (Variation: "Give me a moment to think about it.")
- **"I'm not sure. What do you think?"** (Variation: "What does everyone else think?")
- **Stay silent**

Where possible, say nothing, and wait until it is time to speak.

When we own that we don't know we actually stay open to possibilities. We are more open to other points of views, and to ideas yet to arrive in our mind. We make it OK to hang out in the space, and trust that it will be filled when it is time.

Vince Gowmon - <http://www.vincegowmon.com>

[Follow on Twitter](#) | [Friend on Facebook](#) | [Forward to a friend](#)

Copyright © 2013 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

MailChimp

Vancouver, British Columbia (BC) V6H 3V1
Canada

[Add us to your address book](#)

[unsubscribe from this list](#) | [update subscription preferences](#)