



# Stroke Recovery Association of BC February 2013 Snippets Newsletter

## **Branch Coordinator Update**

Abbotsford Branch

We are still recruiting for Judith McBride's replacement.

## **Planning for the SRABC's Future**

On November 17, 2012, The Provincial Board of Directors held a training session for our new Board of Directors. At this meeting we decided that we need to create a new strategic plan to guide SRABC in the coming years. With this in mind, we are using *VISION 2020* as the working title for our plans.

By the year 2020, an additional 45,500 people in BC will have had a stroke. We need to think beyond the idea of Stroke Clubs or Branches and explore other ideas about how we can offer support to these individuals. The Board will be sending out an update to every Branch with more details and information. By now you will have received it in your email inbox!

We welcome your creative ideas and positive suggestions for how we can help SRABC move towards our Vision that "Every stroke survivor in BC has respect, inclusion, and support in their home community".

## **Community Stroke Recovery Navigator Program "Finding What You Need For Life After Stroke"**

I am pleased to announce that the Provincial Health Services Authority (PHSA) have granted

SRABC \$75,000, which, along with the \$25,000 already received from Boehringer-Ingelheim, means we can proceed with our new research project. This project has been presented to the Provincial Stroke Steering Committee, PHSA and Stroke Services BC as well as being discussed at SRABC's Professional Advisory Committee. The project's purpose is to test the impact of providing a community-based stroke recovery navigation service, post-hospital discharge, as an approach to facilitate stroke survivor re-integration into community life after stroke. The program will target stroke survivors and their caregivers on Vancouver Island from Nanaimo to Campbell River and will also include Powell River. The project will be managed by Tim Readman SRABC Executive Director and the researcher is Vancouver Island Regional Coordinator, Wendy Johnstone. We are currently updating the time-line and scheduling the preliminary project tasks. If you would like to read a copy of the full proposal please let Tim know.

### **Community Stroke Recovery Education Days**

Planning continues on this project - to pilot a one-day community education session in health promotion, secondary stroke prevention and stroke recovery in each of BC's five health regions. The Stroke Recovery Education Days will take place in June 2013. Full details to follow.

### **Message from Jillian Stow - Fraser Regional Coordinator**

I am regretfully writing to let you all know that as of January 31, 2013 I will no longer be working as Regional Coordinator with SRABC. This has just recently come about since my husband started a new job in December which has changed his schedule, and ultimately affected my availability. My kiddies have trumped it all, and I have chosen to stay home with them at this time. I wish I didn't have to say goodbye but I know this is the best decision for my family. I recognize the various challenges that have been facing SRABC, however I am confident that as this organization grows in unity and mission it can continue to increase its capacity to serve community dwelling stroke survivors and improve their quality of life. I have enjoyed working with each of you and I have learned much over this past year. I want you each to know how much I appreciate all your hard work and your heart for the members and I wish you all the very best for the future.

### **National Symposium on Stroke Recovery**

SRABC has been exploring opportunities to work together with Brent Page, National Manager for Regional Development at March of Dimes Canada. We are aiming to host a web-based National Symposium to bring key stakeholders in post-hospital stroke recovery and community reintegration across Canada to a virtual table to:

- Discuss the definition of 'Stroke Recovery' in the context of community-based programs;
- Build consensus on what elements comprise a stroke recovery program;
- Provide a forum for dialogue on best practices; and,
- Identify specific targets for joint National and Provincial advocacy.

Key stakeholders across Canada in post-hospital stroke recovery and community reintegration were identified and invited to participate in an online survey. The survey was used to collect baseline information on organizations working in the stroke recovery/community reintegration field. We are now working with Linda Kelloway, Best Practices Leader, Ontario Stroke Network on networking to see if we can get enough interest to make the symposium happen. If you want to read the survey results please contact Tim Readman.

#### **Message from Dannielle Hayes - Photographer and Shaughnessy Branch Member**

Dannielle is a member of the Shaughnessy Branch got in touch and wanted to share these links with you all. They feature her photography - enjoy!

<http://www.youtube.com/watch?v=wYPhBBb538>

[www.dhayesfoto.com](http://www.dhayesfoto.com)

#### **Message from David Baker - Songwriter and Maple Ridge Stroke Recovery Member**

My name is Dave Baker. I had my stroke in 1998 at the age of 54. Prior to my stroke, I raised a family of 3 and had a successful career as a mechanical engineer in the pulp and paper industry. Also, as an avid hobby, I wrote, sang, and recorded folk songs about B.C. Over the years I produced 3 record albums and 3 CDs of my music. They basically got very little attention but my songs did appear on the national music charts.

When I had my stroke I lost mobility and lost my singing voice. Over the next few years, I did very little but finally decided I should promote the songs that I wrote mainly in the 1970's. I began working with Vancouver composer/arranger Dr Larry Nickel who created choral arrangements for choirs for many of my songs. Since then I have been very successful with several of my song.

Now, choirs all over Canada are performing and recording my work

Locally, the Chor Leoni Mens Choir, the Vancouver Welsh Mens Choir, and the Orpheus Male Choir have performed and recorded several of my songs

My songs appear on You Tube a number of times done by various choirs

I have just experienced the crowning achievement of my music career. A video has just been produced about the life and paintings of Emily Carr. As a soundtrack they are using my song "World of Small" performed by the Nickel Studio Singers featuring highly regarded Vancouver baritone Steve Maddock as soloist. You can view the video by clicking on the below link or by

going to You Tube and searching for “Emily Carr World of Small”

To learn more about you can go to my website by going to [www.cypresschoral.com](http://www.cypresschoral.com) , clicking on “Composers” and then on my name “Dave Baker”

This is very exciting for me. I’ve been in the business for over 40 years and am finally getting somewhere.

I’m now 68 and live in the Willow Manor Retirement home in Maple Ridge. I am a member of the Maple Ridge Stroke Recovery club.

I hope you find my work of interest

[dbcoastcountry@shaw.ca](mailto:dbcoastcountry@shaw.ca)

<https://www.youtube.com/watch?v=RjqSD4QnWpA>

### **New Report on the Health of Canadians**

Mary Collins, Director of the BC Healthy Living Alliance Secretariat sent us this message:

You may be interested in this Report just released by the Heart and Stroke Foundation about the Health of Canadians – specifically Baby Boomers. There has been quite a lot of media attention so we wanted to be sure you have access to it.

Link: <http://tinyurl.com/ckdq2ek>

### **Claim your Caregiver Tax Credit**

When it comes to tax credits, it pays to be informed. You may want to check into the following:

- Starting in 2012, family caregivers can claim a tax credit of \$2,000.
- If you maintain a dwelling where you and an adult dependent lived at any time during the year, you may be eligible to claim a caregiver credit amount of \$4,402 in 2012.

For more information please call Service Canada at 1 800 O Canada (1 800 622 6232).

### **Free Phone/Internet session on Caregiver Tax Credits**

Presented by Certified General Accountant Gabrielle M. Loren, partner with Loren, Nancke & Company.

Tuesday, February 26, 2013, from 12:00 to 1:30 pm. You can access this session via the telephone or the internet. Register online [www.careringvoice.com](http://www.careringvoice.com) call 1-866-396-2433

Learn the following information about filing your tax return:

- how to take advantage of all deductions and credits available to you
  - how to claim medical expenses for yourself and your dependents
  - how to apply for an attendant care expense deduction
  - how to claim disability, medical expense, and caregiver tax credits
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### **Health Innovation Portal**

The Health Council of Canada is pleased to announce the launch of the Health Innovation Portal, a website that highlights innovative health care practices from across Canada. The Health Innovation Portal includes a searchable database of over 240 innovative practices, information for identifying and sharing health innovations, and information on the Health Council's Health Innovation Challenge for students. The site also has a user video and blogs on health innovation. Please go to:

[healthcouncilcanada.ca/innovation](http://healthcouncilcanada.ca/innovation)

### **Escalator Safety for Seniors and people with a disability**

According to a study posted on [www.webmd.com](http://www.webmd.com), elevators can be a safety risk for elders and those with mobility concerns. Most of the escalator injuries happen when seniors slip, trip, or fall, usually when stepping onto or off of an escalator. Some people are injured because they lose their balance or get dizzy. Others may get a shoe, clothing, bag, or package caught, or they may collide with someone else on the escalator.

Here are some safety tips for older adults and people with mobility disorders:

- Use caution when riding an escalator, especially when stepping on or off.
- Let other people go ahead of you so you don't feel rushed.
- Don't carry large objects or bags on an escalator.
- Wear shoes that cannot get caught in the escalator (no sandals!)
- Don't wear loose garments while riding an escalator and ensure the hem of your pants does not touch the stair

### **The Memory Phone**

Speed dial by photo has nine frames for pictures of friends and family. A person with memory challenges can push the picture of the person they want to call. The price is approximately \$65.00 and it is available at [www.alzstore.com](http://www.alzstore.com)

### **Elastic Laces**

Turn any pair of lace-up shoes into slip-on loafers. The stretchy Perma Ty© Elastic Shoe Laces are fantastic when mobility disorders make tying shoes difficult. The price is around \$10 and they are available at [www.amazon.com](http://www.amazon.com)

### **New robots to expand telemedicine for diagnosing strokes at hospitals**

Picture this scenario. You've just been admitted to a hospital to determine if you've had a stroke. A 5-foot tall robot, operated by remote control, wheels its way into the room and moves to your

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bedside. On its computer screen “head,” a face comes into view. Meet your neurologist.  
To read the whole article go here:

<http://tinyurl.com/akgyeqk>

**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.



Happy Valentines Day!

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

**Our mailing address is:**

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

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