



**STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA**

Snippets August 2015



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SRABC NEWS AND VIEWS

SRABC Board of Directors Update

- SRABC Financial Reform

- The deadline for the closure of Branch bank accounts and transfer of funds to SRABC was on July 31st. We are delighted to report that almost all of our Branches have worked with us to successfully complete this financial reform. We wish to extend our thanks to all the committee members, volunteers, bookkeepers and Branch Coordinators who worked hard to make his possible. We will be in communication with those who still need to complete the process.

- Program and Service Development Highlights

- Branch Coordinator Education Teleconferences

Wendy Johnstone held educational teleconferences for Branch Coordinators in July. 21 out of 32 Branch Coordinators attended. We are following up with the others to try to schedule another session.

The objectives of the teleconference sessions were to:

- Provide an information session for Branch Coordinators to provide and up to date list of resources and tools available from SRABC that are available to Branches and participants.
- Get feedback from Coordinators on current utilization and satisfaction with SRABC resources and tools for Branches.
- Discuss other resources and tools that would be helpful in program delivery at Branches
- Build on last year's teleconference sessions and continue dialogue with Coordinators on program and service delivery at Branches.

The sessions were well received and we plan to follow up with more regular teleconferences in the coming months.

- 7 Steps to Stroke Recovery video

Our 7 Steps to Stroke Recovery video has now reached over 42,000 views on YouTube. The new "Step 1" Exercise and Mobility Video Project is now underway. The script is now complete. The video is scheduled for filming in late at August. The content expert and presenter is SRABC Board member and Physiotherapist, Heather Branscombe. We received a \$2500 grant from March of Dimes Canada (MODC) towards producing the video. We are negotiating with MODC celebrity spokesperson, stroke survivor and former TV wrestler Brett 'The Hitman' Hart to introduce the video.

- Community Stroke Recovery Navigator Project - Phase 2: 'Bridging the Gap: Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery'

Community Stroke Recovery Navigator Program poster presentation was accepted for Canadian Stroke Congress in September 2015. Wendy Johnstone will attend on behalf of SRABC to promote the Community Navigator program.

- SRABC Literature

We have updated the Stroke Recovery Introduction booklet and the Guides to Stroke Recovery and are having new editions printed.

- Next Steps Walking Program
The program at the Oakridge Mall in Vancouver is continuing under the guidance of Joanne Patterson with attendances in the 15-20 range. We will hold a review meeting with Brent Page from March of Dimes (who are providing funding) and Program Coordinator, Joanne Patterson in September to evaluate progress so far and look at expansion opportunities.
- The Community Transition Aphasia Groups (CTAG)
Strive Centre on Joyce Street will provide the location for a new group, starting in September. We will have more details soon.
- Chilliwack Stroke Recovery
Anna Markey continues to work on establishing Stroke Recovery Services in Chilliwack. We are targeting September for the launch date.
- Volunteer Management
Michelle Mateus been working with us on developing a new SRABC Volunteer Manual. The first draft should be complete by late August.
- The Singing Project
Logan Rushby, Port Coquitlam Branch Coordinator, has been planning the new program which starts in September. The new name for the program will be 'Sing It Poco'.
- Chinese Language Programs
We have reached an agreement with the Strive Centre in East Vancouver (Collingwood) and plan to start the program in September.

We are still in discussion with the South Arm Community Centre in Richmond about a similar program.

Larissa Lau, Richmond Branch Coordinator, will be coordinating the groups.

Branch Update - News from SRABC's Branches

Burnaby North Branch

Ruby Gill's replacement as Burnaby North Branch Coordinator is Irene Lu, who is currently Coordinator for the Burnaby South branch. Irene has a B.Sc. Honours in Physiology from the University of British Columbia. She has worked as a lab technician and research assistant at VGH and at UBC. She was a volunteer at our Burnaby North and South Branches before she became Branch Coordinator.

Surrey Branch

Simren Hara resigned from Surrey Coordinator position. She wrote to say: "With going back to school and furthering my education in September, I have unfortunately had to make a very tough decision. I have really enjoyed being the coordinator, and will miss it very much." We want to thank Simren for her work at the Branch and wish her all the best with the next phase in her education and career.

Comox Valley Branch

Branch Coordinator Jenny Gohl is retiring from her position soon. She has kindly agreed to stay until we recruit a replacement. We'd like to thank Jenny for all her years of work with stroke survivors and caregivers in the Comox area, and wish her all the best for the future.

Shaughnessy Branch

I attended the UBC Capstone Conference with Greg McKinstry and Tim Readman on July 29th at the Centre for Interactive Research on Sustainability at UBC. The conference features presentations from graduating OTs about their research. MLAs Suzanne Anton and David Eby were in attendance at the invitation of Master of Occupational Therapy students Linh Huynh and Marie Maratos. Linh and Marie's project 'Picture This: Exploring the lived experience of stroke survivors' was based at SRABC's Shaughnessy Branch. Participants Greg McKinstry, Dannielle Hayes, Doug Napier, Doug Scattergood and Vaughan Weber were asked to photo-document their daily environment, with a focus on its helpful features and barriers, as a means of capturing their lived experience.



"At an extremely expensive restaurant, the waiter ignored me and asked my wife if I needed a straw for my Martini. He also would not arrange for my meat to be cut up in the kitchen."

Findings from this study will inform the disciplines of occupational therapy and medicine of the barriers that high functioning stroke survivors experience on a daily basis and may help to guide future development of supports and services for this population. Their formal presentation was followed by a photography exhibition to showcase all the amazing works captured by the stroke survivors. Greg McKinstry kindly donated funding for the production of a book of the photos for each participant. The display of photos taken by our members with description captions will be presented again at 3 more conferences in the next year, including one in the UK. We are very proud of our members who participated in this project.

Peggy Kane, Branch Coordinator



SRABC Board Member, Greg McKinstry, MLAs Suzanne Anton and David Eby with Master of Occupational Therapy students Linh Huynh and Marie Maratos

The Vancouver Hospital Foundation Collection has selected two of my photographs for their collection. The first one is completed and the second is still at ABC Photo Labs. When complete, they will be hung at GF Strong Rehab Hospital.

Dannielle Hayes, Shaughnessy Branch

Coquitlam Branch

We had the Astellas professional bike team visit us. They were in Vancouver for 10 nights for the 8 BC Superweek Races which included the Gastown Grand Prix, Giro di Burnaby, Tour de Delta, Tour de White Rock and UBC Grand Prix.

One of their riders came in 3, 4, 5, 9, 10 and 15 in various races. They are all super fit and capable of riding hard, hard, hard for hours at a time and then doing the same thing the next day and the next day. They are an American team, but one member was from England and another was from Australia.

Margaret Hansen, Branch Coordinator



HATS: One Minute Movie

From some of the folks at our SRABC Shaughnessy Branch and their friends ... just to get you thinking!

“HATS is a one minute movie me and my friends just made. We are: Cesar Calle (editor), Mark Audio Ash (actor and music), Vaughn Weber (actor), and Dave Symington (sound mix). I am one of the actors and the director. All of us have survived brain injuries, hence Brainless Productions. Goes to prove that it is what is under the hat that counts.”

HATS is going to be screened at the Film Art and Culture Festival on September 16th at the Roundhouse Community Centre in Vancouver.

<https://www.youtube.com/watch?v=Zp6OYdfUBU8&feature=youtu.be>

Dannielle Hayes, Director

SRABC member, photographer, author

Phyllis Delaney Life After Stroke Awards

Outstanding Achievement Award - no nominations

Caregivers Award

Winner: Joy Watkins

Award for Achievement in the Arts or Sport - no nominations

Volunteer of the Year Award

Winner: Bonnie Greene

STROKE RECOVERY INFORMATION AND RESOURCES

Brain Food Puzzles



Challenge your mind with these three fun puzzles. See how fast you can solve them or work your way up to the hardest difficulty level.

Page 1: **Jigsaw Puzzle**

Page 2: **Find the Difference**

Page 3: **Tic Tac Toe**

Page 4: **Solutions to Find the Difference and more puzzles to play**

<http://www.strokesmart.org/brain-food-62915>

Improve Recovery with Family Teamwork



Stroke recovery doesn't need to be a solo effort. From balancing a bank account and programming television remotes to driving stroke survivors to physical therapy appointments and helping them bathe, family members and close friends can make a significant impact on the recovery and everyday life of a survivor no matter how modest the task may seem.

When Fred Brock, 56, suffered a series of strokes last year, his family assembled to care for him in his San Diego home. “It felt really good to have the help because we’ve always had a real close family and whenever there’s a problem, we rally together and take care of it,” he says.

Although Brock’s pride didn’t get in the way of family coming to his aid, not all stroke survivors openly seek and accept help. That’s a mistake, Brock says.

“Physically you’re limited on what you can do and you just need to learn your limitations and work with that the best you can,” he says. “And try and keep a good sense of humor. If you can’t laugh at yourself, who can you laugh at?”

Read the full article here: <http://www.strokesmart.org/family-strengths>

Driving a Car After a Stroke

You cannot drive after having a stroke until your doctor says that you can. This may be hard to accept. You may feel that this is a big loss of independence. But any problems with your vision, speech, or ability to move quickly after a stroke can change your ability to drive safely. You need your doctor's approval for the safety of yourself and others.

After your doctor says that you can drive, talk to your provincial ministry of transport and ask about the rules for people who have had a stroke. You may need to take classes, be tested again, and have changes made to your car. Some stroke rehab centres give driver training classes.

If you cannot drive because of problems from your stroke, check with your stroke rehab centre about programs that offer special vans that can take you to and from places. Senior groups and volunteer agencies may also offer transportation services.

There’s more info here: <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=zp3396>



Kitchen Mobility, Kitchen Stability



By Survivor Rosanna Radding, Grass Valley, California

www.onehandcan.com

I love to cook. I love to show other people with physical limitations that they, too, can cook with one hand.

Recently, I was asked a question about a subject I hadn't paid much attention to in a while: balance, the kind of balance it takes to move around a kitchen and reach for things safely. Stroke definitely can affect your sense of balance. It did mine in the early post-stroke years, and I did have to take special care in the kitchen. Here are some suggestions about cooking and balance.

- This general suggestion can help survivors improve their balance whether they're in the kitchen or not: Work with a restorative yoga instructor. Look for an instructor that has experience with stroke survivors.
- Get a "standing chair." A standing chair allows you to sort of sit and sort of stand at the same time.
- Gather up all your ingredients and do all your chopping, cutting and other prep work before starting to put everything together.
- In order to cut the number of trips to the pantry or refrigerator and, because I can handle only so much with one hand, I gather as many ingredients as I can easily lift in a bowl or basket and carry it all to my work area.

For more information go here: <http://strokeconnection.strokeassociation.org/Spring-2015/Kitchen-Mobility-Kitchen-Stability/>

Aphasia Simulations: A great educational tool for understanding aphasia

The purpose of these simulations is to provide some activities that can help you understand what it might be like to have aphasia.

Support groups and aphasia community groups could use these simulations at meetings or seminars.

Speech-language pathologists might want to use these simulations to train:

- Family members
- Communication partners
- Caregivers, including nursing assistants

- Nurses, occupational, and physical therapists
- Medical students
- Staff at retirement communities
- Business owners and other community members
- Members of the general public

For more info and to see the simulations go here:

<http://aphasiacorner.com/aphasia-simulations/>



Stroke Class On-Line

For those that are already participating in a local exercise or rehab program with a Physiotherapist, you can use StrokeClass.com as an additional resource. It's now available as the world's first online Stroke Exercise class.

Work on your Stroke Recovery from the comfort of your home.

Guided Stroke Exercises.

Weekly Updates.

Stroke Class is now free to try out for 7 days. www.StrokeClass.com



Information and Resources from StrokeSmart - Lifestyle | Recovery | Resources | Prevention

Ask Leigh: Staying Positive After a Stroke

<http://support.stroke.org/site/R?i=7u0PRqjcDvUkR3QwmKs1cQ>

How Stroke Affects Cognition Over Time

<http://support.stroke.org/site/R?i=cNDMmwIOfCnd93cETH0IrA>

5 Must-read Books About Stroke

<http://support.stroke.org/site/R?i=epb3EI8nh5j5IBXhWp89vg>

StrokeSmart -Sign Up - <http://support.stroke.org/site/R?i=cN-QFzXojmLUOkByxAuhrg>

StrokeSmart -Subscribe - <http://support.stroke.org/site/R?i=9G0c6ewNTpjMAhExFY1GZA>



‘Soda Drinker’ Video Game to Help Stroke Recovery

“Soda Drinker Pro” is a small indie video game that lets you walk around and drink soda. You can drink soda on a beach or drink soda in a park. That’s about it. However, it’s become a cult hit on PC, with a version set to be released on the Xbox One in the next few months. It’s also simple enough that it’s now being used by Myomo, a Cambridge-based start-up that is helping people with partly paralyzed or weakened arms to regain movement in their limbs.



Patients can now practice lifting up the soda in the game. Moving the arm up and down will lift up the soda, and tensing the bicep will allow the player to take a sip. What made “Soda Drinker Pro” a great candidate for the MyoPro was this non-competitive gameplay. The game doesn’t require defeating enemies or getting enough points to advance to the next level. The goal is to explore environments and drink virtual soda. When the player is ready, they can move on to the next stage. Patients could focus on practicing with the hardware, getting to know how to move their arms, and have fun.

For the full story and more info on the game please go here:

<http://www.betaboston.com/news/2015/07/28/wpi-student-hacks-soda-drinker-video-game-to-help-stroke-patients-rehab/>

CAREGIVERS INFORMATION AND RESOURCES

Caregivers: 12 Powerful Self-Care Tools That You Can’t Live Without

How much do you love yourself? *How much do you show it?*

The following ideas will get you started on your journey to a more fulfilled and peaceful life.

1. Feed your mind with positivity
2. Be creative
3. Sleep
4. Plan an at-home spa day
5. Create your own sanctuary
6. Stay in bed and read
7. Practice mindfulness or meditation
8. Do yoga
9. Learn to say no
10. Start something new
11. Declutter your home
12. Be you

For the full article go here:

<http://www.lifehack.org/articles/lifestyle/12-powerful-self-care-tools-that-you-cant-live-without.html>



Caregivers: Focus on the 'now,' don't wait for normal

Caregivers need to learn to bend without breaking

We often talk about caregiving as though it is separate from daily life. "Normal" is interrupted by illness and its challenges. Your standard routine is suddenly on steroids as you juggle housework and checkups, meals with medications.

You rightfully want to reach a point when good health is again the rule, sickness the exception.

However, caring for someone with a significant illness or disability can last for years. Don't put life on pause waiting for "normal." Notice the now.

Original article was published here:

<http://www.heraldnet.com/article/20150711/LIVING/150719798>

The Family Caregivers Grapevine

The Family Caregivers Grapevine is the bimonthly newsletter published by the North Shore Community Resources Caregiver Support Program. The latest edition is here:

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

Highlights include:

- Finding Relief from Loneliness
- Calendar of Events for Caregivers
- Interview with a Naturopath: Dr. Julie Durnan
- Gratitude and Coffee

You can register for your own copy and get more info here:

<http://www.nscr.bc.ca/information/caregiver.html>



Tides of a caregiver's grief

“Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.” — Vicki Harrison

Sometimes it is helpful to have a visual image in mind that describes the emotional meaning of an experience. In the role of caregiving, I liken the experience of ongoing loss and grief to that of an ocean tide that ebbs and flows. As a care partner's health condition causes their mind or body to change in significant ways, there are many losses for the caregiver. Adapting to the introduction of difficult symptoms such as pain, lowered energy levels, and mental disorganization does take enormous amounts of physical and emotional energy for you, the caregiver. These health changes often cause shifts in how you can relate to your care partner. The loss of close relationship, familiar routines, and

sense of security can happen either in slow and subtle changes, or sudden and dramatic shifts.

Please see the full article and a list of useful books and links here:

<https://northvancaregivers.wordpress.com/2015/07/22/tides-of-grief/>



Canada Cares Caregiving Awards



To nominate go here: <http://www.canadacares.org/awards/>

8 Tips for New Family Caregivers

It's hard to know where to begin caring for someone, and caregiving is typically not a role you have training for! Currently 8 million Canadians are providing care to a family member or friend. Maybe someone you love is showing signs of needing more care and support. Or, someone is going through a sudden change in health or has been injured. Often we are not prepared for these situations until we find ourselves in them. Here is some guidance from others who have been there:

1. Learn about home and community care supports in your area early on.
2. Have important conversations and respect their wishes.
3. Consider the financial implications.
4. Get organized.

5. Create a team.
6. Understand the health condition.
7. Take care of yourself.
8. Buckle up.

For the full article go here: <https://www.saintelizabeth.com/Caring-for-Family/Caregiving-Information/Preparing-to-be-a-Caregiver/Where-do-new-caregivers-begin.aspx>



RESEARCH

Caregiver Burnout Study Participants Wanted

Family caregivers, including friends and relatives, make a huge contribution and enable people with disabilities to stay in the community. Caregiver burnout is an issue, however, and ways to reduce caregiver burden need to be identified. Dr. W. Ben Mortenson (UBC) and his team are conducting a national study to find out more about the struggles that caregivers experience. This includes identifying what situations caregivers find most burdensome, and involving them in developing technological solutions to address these issues. If you are 19 or older and a family caregiver of older adults, and are interested in participating in this study, please contact the study research coordinator, Mary Ellen Johnson, at maryellen.johnson@ubc.ca or [604.714.4108](tel:604.714.4108).

Health Mentors Program Seeks Volunteers

We are currently recruiting “mentors” – members of the public with chronic health conditions and/or disabilities or caregivers – to be a part of a unique educational experience, in which students from different health disciplines learn together from a mentor. Mentors are “experts” on their condition and help students learn how health care providers can support people with chronic health conditions and/or disabilities. The Health Mentors Program runs from September 2015 until December 2016. Over the course of the 16 month program, groups of UBC students meet with their mentors twice a

semester, focusing on specific topics. The Health Mentors Program's goals are to help students learn about chronic disease and about the range of work involved in chronic disease self-management (CDSM). The program will help students develop inter-professional competencies in patient-centred care.

In addition, if you know a specific person with a chronic health condition who you believe would be a good mentor, please encourage them to apply.

For more information, visit: <http://www.chd.ubc.ca/dhcc/healthmentors>



Seeking Input on Heart Monitors with Stroke and TIA Survivors

We are looking for people who have experienced a stroke and have had a heart monitor after leaving the hospital.

Researchers at CADTH are planning a review of heart monitoring devices for people discharged from hospital after a stroke. The review will be somewhat innovative in that we plan to review not just clinical and cost effectiveness of heart monitors but also to review patient values and preferences in using heart monitoring devices after a stroke. We would send the patients our plan for the project, (it's a 3-page document) and then we would schedule an informal telephone call to discuss the project and make sure we are covering all the issues that are important to patients.

Would you be able to recommend someone to participate in planning this research project? Please feel free to call me or email if you want to chat about it further.

Many thanks for your consideration.,

Tamara Rader, MLIS, Patient Engagement Officer 613-226-2553 TamaraR@cadth.ca

COMMUNITY EVENTS

Understanding Stroke: A workshop for stroke survivors & caregivers

This is a 2-3 hour interactive workshop for stroke survivors and their caregivers.

- Opportunity to ask questions and network with peers and community support services
- Learn about mechanism of stroke
- Learn about stroke risk factors and prevention strategies
- Learn about stroke recovery and rehabilitation
- Learn about local Community Supports
- Learning stations for care-givers
- Have questions answered by Rehab Professionals



For further information contact: Adam.Fletcher@fraserhealth.ca

White Rock – October 5, 2015

Combined Event! Understanding Stroke + Building Community Connections

White Rock Center for Active Living

Education Room, 1475 Anderson Street, White Rock

Monday, October 5, 2015 12:30 – 3:30 pm

Call Ahead To Register: (604) 604 535-4500 (757373)

Abbotsford – November 17, 2015

Combined Event! Understanding Stroke +Building Community Connections

Abbotsford Regional Hospital, 32900 Marshall Rd, Abbotsford

Fraser 1 Learning Center, Meeting Rooms 3A & 3B

Tuesday November 17, 2015 6:00 – 9:00 pm

Call Ahead To Register: (604) 604 854-2117

Sea to Sky Aphasia Camp 2015



DATES: September 18 – 20, 2015

PLACE: Easter Seals Camp in Squamish

The Sea to Sky Aphasia Camp is based on a community-university partnership that brings together people with aphasia, their family members, and students from a wide variety of health professions. The weekend-long camp offers an opportunity for all participants to connect with and learn from one another while enjoying organized recreational activities in the beauty of Squamish, BC.

Registration is on a first-come, first-served basis; please register early to avoid disappointment.

Cost: \$160.00 per person - subsidy may be available based on income eligibility.

Includes activities, meals & overnight accommodations for 3 days and 2 nights.

Register here:

<http://www.seatoskyaphasiacamp.com/reservations.html>

Facebook and Twitter

SRABC is 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-2013/>

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

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