



**STROKE RECOVERY ASSOCIATION**  
OF BRITISH COLUMBIA

# Snippets July 2015



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## **SRABC NEWS AND VIEWS**

### **SRABC Board of Directors Update**

- SRABC Financial Reform

We are continuing to implement closure of Branch bank accounts and transfer of funds to SRABC. We are working out our new system and assisting Branches with making the necessary arrangements.

- Program and Service Development Highlights

- **Community Snapshots Project**

Rebecca Ruthven is a summer student recruited by Brent Page, our colleague at March of Dimes. Ruth is working with us as a Research Assistant on a "Community Snapshots" project, profiling stroke populations and available programs in cities across Canada. We are seeking to indicate the number of people who may require stroke services in each city or area, and if there are any notable populations within this group of stroke survivors (for example Aboriginal, francophone, etc.).

- **7 Steps to Stroke Recovery video**

Our 7 Steps to Stroke Recovery video has now reached over 38,642 views on YouTube.

- **Next Steps Walking Program**

The program at the Oakridge Mall in Vancouver is developing well under the guidance of Joanne Patterson and attendances have been in the 15-20 range.

- The Community Transition Aphasia Groups (CTAG)

We are continuing to work out the logistics, including finding a suitable location. Strive Centre on Joyce Street have offered us space which we are currently planning to use providing it can be scheduled at an appropriate time.

- Chilliwack Stroke Recovery

We have recruited Anna Markey, an OT with a Master's in Community Health Development to establish Stroke Recovery Services in Chilliwack.

- Volunteer Management

Michelle Mateus has begun her work developing Volunteer Management systems and programs for SRABC. Her deliverables are as follows:

- Create a volunteer manual for SRABC.
- Collaborate with Wendy on the development of volunteer management for the Volunteer Navigator program in Nanaimo.
- Pilot new volunteer management system at one or more locations

- The Singing Project

We succeeded in getting a second community grant from the City of Port Coquitlam for \$2,000 to keep the program running for another year. I am visited the program this week for an update and to meet representatives from the Port Coquitlam Leigh Square Arts Centre who are interested in starting a similar group with a focus on visual art.

- Chinese Language Programs

We are investigating establishing new programs in East Vancouver (Collingwood) at the Strive Centre on Joyce Street and in Richmond at the South Arm Community Centre.

## **Branch Update - News from SRABC's Branches**

### **- Abbotsford Branch**

Anna Markey will be the new Abbotsford Branch Coordinator. She is replacing Laura Wegener who has decided to leave us in order to take the Registered Massage Therapist program. Anna is an OT with a Master's Degree in Community Health Development. She is already working with us to establish Stroke Recovery Services in Chilliwack. We are very much looking forward to working more with Anna!

### **- Port Coquitlam Branch**

Deanna McKinnon is taking some time off from her position of Branch Coordinator. Her replacement is Logan Rushby, who is also our Maple Ridge Branch Coordinator. Logan has several years of experience as a Rehabilitation Worker and an Acquired Brain Injury Support Worker. She has a B.Com in Business from Royal Roads University, Victoria, BC and a Diploma in Social Service Work from Douglas College, Coquitlam, BC.

#### **- Burnaby North**

Branch Coordinator Ruby Gill is leaving us to take up a position as a parent educator for families with kids aged 0 to 6 for at risk families. We'd like to thank Ruby for her efforts in running the program at Burnaby North Branch and wish her all the best with her new job. Irene Lu, Branch Coordinator at Burnaby South will fill in for Ruby between now and the summer break.

#### **- Douglas Park/Shahnessy Branch**

Empowering Stroke Survivors

Over 50 stroke survivors, volunteers, care givers and supporters gathered at Douglas Park Community Centre on Friday, June 12th to participate in the annual fundraiser Strides for Strokes.

Douglas Park and Shahnessy Stroke Recovery Branches of SRABC joined forces to empower stroke survivors. We started off the morning with some warm up exercises to motivate the walkers and the wheelers. The fundraising walk was underway.

Meanwhile back at Douglas Park Community Centre, for those not participating in the walk, other fundraising was taking place. The Douglas Park Branch members were selling raffle tickets for a basket of goodies while the Shahnessy Branch members were selling raffle tickets for some delicious home baking.

As the walkers and wheelers returned to the community centre, they found refreshments waiting for them. It was time to socialize, time to buy tickets for the raffles and time to catch up with friends from the other branch that you may not have seen in some time.

Next year, the Douglas Park Branch members will take part in Strides for Strokes where the Shahnessy Stroke Recovery Branch meet up. Fun was had by all and funds were raised by all.

## **STROKE RECOVERY INFORMATION AND RESOURCES**

This study of a young stroke woman's struggle to regain language and memory manages to be at once visually arresting, deeply moving and uplifting.

My Beautiful Broken Brain is the story of stroke patient Lotje Sodderland. Sodderland suffered a catastrophic brain haemorrhage in 2011 at the age of 34; eight days later she contacted filmmaker Sophie Robinson to ask her to help document the aftermath. The pair initially filmed 150 hours of footage, most of it self-shot by Sodderland on her iPhone, which was edited to create this documentary piecing together Sodderland's recovery.

<http://www.theguardian.com/film/blog/2015/jun/10/my-beautiful-broken-brain-review-documentary-moving-study-of-life-after-stroke>



*Lotje Sodderland's descriptions of her "trippy" stroke-induced visual impairment influenced the look of the film. Photograph: Sophie Richardson/Lotje Sodderland/the Sunshine Company*

### **Dysphagia Information**

Dysphagia is the medical term for difficulty swallowing or paralysis of the throat muscles. This condition can make eating, drinking, taking medicine, and breathing difficult. Many stroke survivors experience dysphagia or trouble swallowing at some point after a stroke. Difficulty swallowing is most common immediately after a stroke, but usually declines over time.

There's lots of useful info and a video here

<http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/dysphagia> including:

- A post-stroke dysphagia infographic that describes the symptoms, complications, and treatment options often associated with the condition
- Stories from stroke survivors living with dysphagia
- Updated information on our website about dysphagia



### **Intense Therapy Helps Restore Arm Function Long After Stroke: Study**

Intensive physical therapy helps restore arm function in people who have survived a severe stroke, a new study finds.

University of Florida researchers followed 39 patients who underwent intense physical therapy for the arms five hours a day, five days a week, for 12 weeks.

For the study, the team "enrolled people who had a stroke a year or more prior to their study participation, and who were still severely impaired," lead researcher Janis Daly, a professor of neurology in the College of Medicine, said in a university news release. Go here to read the full article:

<http://tinyurl.com/o79xa75>



### **Aphasia Resources**

Our good friend and supporter Megan Sutton SLP of Tactus Therapy sent us this message: "I have found the Aphasia Institute's training on Supported Communication to be quite useful. Their website is here: <http://www.aphasia.ca/>

Also ... there is a new free app for those of you using tablets and smart phones called One Skill Videos that shows aphasia communication tips nicely <https://itunes.apple.com/us/app/one->

[skill-videos/id875835276?mt=8](http://skill-videos/id875835276?mt=8) ”

Megan Sutton [megansutton@gmail.com](mailto:megansutton@gmail.com)

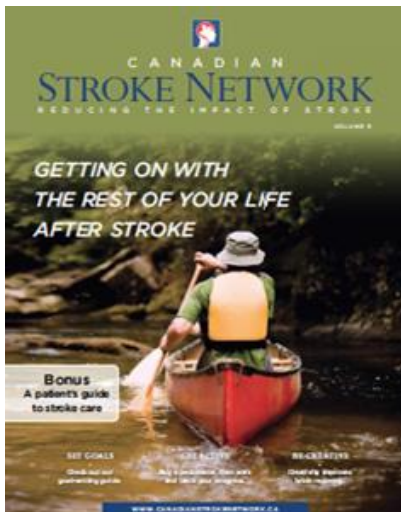


### **Getting On With the Rest of Your Life after Stroke**

The CSN’s “Getting on with the Rest of Your Life after Stroke” trial analyzed 204 people with strokes to determine the extent to which participation in life’s roles can be optimized through a community-based structured program that provides the opportunity for physical activity, leisure and social interaction. The lessons learned from the study were translated into two editions of a guidebook for people with stroke, their caregivers and health professionals. The latest update, released in the fall of 2011, includes resources for individuals and families coping with aphasia.

Download the booklet here:

<http://canadianstrokenetwork.ca/en/wpcontent/uploads/2014/08/GettingOn-EN.pdf>



### **Ten Top Tips for Stroke Recovery**

I had a stroke in July 2005. While recovering I learned about some of the hidden social effects of stroke and how to deal with them, and it is that knowledge I now want to share with other

survivors, their families and care-givers. I use the term 'survivor' to include anyone living with and after stroke.

I also have to make it clear that I do not deal with medical aspects of stroke recovery, either physical or mental, nor with rehabilitation. There is a lot of good information and advice available elsewhere on these subjects and anyway I have no medical qualifications.

What I do feel competent to talk about are the day- to-day difficulties which will have to be faced once the stroke survivor is out of hospital. I can offer practical suggestions, which I call my 'Ten Top Tips', on how to deal with some of these, based on my own experience, what my family has told me and what I have learned from listening to others.



1. Fight the fear
2. Be determined
3. Don't be afraid to ask for help
4. Get out and about
5. Embrace technology
6. Get organised
7. Change your lifestyle
8. Admit to your condition
9. Realise the importance of respite care
10. Deal with aphasia

<http://strokerecoveryservice.co.uk/#/ten-top-tips/4546154231>

### **The Stroke Rap**

“This is The Stroke Rap song I did, shot at UAB hospital and featuring hundreds of doctors and nurses and hospital employees! Fun and educational "hip hop" song about diagnosis and treatment of strokes.” <https://www.youtube.com/watch?v=U1bpjYofZtY>





## **CAREGIVERS INFORMATION AND RESOURCES**

### **The Family Caregivers' Grapevine**

The Family Caregivers' Grapevine is a bi-monthly publication from the North Shore Community Resources Caregiver Support Program that promotes the importance of self-care and provides practical information to help with the caregiving role.

The July/August edition is here! Read our latest newsletter for tips on finding relief from loneliness, an interview with naturopath Dr. Julie Durnan, upcoming events and more!

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



### **Mind-Body Workbook for Stress**

*Effective Tools for Lifelong Stress Reduction + Crisis Management* by Stanley H. Block & Carolyn Bryant Block

This practical, hands-on book is designed as a guide to help you navigate through the bumps of life. Using accessible language and an appealing visual layout, the authors provide tools for uncovering the beliefs, actions and values that are contributing significantly to one's stress levels.

The Mind-Body workbook acts as a gentle yet coaxing guide for working through the challenging areas of life that may feel discouraging to explore without some kind of structure. Fears make way for positive transformation. Unproductive belief systems, make way for new and relevant perspectives.



Some of the themes covered include:

- Aspects of self-image
- Becoming aware of relationship patterns
- Noticing your signs that you feel overwhelmed
- Working more effectively with emotional trigger points

One place you can find this book: [odinbooks.com](http://odinbooks.com)

I have appreciated sharing some of the exercises with our caregivers. The activities are helpful for working on alone, and then sharing in a supportive group or with a trusted friend. Writing, visual mapping and charts all help the discovery process. Our caregiver groups have found this a helpful tool in practicing self-care.

I hope you receive some kind of encouragement from the book as well!

Karyn Davies

Link to original article is here:

<https://northvancaregivers.wordpress.com/2015/06/24/a-good-resource-mind-body-workbook-for-stress/>

## RESEARCH

### Caregiver Burnout Study Participants Wanted

Family caregivers, including friends and relatives, make a huge contribution and enable people with disabilities to stay in the community. Caregiver burnout is an issue, however, and ways to reduce caregiver burden need to be identified. Dr. W. Ben Mortenson (UBC) and his team are conducting a national study to find out more about the struggles that caregivers experience. This includes identifying what situations caregivers find most burdensome, and involving them in developing technological solutions to address these issues. If you are 19 or older and a family caregiver of older adults, and are interested in participating in this study, please contact the study research coordinator, Mary Ellen Johnson,

at [maryellen.johnson@ubc.ca](mailto:maryellen.johnson@ubc.ca) or [604.714.4108](tel:604.714.4108).

## COMMUNITY EVENTS

### Sea to Sky Aphasia Camp 2015



DATES: September 18 – 20, 2015

PLACE: Easter Seals Camp in Squamish

The Sea to Sky Aphasia Camp is based on a community-university partnership that brings together people with aphasia, their family members, and students from a wide variety of health professions. The weekend-long camp offers an opportunity for all participants to connect with and learn from one another while enjoying organized recreational activities in the beauty of Squamish, BC.

Registration is on a first-come, first-served basis; please register early to avoid disappointment.

Cost: \$160.00 per person - subsidy may be available based on income eligibility.

Includes activities, meals & overnight accommodations for 3 days and 2 nights.

Register here:

<http://www.seatoskyaphasiacamp.com/reservations.html>

### Facebook and Twitter

SRABC is 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](mailto:office@strokerecoverybc.ca)**
- **All past issues of Snippets are available on the SRABC website at: <http://strokerecoverybc.ca/snippets-2013/>**

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

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