



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets February 2014

Facebook and Twitter

SRABC is now 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/>

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Branch Update

Branch Update - News from SRABC's Branches

- **Delta Branch**

SRABC Delta Branch has organised a music program in Delta BC to aid in stroke recovery. The Delta Community Music School, in partnership with our Delta Branch, is offering the program. "The weekly program consists of two sessions, an hour of guitar playing and an hour of singing," notes stroke recovery coordinator Dawn Sillett. The program is on Thursdays at 10:30 a.m. and runs until March 2014.

The sessions take place at the Delta Community Music School, 4705 Arthur Drive, Ladner.

For more information or to register contact 604-946-2731 or dsillett@dccnet.com.

- **Vernon Branch**

Our Vernon Branch will be holding an open house on Feb 20 from 11am to 1pm. "It will be held at the Eagles Hall during our regular meeting time. We will have a guest speaker, a pharmacist to speak a bit about medications people may be taking and a number of relevant exhibitors such as first aid, massage therapy, medical supply. Door prizes will be donated by local businesses," says Branch Coordinator Chantelle Fairbrother.

- **Nanaimo Branch**

Kim Cameron Marathon Appeal

Kim says, "Back in late November, a friend of my sister's (therefore automatically a friend of mine) suffered a massive stroke ... at the age of 37. Kori's life came to a standstill. It didn't take me long to come up with a plan. Since I'm going to be working my ass off training for the Edge to Edge Marathon between Tofino and

Ucluelet, I may as well raise some money and awareness for a good cause. I found the Stroke Recovery Association of BC and discovered that they have a branch located in Nanaimo, where Kori and his wife, Mary live. I'm in contact with the Executive Director of the SRABC, and all donations to the 'Kim Cameron Marathon Appeal' will go to the Nanaimo Branch." For more information please go

here: <http://www.heartonmyfist.blogspot.ca/>

There are 2 ways to DONATE to the 'Kim Cameron Marathon Appeal'

Option 1 BY CHEQUE:

Cheques to Stroke Recovery Association of BC can be mailed to us at:

301-1212 West Broadway, Vancouver, BC V6H 3V1

Made out to: Stroke Recovery Association of BC.

Write 'Kim Cameron Marathon Appeal' on the cheque.

Option 2 ONLINE VIA PAYPAL:

Go here: <http://tinyurl.com/mk8eguu>

All transactions are secure, and confidential.

Note: Write 'Kim Cameron Marathon Appeal' in the tab that says "add special instruction to the seller", located in the payment area of PayPal.

- **Victoria Branch**

Mary Anna McKay was one of eleven Canadians honoured by Canada Cares Resource Network, which acknowledges friends, family members and professionals for their efforts in providing care and support in their community. Mary Anna is the recipient of the Family Caregiver, Western/Northern Region Award with the caption of A Role Model. Gilbert, Mary Anna's husband suffered a stroke in 1997 at the age of 63. He had been renovating their home at the time. Mary Anna lovingly took on the role of supporter, medical advocate, renovation assistant, personal care manager and driver. In addition to caring for her husband, Mary Anna has been a media spokesperson and guest speaker for a variety of support groups. She served as president of the Victoria Stroke Recovery Association, a branch of the Stroke Recovery Association of BC for two years and sat on the board for another four years. She is very involved in the Family Caregiver Network in Victoria. Mary Anna and her husband are recognized for their dedication to one another and positive outlook on life

- **Information from the Session for SRABC Branch Coordinators on the use of the iPad**

We held a session for SRABC Branch Coordinators at the provincial office on the use of the iPad in helping stroke survivors with communication difficulties.

The session was led by Megan Sutton, Speech Language Pathologist of Tactus Therapy Solutions. She provided a list of resources for anyone who would like to check out the link below.

<http://tactustherapy.com/resources/>

This has the app list, articles, blog posts, and links discussed in the session.

Canadian Stroke Congress headed to Vancouver in 2014

The purpose of the Congress is to provide a uniquely Canadian forum in which participants reflecting “bench-to-bedside-to-community” perspectives of stroke can exchange ideas, collaborate, and learn about innovation in stroke prevention, treatment, and recovery. For more information please visit:

<http://www.canadianstrokenetwork.ca/csnblog/stroke-congress-headed-to-vancouver-in-2014/>



Research Participants Needed: GF Strong Rehab Research Lab

Do you use a manual or power wheelchair? Are you a caregiver interested in receiving wheelchair training? Dr. Bill Miller of UBC Department of Occupational Science & Occupational Therapy, located in the Rehab Research Lab at GF Strong Rehabilitation Centre, is currently recruiting participants for a number of wheelchair training studies. These studies involve training which may be beneficial for individuals who use power or manual wheelchairs and their caregivers. The lab at GF Strong has a number of studies in which you can take part and, in addition to working with wheelchairs, the projects include skills such as setting goals, peer training, and even using a Wii or a tablet.

If you are interested in learning more, please contact Kate Keetch at 604 714 4108 or email

Kate.Keetch@vch.ca

<http://millerresearch.osot.ubc.ca/research/participate>

TReO Toll Exemption for Persons with Disabilities

There are certain vehicles and drivers who are exempt from being charged the toll to cross the new Port Mann Bridge. In order for people with disabilities to be eligible for the toll exemption, they must:

- Be a BC resident
- Own or lease the exempt vehicle
- Install a TReO decal on the exempt vehicle

The exemption applies to the Port Mann Bridge tolls only, not the Golden Ears Bridge. Contact TReO and ask about the document entitled: "Request for Approval Person with Disabilities Toll Exemptions".

TReO Customer Service Centre

220-1500 Woolridge Street

Coquitlam, BC, V3K 0B9

Phone: 604 516 TReO (604 516 8736)

1-855-888-TReO (1 855 888 8736) toll-free outside the Lower Mainland

Email: exempt@treo.ca

Website: www.treo.ca



Government White Paper on Disability

Whether living independently, landing that dream job, mastering life skills or competing in the Paralympics, people with disabilities are living independent, full lives – but there is more that can be done to reduce barriers and increase accessibility.

Whether you're someone living with a disability, or a friend, family member, neighbour, employer or co-worker, you're invited to share your thoughts about how government, businesses and communities can better support people with disabilities to fully participate in our communities.

There are many different ways you can participate in the conversations

*The consultation will close at 4 pm on March 11, 2014.

Your comments and ideas will inform the development of a White Paper – a document that will reflect the voice of British Columbians. This White Paper will form the foundation of a Summit to be held in June 2014 on the issues facing people with disabilities in British Columbia.

For more information please visit:

<http://engage.gov.bc.ca/disabilitywhitepaper/>



Free Computer Hardware for Non-profits

Free Geek provides free computer hardware to non-profit and social change organizations in British Columbia. Computers, flatscreen monitors, printers, and many other peripherals are generally available. Unfortunately, we do not have enough laptops available for this purpose, and please be mindful that we are only able to grant what other people have donated to us.

To apply go here: <http://www.freegeekvancouver.org/hardware-grants.html>



Praise for Snippets ... and a great link

“The Snippets is great. Always has interesting things to look into.

One site I love is: stroke.org. I also appreciate the iHOPE webinars at stroke.org.

Next week I will show the webinar on pain to our group. In the fall we did a webinar about Secondary Stroke Risk from another source. It was very well received.”

Margaret Hansen

Melodic Intonation Therapy

This is a therapeutic process used by music therapists and speech pathologists to help patients with communication disorders caused by damage to the brain's left hemisphere. This method uses a style of singing that is supposed to stimulate the intact right hemisphere in order to facilitate speech recovery. For those of you interested in knowing more about Melodic intonation therapy - there's an introduction to it here:

http://en.wikipedia.org/wiki/Melodic_intonation_therapy

Caregiver Stroke Self-management Program

In 2007, a working group, with representatives from the Central South Regional Stroke Program, VON Canada, Ontario Branch, and March of Dimes Canada was formed to develop a program to meet the specific education and support needs of family caregivers of stroke survivors within the Central South Ontario stroke region. The goal was to develop an education and support program for family caregivers of stroke survivors to improve their self-management skills and their ability to cope with the common struggles that caregivers of stroke survivors often face. Due to the abrupt onset of a stroke, caregivers are often unprepared for the role, have extensive needs and are at risk for negative outcomes. Interventions facilitating development of coping and problem solving skills are shown to decrease the negative effects of caregiving. The Family Informal Caregiver Stroke Self-Management (FICSS) program was developed to address the unmet needs of family caregivers of stroke survivors. The FICSS program is a four-module education and support series of facilitated small group discussions. Topics included: balancing changing roles, managing behaviour changes, sexuality/intimacy, and community linkages. Each module was evaluated weekly and by focus group one month after the program.

The full evaluation was published in Volume 35, Issue 2, 2013 of the Canadian Journal of Neuroscience Nursing and is available from the SRABC Provincial Office. Please let us know if you would like a copy.

Watch this Video - it is Amazing!

These days we hear that a lot. Someone sends us a YouTube link with a cute kitten doing something cute kittens do ... yawn! Right?

But wait!

Every now and again we get sent something that is really worthwhile. Deanna McKinnon, Coordinator at our Port Coquitlam Branch sent the link below and we checked it out. We urge you to do the same - and think about how it applies to stroke recovery. Maybe you should even watch it with your Branch members and loved ones.

"When game designer Jane McGonigal found herself bedridden and suicidal following a severe concussion, she had a fascinating idea for how to get better. She dove into the scientific research and created the healing game, SuperBetter. In this moving talk, McGonigal explains how a game can boost resilience -- and promises to add 7.5 minutes to your life."

Go here: <http://tinyurl.com/lzb7h2w>

LinkedIn Offers New Service Linking Charities to Volunteers

LinkedIn, which built a social network for professionals with paying jobs, expanded its scope Wednesday with a new service that helps nonprofit groups find volunteers.

The LinkedIn Volunteer Marketplace is designed to connect the 92 percent of nonprofit organizations that say they need more help with the 82 percent of LinkedIn users interested in donating their time to a community cause.

For more go here: <http://www.sfgate.com/technology/article/LinkedIn-offers-new-service-linking-charities-to-5146642.php#photo-5728989>

