



Stroke Recovery Association of BC January 2013 Snippets Newsletter

Branch Coordinator Update

- Langley Branch

Marilyn Piticco has resigned from the position of Branch Coordinator of the Langley Branch.

- Abbotsford Branch

Judith McBride has resigned from the position of Branch Coordinator of the Abbotsford Branch. She will continue to be Branch Coordinator of the Richmond Branch. Judith McBride has kindly agreed to continue until we are able to find a replacement.

Follow-up to the Coordinator's Session at the AGM

- Jillian Stow (Fraser Regional Coordinator) sent everyone an email version of the 'Coordinator Brainstorm Session'. We asked you all if you could please fill in the form and send it to the Provincial Office. The deadline was December 31st 2012. We received four responses.

Stroke Research at the White Rock Branch

- Lisa Simpson is an OT and graduate student working with Dr. Janice Eng and the Stroke Research Team at GF Strong Rehab Centre. They are currently conducting a research study that examines arm and hand use following a stroke. The overall purpose of the study is to help us better understand how people are using their arms and hands at home and in the community following a stroke. They will be working with our White Rock Branch on the study with the cooperation of Branch Coordinator Gayl Hutchinson.

Self-Care: A New Year's Resolution for Caregivers

Each New Year brings new plans and commitments. While reviewing the needs of your loved one, take a few minutes to reflect on how you care for yourself. Most people agree that caregiver self-care is important but most caregivers have tight schedules and limited free time. Each person's approach to self-care is different but whatever your self-care activities may be, signs of increased stress are a reminder that you may need to contact your doctor or other support person to talk about how you are feeling. If the following symptoms occur on a regular basis, it may be time to ask for help.

- Denial...about the disease and its effect on the person with the disease.

"Everyone is overreacting. I know Mom will get better."

- Anger...at the person with a stroke, yourself and others.

"If he asks me that question once more I will scream!"

- Withdrawing socially...you no longer want to stay in touch with friends.

"I don't care about getting together with friends anymore."

- Anxiety...about facing another day and what the future holds.

"I'm worried about what will happen when I can no longer provide care."

- Depression...you feel sad and hopeless much of the time.

"I don't care anymore. What is wrong with me?"

- Exhaustion...you barely have the energy to complete your daily tasks.

"I don't have the energy to do anything anymore."

- Sleeplessness...you wake up in the middle of the night or have nightmares

"I rarely sleep through the night, and don't feel refreshed in the morning."

- Emotional reactions...you cry at minor upsets; you are often irritable.

"I cried when there was no milk for my coffee this morning. Then I yelled at my son."

- Lack of concentration...you have trouble focusing and have difficulty completing tasks.

"I used to do the daily crossword. Now I am lucky if I can solve half of it."

- Health problems...you may lose or gain weight, get sick more often, or develop chronic health problems.

"Since the spring, I have had either a cold or the flu. I just can't seem to shake them."

Websites with useful information on Atrial Fibrillation-one of the major causes of stroke

http://www.ninds.nih.gov/disorders/atrial_fibrillation_and_stroke/atrial_fibrillation_and_stroke.htm

http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.5052135/k.2C86/Heart_disease_Atrial_fibrillation.htm

<http://www.stroke.org/site/PageServer?pagename=afib>

Ontario Stroke Network Resources

- Community Based Exercise Guidelines, which are intended to help exercise providers deliver safe and effective exercise programs to stroke survivors in a variety of community settings.

http://www.ontariostrokenetwork.ca/pdf/Stroke_Guidelines_-_October14_2010_final.pdf

- The Southwest Ontario Stroke Network has developed an online toolkit of resources to educate and assist stroke survivors, family members and health care providers to navigate the system to return to work. Tools include:



- assistance to navigate the process of return to work
- local and provincial resources that provide guidance, support and assistance
- an online self-assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work

<http://swostroke.ca/rtw-introduction>

- Ontario Stroke Network Stroke Reference Group

Ontario Stroke Network Stroke Reference Group are pleased to announce the launch of the Stroke Rehabilitation Resource Centre on the Ontario Stroke Network website under Best Practices and Resources - <http://www.ontariostrokenetwork.ca/rehab.php>. The resource centre provides health system planners and clinicians with resources including: descriptions of the stroke rehabilitation standards, system level tools and guidelines, clinical tools and resources to support implementation, educational resources, and a Best Practices/Success Stories Inventory.

They will continue to add resources to the Resource Centre as they become identified and available. They welcome suggestions for additional resources to contribute to this Resource Centre. Please send these suggestions to lkelloway@ontariostrokenetwork.ca

UK Stroke Association

- There's some useful resources here: <http://www.stroke.org.uk/home>
- The section on 'Life after stroke' is particularly interesting:

<http://www.stroke.org.uk/about/life-after-stroke>

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'.



Happy New Year!

- 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.

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

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