



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets July 2013

Facebook and Twitter

SRABC is now on Facebook at:

<https://www.facebook.com/StrokeRecoveryBC>

and Twitter at:

<https://twitter.com/StrokeRecovBC>

Branch Coordinator Update

- Templeton Branch

We are still interviewing for a replacement for Shazya Karmali.

Phyllis Delaney Life After Stroke Award 2013 Nominations

The deadline for nominations for this year's Phyllis Delaney Life After Stroke Awards was June 30, 2013.

The nomination categories are:

Outstanding Achievement Award

Caregivers Award

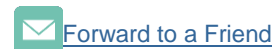
Award for Achievement in the Arts or Sport

Volunteer of the Year Award

We received nominations in all categories. Winners will be chosen at the August meeting of the Meetings and Special Events Committee.

Community Stroke Recovery Education Days Update

We successfully completed the delivery of Stroke Recovery Education Days. We are now writing an evaluation of the project which will be completed soon. This includes 'Strategic



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 If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder.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.

Planning/Resourcing for Future Events' i.e. we need to ensure that we use this opportunity provided by Boehringer-Ingelheim to create a legacy by continuing to provide this educational service to stroke survivors and their caregivers in all regions of BC after this project is concluded. The list of tasks to be completed is as follows.

- Evaluation of the total project and the individual Stroke Recovery Education Days from an educational, planning and organizational perspective.
- Documentation of the process and outcomes.
- Discussion and analysis with key stakeholders, including the SRABC Professional Advisory Committee, in order to create a strategic plan for continuing to deliver this educational service throughout BC.
- Research and identification of foundations, provincial and federal government departments, individuals and agencies that can be approached with proposals for continuation of this community health promotion and educational initiative.
- Development of proposals to secure ongoing support and funding.

Community Stroke Recovery Education Days Webinars

Two **Community Stroke Recovery Education Days** webinars (online seminars) are now available.

- Getting the Help You Need from your Community

Presented by: Wendy Johnstone, SRABC, Gerontologist

<http://caringvoicenetwork.adobeconnect.com/p56i0rbuugp/>

- 'Learning to Live Better with Stroke'

Presented by: Gillian Grant, Physiotherapist, Prince Rupert

Hospital: <http://caringvoicenetwork.adobeconnect.com/p285qq3qh0b/>

New Video on our website

There is a new video shot at our recent **Community Stroke Recovery Education Day** in White Rock. You can see it at:

<http://strokerecoverybc.ca/recovering-from-a-stroke/meet->

[some-survivors/](#)

The video has also been uploaded to both Vimeo -

<https://vimeo.com/69270411> and YouTube -

<https://www.youtube.com/watch?v=Kk4bfU11K64>

SRABC Guides to Recovering From a Stroke: Now Available in Chinese, Punjabi and Hindi!

The Stroke Recovery Association of BC is pleased to announce that we are now offering our Guides to Recovering From a Stroke in Chinese, Punjabi and Hindi. If you would like to view them on the web they can be found at this weblink:

<http://strokerecoverybc.ca/recovering-from-a-stroke/guidelines-to-recovering-from-a-stroke/>

If you would like to order hard copies please email the Provincial Office at office@strokerecoverybc.ca

If you have any questions or know of any organizations that would benefit from having these translated materials please email us at office@strokerecoverybc.ca

The Family Caregivers' Grapevine

The Family Caregivers' Grapevine is a bimonthly newsletter published by the North Shore Community Resources Caregiver Support Program. It seeks to support family caregivers by promoting the importance of self-care and providing practical information.

The latest edition is here:

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

News from Delta Stroke Recovery

TOOB is an organization of community minded men working in fellowship for the benefit of Ladner and Tsawwassen. Through fund raising activities and service they provide financial assistance and/or labour to support local organizations and individuals in need. TOOB president, Greg Watts, was so impressed with the Delta Branch as a grass roots volunteer organization providing stroke recovery programs for survivors and their caregivers, he presented a cheque in the amount of \$1,000 from members of the TOOB to be applied to programs

that need funding support.

40 members are served weekly at the United Church, Tsawwassen, in addition to Thursday sessions using the well-equipped New Day Gymnasium in the medical center on 56th Street. Anne Herring, physical trainer, leads these sessions with the help of volunteers to assist the members. With enough support from community supporters, the hope is to return to weekly music therapy sessions held in the Delta Music School Thursdays.

For additional details of programs on offer through the Delta Stroke Recovery group, please contact coordinator, Dawn Sillett, at 604 319 6775 or dsillett@dccnet.com.

Free Wheelchair Training

“Do you use a manual or power wheelchair? Are you a caregiver interested in receiving wheelchair training? The research lab at GF Strong has a number of wheelchair training studies in which you can take part! These projects include aspects such as setting goals, peer training, and even using a Wii or a tablet! If you’re interested in participating or would like more information, please visit <http://millerresearch.osot.ubc.ca/research/participate/> or contact Kate Keetch at 604-714-4108 or Kate.Keetch@vch.ca”

Employ-Ability Program - Sign Up for Classes Across Canada

Do you have a physical disability and are looking to re-enter the workforce? What about looking for opportunities to go back to school?

If this sounds like you, or you know someone who may be interested, then you should check out our Employ-Ability Program at

<http://www.neilsquire.ca/individual-programs-services/employ-ability/>

The American School of Laughter Yoga

For more information please

visit <http://www.laughteryogaamerica.com>

The American School of Laughter Yoga is the oldest and largest provider of Laughter Yoga education in North America and currently serves the educational needs of people in 176 countries and territories. The school was founded in 2004 by Sebastien Gendry, the first American to train as a Certified Laughter Yoga Teacher.

We help people lead happier and healthier lives using laughter as a healing modality. We can help you learn Laughter Yoga and the Laughter Wellness program with CDs, DVDs, Books, eBooks, Web/Online eLearning and Live Instructors.

What's Unique About Us

We spearhead the Laughter Yoga movement in North America and have combined over a decade of experience in fitness and complementary medicine with our knowledge of Western science and Eastern wisdom to create the Laughter Wellness method, a unique set of exercise techniques that unleash positivity, playfulness and creativity. This program supports and significantly develops the Laughter Yoga approach of simulated laughter exercise.

Laughter Yoga and the Laughter Wellness method are economical and highly practical applications of Laughter Therapy that turn laughter into a form of exercise. Laughter Yoga is free-form and very playful. It is best adapted for people who laugh easily and have a contagious laughter. The Laughter Wellness method expands the Laughter Yoga approach by offering a clear process that is easy to follow, and adding a greater variety of movements, breathing and clapping exercises, empowering behaviors, games, dances, songs and more – all glued together with lots of laughter.

Laughter has been rediscovered as a powerful tool in the battle against many physical and mental dis-eases. Many scientific studies suggest that it strengthens the immune system, alleviates pain, releases stress, and initiates powerful positive changes in our mind and emotions. Proverbs 17:22 said it well over 2,000 years ago: "A merry heart doeth good like medicine, but a broken spirit drieth the bones." Why leave such a valuable

healing modality to chance? Laughter Yoga and the Laughter Wellness method are the only forms of exercise that allow you to experience hearty and unconditional laughter for extended periods of time.

The Tetra Society

The Tetra Society was founded in 1987 in Vancouver, British Columbia, by Sam Sullivan who has quadriplegia. He recounts feeling trapped – not by his disability but by his inaccessible surroundings: “I couldn't use the washroom, shower, cook on my own. I couldn't even turn the doorknob to get out of my own apartment! It wasn't long before I found that I was not alone; there were many frustrated people struggling with things so basic that most people would never think twice about them.”^[1]

Tetra volunteers create devices that “facilitate education, work and recreation” by tackling barriers to mobility, personal care and communications. Projects can relate to the home, workplace, leisure location, or anything in between, such as a wheelchair or motor vehicle.

Tetra clients can be anyone. They can be infants or seniors or anyone in between. As well, levels of disability can vary greatly from client to client. No challenge given Tetra's volunteers is deemed too great or too small. The goal is always to reduce societal and environmental barriers and to create increased independence.

Tetra's assistive device projects tackle barriers to mobility, personal care and communications. They facilitate education, work and recreation. They provide increased access within households – kitchens, bedrooms and bathrooms – and other environments, such as vehicles or places of business. In short, assistive devices created by Tetra focus on improving quality of life.

While Tetra operates 45 chapters throughout North America, the services and talents of our 300-plus expert volunteers are available to everyone. Information on past projects is shared system-wide; expertise is shared and requests for assistive device projects can even be filled remotely if someone lives in an area not served by a Tetra chapter. Since inception, Tetra

has completed 5,000 projects.

To inquire about what our volunteers can do for you, simply contact your nearest Tetra chapter by going here:

<http://www.tetrasociety.org/community/index.php>

Once you are on the page click on the down arrow where it says "Find a chapter or university club near you".

Finding Middle Ground ~ 3 Steps to Creating Consensus and Connection

Finding middle ground is not always easy because needs are often so diametrically opposed. And yet when we realize that people, more than anything, want to feel heard and understood, finding middle ground can become a simpler process. Here are three steps you can take to find middle ground:

1. Be Calm: This is essential. Your calm state creates a sense of openness, and a feeling of safety for others to express fully without fear of judgement or reaction.

2. Acknowledge the Other's Position: People are more likely to loosen their stance if they feel heard and valued. People want to feel that their position is valid, and they want to be met with understanding. You may say:

- *I can see why this is important to you*
- *Given... I understand why you feel this way*

It is important that you are **genuine** in your acknowledgement, and that you speak softly and kindly. It is easier to do this if you actively **seek value** in what the other is saying, versus looking for fault in his or her point of view.

3. Move Towards Each Other: In feeling heard, validated and understood, a **connection** is established. From this place, it is easier to *want* to find a way to meet each other's needs.

Instead of moving from resentment, fear or loss, you move from a genuine heart-felt desire to accommodate the other and meet in the middle. *You do it because you care about the person.*

Perhaps you may say:

- *Maybe I could be a bit more...*
- *Perhaps I could try...*

You move towards each other like two people on opposite ends of a teeter-totter walking towards centre. And although it may

appear that you are simply walking towards an agreed position, more deeply, you are growing into a part of your Self that lies on the opposite side...haven't you ever wondered why we keep attracting our opposite?

For more information please

visit <http://www.vincegowmon.com/finding-middle-ground>

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

Our mailing address is:

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Canada

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