



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets January 2015



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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SRABC NEWS AND VIEWS

Branch Update - News from SRABC's Branches

Victoria

Tita Quigley has resigned from her position as Coordinator at Victoria Stroke Recovery Association due to family commitments. She'll be heading out to live in Nova Scotia for a while. We'd like to thank Tita for her work with the Victoria Branch and wish her well.

Burnaby North

Expressive Arts Therapy Group for Adults who have Experienced a Stroke

6 weekly sessions on Wednesday from 10:30am – 12:00pm

January 7th – February 11th



Each week an art therapy intern will facilitate self-expression through the mediums of visual art, clay sculpture, paper maché, and other forms of art expression. No previous experience is required. The group will be provided by an art therapist intern enrolled in the Vancouver Art Therapy Institute.

For further information please contact Branch Coordinator, Ruby Gill

rgill1000@hotmail.com or Allison McDiarmid (art therapy intern) a_mcdiarmid@hotmail.com

Port Coquitlam

Deanna MacKinnon will be taking leave from January 5 - February 23, 2015. Ruby Gill will act as Branch Coordinator in her absence.

Oceanside

We had a very good guest speaker on November 14. His name is Gary Anaka, Brain Coach, Facilitator, and Author from Nanaimo, B. C. He conducted a workshop for us "Brain Wellness, The Secrets for Longevity." It was very well received by our members who enjoyed it very much. I thought I would pass on his name to you as he would be great for the Coordinator Training next year, funds permitting, or perhaps two or three groups

might want to come together in one location in Vancouver for this workshop. His workshop contains a lot of useful information, presented in a way that is easily understood by everyone, with lots of humour.



Gary Anaka

I met Gary last year when I attended a presentation given by him at a local Oceanside Wellness Fair and realized how beneficial this presentation would be for our stroke survivors. He travels throughout North America and Europe with these workshops and has trained with top neurologists. His website is <http://www.braincoach.ca/>

Kathleen Falvai, Branch Coordinator

STROKE RECOVERY INFORMATION AND RESOURCES

iDevices Help People with Speech-Language Disorders to Communicate Better

Classification

Signs and symptoms Copy Speak

People with aphasia may experience any of the following behaviors due to an acquired brain injury, although some of these symptoms may be due to related or concomitant problems such as dysarthria or apraxia and not primarily due to aphasia.

- inability to comprehend language
- inability to pronounce, not due to muscle paralysis or weakness
- inability to speak spontaneously



There are iPad and iPhone apps that help you speak better, and apps that speak for you when you can't. There are apps that claim to sharpen your memory and apps that provide

reminders when you're having trouble. With more than one million apps available, the App Store can help with just about anything you need.

Apple's mission is to empower everyone, including users with disabilities. That's why iPads and iPhones are loaded with built-in apps and accessibility features that make them ideal for helping stroke survivors and people with aphasia.

Before you head to the App Store looking for help with expressive and receptive language, check out the accessibility features and apps that are built into nearly every iPad and iPhone at no additional cost. The following native apps and features are especially good for anyone with a speech or language disorder:

- Speak Selection
- Dictation
- Siri
- Maps
- Camera
- FaceTime

For the full article please go here: <http://tactustherapy.com/accessibility-features/>

Let's Get Moving: A Home-Based Exercise Program



Let's Get Moving: A Home-Based Exercise Program for Individuals Recovering from Stroke. This exercise program was developed by a Doctor of Physical Therapy student from the University of North Carolina at Chapel Hill. The video is meant to encourage stroke survivors to stay active after stroke and to provide a foundation for doing so. The video is most appropriate for ambulatory individuals with mild to moderate functional deficits. The video focuses on strengthening and range of motion and can be used alone or in addition to physical therapy intervention.

YouTube <http://ow.ly/ETdYC>

How to Use Games as Stroke Recovery Tools

Move your body, challenge your brain, and improve your speech post-stroke with the help of sports, board and card games, and even dancing. Here are some examples of popular recreational activities that aid in different aspects of stroke recovery.

- **Dexterity**

The loss of fine motor skills—such as using your hands and fingers to click a computer mouse or tying your shoes—is a common occurrence after a stroke, but dexterity can also be relearned.

Golf: Swinging a golf club challenges balance and coordination, and especially for stroke survivors, can help revive the damaged side of the body. Both sides of the brain need to work together to complete a swing. The movement also helps improve muscle strength.

Slapjack: More physical than most card games, slapjack players use their hands and arms, just as the name suggests, to be the first player to slap a jack when it's played. In a common variation of the game, players use just one hand, which is a great option for stroke survivors to test their weaker side.



- **Memory**

Strengthening memory skills after a stroke helps with everyday tasks including remembering the ingredients to your favorite recipe and when to take your medication.

Dance: Test out a Zumba class at your gym, or sign up for a beginners dance class with your town's recreation department. The exercise portion has obvious benefits, but it can also help improve your memory by recalling specific dance moves repeated during routines and learned at each class.

Concentration: In this card game, participants lay cards face-down in a pattern, and on each turn the player turns two cards face up. The object is to match those two cards with

the same numbers or face cards.

- Speech

One of the best ways to improve your speech is simply to socialize, but there are also games to help progress your prose.

Battleship: This guessing game incorporates speech with every move when players call out hits to try and sink the opponent's ship. It can also improve dexterity as ships and pegs are inserted into the board.

Catch Phrase: This electronic word guessing game requires players on either team to guess what another player is describing with hints about the word or phrase. Players on the same team state guesses out loud, which can help stroke survivors practice speaking a variety of words and phrases (and can also boost your memory).

Posted by Emily Shearing Dec 05 2014 <http://www.strokesmart.org/new?id=290>

Six Tips for Continuing Your Rehab At Home

You've been discharged from the hospital and are continuing your stroke recovery as an outpatient. You're armed with a home rehabilitation program to help you get stronger and more mobile.

But what else can you do to advance your rehab therapy at home?



Licensed occupational therapist Karen Murray, author of the eBook *Stroke Rehab: A Guide for Patients and Caregivers*, shares her expertise. Murray, who has worked extensively with stroke survivors, provides these six tips:

1. **Stay informed.** It's easy to let other people do things for you but you need to know that getting stronger means doing multiple repetitions and multiple tasks—every day. “Exercising three times a week is not going to make the changes you want. You need to be informed about what is effective and what is not effective,” Murray said. Know which resources are available to you, such as stroke support groups

and gyms that are accessible to people with disabilities.

2. Set goals. Establish goals for what you want your rehabilitation to accomplish—whether that's being able to write, walk up a flight of stairs, or return to work. Your goals should be appropriate and you should write them down. Keep an exercise log and enlist a workout buddy or have a person you are accountable to. Simplify and break down your goals into small tasks.
3. Keep on track. If you're doing a home exercise program from a therapist, make sure it continues to be challenging. "You don't want to keep doing the same thing," Murray said. "You want to challenge yourself more." If you haven't been told how to upgrade your program, talk to your therapist.
4. Resume enjoyable activities. "It's important to get out and do something you enjoy if you can," Murray says. Socialize with others. You need to think about your emotional well-being as well as your physical well-being.
5. Rest. "It's very common for stroke survivors to feel more fatigued and tired," Murray said. Take a nap if you feel like it and look for ways to conserve your energy. Sit down while you chop vegetables. Instead of taking a shower in the morning and wearing yourself out right before you leave, try showering at night.
6. Mix it up. Your rehabilitation program should include cardiovascular exercise, strength training, and balance, flexibility, and coordination activities.

"The more somebody takes over their own recovery process, the better that person is going to do," Murray said.

Posted by Lisa O'Neill Hill Dec 02 2014 <http://www.strokesmart.org/new?id=287>

Assistive Devices and Vehicle Retrofit Fund

March of Dimes Canada, Istvan and Barbara Haas Assistive Devices and Vehicle Retrofit Fund, which will provide \$15,000 to a successful candidate(s) for vehicle modification.

This is the second time this competition has run in British Columbia. The application deadline is February 16, 2014. I am asking for your assistance in spreading the word about this program to your clients, and helping them to apply for assistance.

The funding is intended to provide vehicle modifications for an eligible individual or family to enable a person with disabilities that restrict mobility to participate in his/her community. Eligible applicants will be residents of British Columbia, with a physical disability that impedes mobility and substantially restricts the activities of daily living and participation in

the community. They must also have limited financial resources to cover the expense of the vehicle modifications they require.



Vehicle modifications will allow drivers with a limited range of physical movement to safely enter; exit and operate their vehicle. They include:

- Installation of ramps and lifts to assist entry and exit
- Specialized seating and related accessories
- Raising the vehicle's roof
- Lowering the vehicle's floor

Modified vehicles will:

- Remove or minimize a life safety risk (reducing impact on caregivers)
- Remove or prevent long-term hospitalization by assisting the individual to continue living safely in their own home and accessing services in the community
- Maintain / gain full employment or pursue their education

For more information and the application(s), please go to our website here or contact:

Istvan and Barbara Haas Vehicle Retrofit Initiative

Ph: 1-855-660-6632 Fax: 1-519-432-4923

Email: haasretrofit@marchofdimes.ca

Thank you for your help raising awareness of this initiative. Should you have any questions please feel free to contact me.

Brent Page | National Manager for Community Engagement & Integration Services

March of Dimes Canada | 301-1212 West Broadway, Vancouver, BC V6H 3V1

Toll-free Voice Mail: 1-800-263-3463 x 7749 | Direct Line: 604-738-6219 | e-

mail: bpage@marchofdimes.ca |

Eating Right after a Stroke

We met with Kathy and Stan Smith, owners of Silver Hills Sprouted Bakery in Abbotsford. Kathy is a stroke survivor with an amazing story of recovery. She couldn't move after her stroke and now she is running the company with her husband Stan. One of their goals is to inspire healthier living through healthier choices. Kathy's recovery was greatly aided by

her choice of diet. Kathy recently wrote to us to say:

“Here are a few websites, books etc. that have tons of great information. When one get into health it raises the bar on every area of our lives. I hope these will be of help and I am happy to keep sending good things I come across to you.”



- Newsletters:

- Dr. Neil Barnard newsletter: www.nealbarnard.org
- Dr. Joel Fuhrman’s newsletter: www.drfuhrman.com
- Dr. McDougall’s newsletter: <https://www.drmcDougall.com>
- Dr. Michael Greger: www.veganmd.org

- Websites:

- www.nutritionstudies.org
- www.myhdiet.ca
- www.diseaseproof.com
- www.shopca.myvega.com (Vega - Local Company with great website info products and recipes)

- Movies

- Forks over Knives - www.forksoverknives.com/the-film/
- Food Matters – www.foodmatters.tv/food-matters-film
- Kick Start - www.youtube.com/watch?v=INfXjOF-sVc
- Sick, Fat and Nearly Dead - <http://www.fatsickandnearlydead.com> Be sure to watch both his first one and most recent one. Both listed on this website.
- Super Juice Me - www.superjuiceme.com

- Cookbooks:

<ul style="list-style-type: none"> • Oh She Glows (written by a Canadian) • Clean Start by Terry Walters • The China Study Cookbook • The Happy Herbivore • Plant to Plate • Thrive 	
<ul style="list-style-type: none"> • Books: 	
<ul style="list-style-type: none"> • The China Study by T. Collin Campbell • Whole, by T. Collin Campbell • Super Immunity by Dr Joel Fuhrman • Whole Foods to Thrive • The Engine 2 Diet 	

<ul style="list-style-type: none"> • Magazines: 	
<ul style="list-style-type: none"> • Vegnews • Vegetarian Times 	

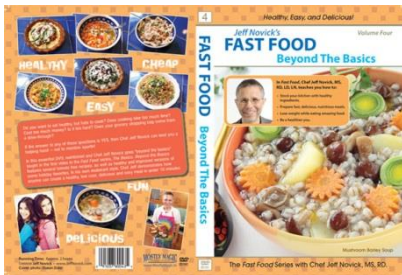
Kathy Smith ksmith@silverhillsbakery.ca

Do You Want to Eat Healthy, but Hate to Cook?

<https://www.drmcDougall.com/health/shopping/dvds/food-diet/fast-food-volume-4/>

Do you want to eat healthy, but hate to cook? Does cooking take too much time? Cost too much money? Is it too hard? Does your grocery shopping bag come from a drive-through? If the answer to any of these questions is YES, then Chef Jeff Novick can lend you a helping hand — not to mention a spurtle!

In this essential DVD, nutritionist and Chef Jeff Novick goes “beyond the basics” taught in the first video in the Fast Food series, The Basics. Beyond the Basics features several tomato-free recipes, as well as healthy and improved versions of some exotic favorites. In his own exuberant style, Chef Jeff demonstrates how anyone can create a healthy, low cost, delicious and easy meal in under 10 minutes!



“As a fan of Jeff’s other videos, I wasn’t certain he could pull off another educational video as good as the first ones. He did it, but this time he gave some delicious non-tomato options for that crowd. #4 is another great option for a homeschool cooking class or anyone wanting to learn to make yummy nutrient dense, plant based, no added fat/salt/sugar/flour meals. Although I already make his other SNAP meals with fresh veg instead of frozen some of the time, his further justification of frozen is compelling.”

“Jeff’s content is always great. I highly recommend anything by Jeff Novick. He’s a great teacher and a champion of healthy eating. There’s a recipe PDF on the DVD as well.”

Canada Post's Accommodations for People with Disabilities

As you are probably aware, Canada Post is in the process of moving from door-to-door mail delivery to the Community Mail Box system.

Over the past year, Canada Post has been consulting with March of Dimes Canada (and several other disability organizations) on how best to ensure that seniors and Canadians with disabilities continue to be able to access their mail.



Many people have asked how this conversion will affect anyone who requires accommodation. Accessibility is critical for all consumers. In response to consultation sessions held at MODC's National Headquarters, Canada Post created an accommodations process led by a dedicated team to work with these customers on a case-by-case basis to arrive at solutions.

Canada Post’s accommodations program is now official. The attached English and French documents, developed by Canada Post, explain the process of conversion to Community Mail Boxes, and outline several accessibility features designed help Canadians with disabilities and seniors.

Please feel free to share these documents with your networks, colleagues and

consumers.

*Brent Page | National Manager for Community Engagement & Integration Services
March of Dimes Canada*

CAREGIVERS INFORMATION AND RESOURCES

When the Dust Finally Settles: Strategies for the Long-Term Caregiver

To read the whole of this fine article go to <http://www.brainline.org/content/2014/09/when-the-dust-finally-settles-strategies-for-the-long-term.html>

Christmas 2001, my wife, Dayle, and I were snatched from ordinary lives and plunged into a parent's worst nightmare: a car crash resulting in our teenage child's traumatic brain injury. Bart remained in a coma for 30 days, and then with a trache and stomach peg freshly inserted, he was shipped off to Helen Hayes Hospital for rehab. He's barely conscious; we're reeling from the strain of a bedside coma-watch. Months of hospital "boot camp" followed by outpatient clinics, days and weeks stretching to months and years. Bart's losses are staggering. Struggling to piece our lives back together, we gradually strip down to essentials and discard most everything else — a wrenching transformation into lean, mean parent-advocates.



Here some of the main points:

- It's best to forgive.
- Count one's blessings daily.
- Live for the day; one day at a time.
- If your heart is breaking, try singing a different song.
- Laugh a lot.
- Surround yourself with positive people.
- The corollary to the previous point is to avoid negative people.
- No one is strong enough to successfully wage this kind of struggle solely by the triumph of will.

- Take care.
- Stay open-minded.
- In the war, there are no decisive battles, just a seemingly endless string of skirmishes that require endurance. Designate friends or family members as “happy helpers.”
- Above all, seek daily doses of good and beautiful things.

There are no doubt countless other ways to take care and keep on track during a difficult journey. If you have any good ideas, I'd love hear from you.

Joel Goldstein, for BrainLine

How to Avoid Back Injuries from Lifting

After a loved one's stroke, caregivers often need to do the heavy lifting. Occupational therapist Angie Reimer shares tips on how to safely lift heavy objects.

<http://support.stroke.org/site/R?i=D3jfqU7aOsrSndROg4mOZA>

COMMUNITY EVENTS

International Day of Persons with Disabilities

On Wednesday December 3rd, SRABC attended the International day of persons with disabilities at the Roundhouse Community Arts & Recreation Centre. Danielle Hayes and Christine Baudry (SRABC Communications Committee volunteers) wo-manned the booth and mingled with a wide range of organizations and members of the public. The “Celebrate Every Body” event (www.projecteverybody.ca) featured live music, art, films, talks and a special announcement made by the Minister of Social Development, Don McRae (featured in the photograph below with Danielle).

The SRABC booth was well attended and we met with some extremely interesting individuals, including Simeon Garriott (blogger of <http://aluckystroke.com>— look for a feature of him on our next newsletter), and others that included scientists, music performers, politicians, students, nurses, stroke survivors, families and friends who have been affected by someone who had a stroke. Stories where shared and one thing that we noticed that kept coming up was how important it was for them to share their experiences and learn from others. Also, finding the information they needed for their particular situation; as we know, everyone with a stroke is affected differently and hence every why, every question is different. It is important to spread the word that stroke survivors, their families and

friends are not alone and that there is help out there for them; either financially, mentally or physically. This is what SRABC is all about after all and it is important for us to continue to do so with help of volunteers and donations.

On that note, we also recruited some great volunteers during this event; we are always looking for individuals that have experience in marketing, fundraising, administration, law, finances or events. Please reach out to us if you have some time to donate; we can always use some good help!

Kudos to Project Everybody for making this a great event and we at the SRABC look forward to next year's event!



Dannielle with Minister of Social Development, Don McRae

The BC Brain Injury Association's 2015 Cocktail Gala

The BC Brain Injury Association's (BCBIA) 2015 Cocktail Gala for Brain Injury takes place on Thursday, February 5, 2015 from 6:30pm to 9pm at the [Winsor Gallery](#) in Vancouver, BC. This year's gala features guest speaker Margaret Trudeau who will share her thoughts and experience with acquired brain injury (ABI). In addition, Ellie Ennas will share her inspiring story about life after brain injury. Visit www.brainstreams.ca to purchase tickets.

It promises to be an entertaining and informative evening, with great opportunities to support the BCBIA, win amazing auction prizes and enjoy food and wine with your friends and colleagues.



For more information about the Fundraising Gala and to purchase tickets, visit the website www.brainstreams.ca or contact register@brainstreams.ca.

Also, sign up for the E-newsletter to be kept informed about the BC BIA - click here: <http://www.brainstreams.ca/mailling-list>

RESEARCH

Participants Needed for Research on Improving Walking in Stroke Survivors

Evaluation of Dropped Foot Stimulation (FES) on Walking in Stroke Survivors:

Dropped foot stimulation (also known as functional electrical stimulation (FES) and common peroneal nerve stimulation) is an intervention to help walking after stroke. A dropped foot stimulator works through the application of small electrical pulses to the common peroneal nerve in the leg to activate muscles that lift the foot and position it for taking weight when stepping. Dropped foot stimulation has been shown to be beneficial in stroke gait (walking) as it helps to normalize the walking pattern and make walking easier and faster.

Although we know that the intervention improves walking in hemiplegia, post stroke, we do not know the precise aspects of walking that change with use of a stimulator. With the advent of mobile gait analysis systems it is now possible to more fully assess and evaluate the effects of a dropped foot stimulator on walking.

Maura Whittaker, a BC registered physiotherapist (PT) with an interest in FES is looking to recruit stroke survivors who have difficulty walking. The objective is to evaluate gait with and without a dropped foot stimulator.

Gait characteristics are collected through the use of sensors attached to the feet, using Mobility Lab a gait analysis system that is fast & simple to apply and provides information on multiple aspects of walking. Stimulation is provided through electrodes positioned (see picture) just below the knee and connected to the stimulator worn at the waist. A pressure sensitive foot switch in the shoe turns stimulation on and off during walking.



Overview & Details:

- Evaluations will be carried out at a PT clinic in the South Granville area in Vancouver.
- There is no cost to participants who will be asked to attend a maximum of 2 sessions of 1-1.5 hours.
- A simple PT screen and assessment with stimulation will be completed prior to the evaluation
- Participants will be asked to walk at their comfortable walking speed over 10 metres with & without stimulation.
- Walking will be videotaped for later analysis & will be shared with participants on request.
- A small stipend for gas will be provided to participants traveling more than 15 kms.

For more information, and to enlist as a participant - please call Maura:

604-922-2738 or e mail maurawhittaker@gmail.com

Thank you for your interest!

2014 Canadian Stroke Congress Resources

Abstracts from the 2014 Canadian Stroke Congress have now been published and are available in the December online edition of the journal Stroke here:

<http://stroke.ahajournals.org/content/45/12/e259.full.pdf+htm>

2014 Stroke Congress Presentations for those presenters who gave their approval to share them are now available through Dropbox. Click below to access the presentations.

<https://www.dropbox.com/sh/tb57xpeo54bki8i/AAAN5d89eSmmF9gBtN3agcFEa?dl=0>



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

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