



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets June 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

- Port Coquitlam Branch

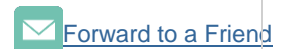
We reported in the last issue that Deanna MacKinnon, our Port Coquitlam Branch Coordinator was leaving us after close to 13 years with SRABC. Happily, Deanna had a change of heart and decided to stay after all and to continue to provide service to stroke survivors and caregivers in Poco.

- Vernon Branch

Chantelle Fairbrother has now been appointed as Coordinator of the Vernon Branch. Chantelle has 14 years' experience in education/career counselling and job search for persons with disabilities. She has worked as a Consultant and Workshop Facilitator and was previously with North and Central Okanagan Brain Injury Societies and Okanagan University College. We welcome Chantelle to SRABC.

- Templeton Branch

Shazya Karmali has resigned as Coordinator in order to continue her studies. She has been accepted to a graduate degree program in Ontario, beginning in September 2013, which means that she will unfortunately be leaving Vancouver in August. Shazya said, "I have



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 If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder.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

truly enjoyed my time with SRABC and all of the people at Templeton have become very important to me.” We wish her well in her future career.

Phyllis Delaney Life After Stroke Award 2013 Nominations

This is to remind you all that we are accepting nominations for this year's Phyllis Delaney Life After Stroke Awards. The deadline for nominations is 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

If you would like to nominate someone for a Phyllis Delaney Life After Stroke Award please contact a Branch Coordinator for the guidelines and form or contact the SRABC Office Administrator Genevieve Thompson by email at office@strokerecoverybc.ca or by phone at 604-688-3603.

Community Stroke Recovery Education Days Update

We held one-day community education sessions in health promotion, secondary stroke prevention and stroke recovery in Vancouver, White Rock and Nanaimo on Saturday June 8th as well as our first webinar on June 6. The events were a success and produced a lot of media interest. We are doing a formal evaluation when they are all finished and will report further at that time.

We covered:

- Easy-to-apply tips and strategies for making life at home easier.
- Ways to find support and programs in your community.
- Ways to prevent another stroke.
- The knowledge there is “Life after Stroke” – including ways to cope with life in the weeks, months and years after the hospital stay ends.

Still to come are:

Interior Region – Kelowna

Date: Saturday June 15

Time: 10:30 am – 2:30 pm

Location: Centre for Learning Atrium (next to Library)
Okanagan College

1000 K.L.O. Road Kelowna, BC

Opening Speaker: Mary-Joan Giffin, Stroke Survivor, SRABC Board Member

11:20 – 12:05 Kaitlynn Dewhirst (OT), Meridian Rehab:

‘Day to Day Life with 1 hand’

12:35 – 1:20 Lars Taylor, Insight Rehab:

‘Driving Assessment and Vehicle Modifications After a Stroke’

1:40 – 2:25 Ginny Sellers, Speech Language Pathologist:

‘Communication Tips after Stroke’

Northern Region – Webinar

Date: Thurs June 13

Time: 6:30 pm – 7:30 pm

Location: Via Webinar – provided via ‘Care-Ring Voice Network’ – access via computer

To register for this webinar and for information about how to join in please email office@strokerecoverybc.ca

Presented by: Gillian Grant, Physiotherapist, Prince Rupert Hospital:

‘Learning to Live Better with Stroke’

To join the webinar on June 13 copy and paste the link below directly into your browser:

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

Media Coverage

We have been promoting our new look and the new website as well as the Community Stroke Recovery Education Days and getting lots of media attention including:

- Vancouver Sun
- Global TV
- Burnaby Now
- CBC Radio - On the Coast
- CBC Radio - On the Island
- CBC Radio - Kelowna
- CKNW radio
- Vancouver Courier
- CBC Kelowna
- Global TV Okanagan
- Nanaimo News
- Peace Arch News

Extra special thanks to stroke survivors Gayl Hutchinson, Ray McDonald, Ben Sullivan and Mary-Joan Giffin who kindly volunteered their time to be spokespeople/media contacts for the Stroke Recovery Education Days Project. You can see some of the articles here:

<http://strokerecoverybc.ca/media/stroke-recovery-news/>

Stroke Survivors Wanted for Training Future Healthcare Professionals in the UBC Health Mentor Program

The multi-disciplinary 'Health Mentors' program is a new educational initiative at the University of British Columbia. Teams of 4 students from different disciplines will learn together, from and with a mentor. A health mentor is a person living with a chronic or degenerative health condition. Over the 16 months of the program the student teams will visit their mentor twice each term. Each visit will focus on specific learning goals. This pilot program will run from September 2013 to December 2014 with about 50 health mentors and 200 students from at least 6 different health and human service programs at UBC. Students will be volunteers but will receive academic credit for participation.

The program is coordinated by the Division of Health Care Communication in the College of Health Disciplines and funded by the UBC Teaching and Learning Enhancement Fund and the College of Health Disciplines. If you are interested in knowing more about the program and to enquire about becoming a health mentor, please to go: <http://www.chd.ubc.ca/dhcc/healthmentors>

Message from Songwriter and Maple Ridge Stroke Recovery Member

You might remember the article we had in the February 2013 Snippets about stroke survivor Dave Baker. He shared this with us: "As an avid hobby, I wrote, sang, and recorded folk songs about B.C. Over the years I produced 3 record albums and 3 CDs of my music. They basically got very little attention." We were delighted to get this update

from Dave:

Much has happened this Spring. Many choirs on the Lower Mainland have added my songs to their repertoires in their Spring concerts. The links below get you to videos on You Tube that use my songs as sound tracks. The best one I think is the Emily Carr video.

<http://www.youtube.com/watch?v=DKRCpQ0AI4U> (Old Lady Rose Video)

<http://www.youtube.com/watch?v=RjqSD4QnWpA> (Emily Carr Video)

<http://cypresschoral.com/Canada/Composers/Baker.html>

<http://www.youtube.com/watch?v=akDtaQ4L9-I> (Vic Chorus Land of Maquinna)

<http://www.youtube.com/watch?v=89XI7QbMXSY> (Royal Hudson Video)

We'd like to wish Dave all the best and congratulate him on this wonderful achievement.

Great News about Ladner Singer/Songwriter and Delta Stroke Recovery Member

You may have seen the article in our new Life After Stroke e-newsletter about Rosemarie-here's more!

Ladner singer/songwriter Rosemarie Hurst will get to help commemorate "a real trailblazer" next month in Ontario. Rosemarie has been invited to perform music from her CD Faithfully Yours: Ballads of E. Pauline Johnson at a ceremony at the Chiefswood National Historic Site commemorating the 100th year of Johnson's death. Rosemarie suffered a stroke followed by a ruptured brain aneurysm in 2009. Her CD, released in 2011, is based on the work of Pauline Johnson (1861-1913), a Canadian poet known for celebrating her First Nations heritage in her writing. Rosemarie says she's had some wonderful events happen after her serious health issues "but being asked to sing at one of my favourite places in Ontario is a real bonus; something quite magical, as it was a place I visited in my late teens and early 20s."

Read more:

<http://www.deltaoptimist.com/Local+singer+help+honour+Canadian+poet/8460450/story.html#ixzz2VqgKpxzB>

The Heart and Stroke Foundation's Living with Stroke™ program

The Heart and Stroke Foundation's Living with Stroke™ program for stroke survivors who have completed their active rehabilitation and are living in the community is now available online at:

http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483945/k.A2C7/Stroke_Recovery.htm

- Program topics include:
- Understanding stroke
- Physical changes and challenges
- Swallowing and nutrition
- Cognition, perception and communication
- Emotions: Focusing on depression
- Activities and relationships
- Reducing the risk of stroke
- Moving forward

Urgent Emotional Support

If you are in need of urgent emotional support, please call the Distress Line Network of BC at 604-310-6789 or the 24 hour / 7 days a week Seniors' Distress Line: 604-872-1234.

Caregiver Times

The *Caregiver Times* newsletter is published on a quarterly-basis by the Vancouver Coastal Health Caregiver Support Program. If you would like to submit an article, poem or be added to the mailing list to receive this free quarterly newsletter, please phone or send a written or e-mail request to:

Caregiver Support Program
Raven Song Community Health Centre
2450 Ontario Street, Vancouver, BC V5T 4T7
Tel. 604-709-6437 / E-mail: caregiversupport@vch.ca

Here's a sample article from the Spring 2013 newsletter.

CAREGIVER EDUCATION: SETTING LIMITS & BOUNDARIES

By: Holly Whiteside

(Harmony) is when... "Yes" is tempered by a gentle "No," and "No" is expanded with measured compassion. — Mrs. Chana Rachel Schusterman

While times for silence in caregiving can be a rare gift, opportunities for defining boundaries and setting limits abound. As your loved one ages,

your role can shift before your eyes. Within a given day, you may function as child, nurse, entertainment committee, adult friend, healthcare advocate, sibling and/or spouse, each role requiring a somewhat different voice. Notice that most of these roles are in response to others. How easily we forget ourselves!

When dancing with your various and mutable roles, you can remain effective by staying centered in yourself. To stay centered in yourself during caregiving, develop the habit of identifying, protecting, and asserting your own limits and bounds. Notice where your responsibility stops and another's begins. Notice what is yours to do, and what could or should be done by others. Notice what you need in order to be effective. If what you need must come from another, but is not forthcoming, ask for it. Setting your bounds and limits in your relationships and in your life is an art of balancing control with allowing. Here are some guidelines for promoting healthy limits and boundaries:

GUIDELINES FOR SETTING LIFE-SERVING LIMITS & BOUNDARIES

There is no perfect limit. A boundary is determined by who you are and the situation in which you find yourself. Some of the following suggestions may help you to fine-tune your boundaries.

- If you are a responder in conversation, practice taking up more room in conversations than you usually would. Though this may, at first, feel like a big change to you, your increase in outspokenness is most likely slight. You can afford to experiment with making room for yourself.
- Become a curious observer of yourself (and others,) rather than a harsh critic. Be kind, yet discerning. A harsh demeanor often shuts down relationship. Kind curiosity will have you setting your boundaries within the context of who you and the other person are.
- Confront what scares you. Look at it head-on, journal about it, describe it. It will diminish. Lack of healthy boundaries is often rooted in fear. Practice tolerance of ambiguity and uncertainty. Living more easily with unknowns promotes inner peace and diminishes fear. Boundaries established from this centered place in yourself will be better aligned with your true self.
- Notice what is yours to handle, as distinct from what is someone else's. It is too easy to jump in to handle what could be done by others. It could be damaging to try to do what is someone else's prerogative. It is deeply frustrating to try to fix or change what cannot be changed

(like another person.)

- Limit yourself to doing one thing at a time. Like the turtle in the race with the hare, you may get there faster. Certainly you will arrive with greater peace.
- Adjust your limits according to your comfort level. Setting your limits too rigidly increases discomfort. Be somewhat flexible, and you'll be less disappointed. When you are disappointed, pay attention. Disappointment can show us our unhelpful expectations, as well as what could be more realistic.
- Refrain from reading other people's minds. Keep your attention on yourself while simply being aware of others. Listen actively and take others at their word. Then ask questions when you don't understand. Explicit communication goes a long way toward clearly seeing the bounds and limits of each relationship.
- Focus less on managing outcomes. As much as possible, limit yourself to what you can do in the moment. If you manage the present moment, the future frequently takes care of itself. Here are a few suggestions for gently asserting your boundaries in conversation:

A Linguistic Prescription for Empowerment

- Say NO (respectfully) at least twice a day.
- Experiment with words and phrases other than NO that mean what you want to say. (This will provide safety until you can release the idea that "NO" means "I don't like you.")
- Counter self-criticism with 'SO WHAT?'
- When someone asks a question that is invasive, instead of answering and giving information you don't want to, respond with the question, "WHY DO YOU ASK?"
- Accept compliments. Don't deny or over-explain. Just say THANK YOU, or better, "THANKS FOR NOTICING!"
- When someone is overstepping your boundaries, a useful neutral phrase you can say, without apologizing or over-explaining, is, "That doesn't work for me."
- Speak using "I" statements whenever possible. They make clear where you stand without creating unnecessary confrontation or conflict. Experiment with any of the above approaches that feel right to you. Trust your instinct for what will work for you. The better you know yourself, the clearer it will be where you need to strengthen your boundaries or limits.

*Holly Whiteside is a nationally recognized expert on management of the emotional realm of caregiving, and inventor of MindfulCaregiving, an emotional survival toolkit. Email: holly@MindfulCaregiving.net
Websites: MindfulCaregiving.net*

Bounce Back - A New Program to Improve the Mental Health of British Columbians

For full details please go to:

<http://www.cmha.bc.ca/how-we-can-help/adults/bounceback>

Bounce Back is an evidence-based program designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.

Bounce Back offers two forms of help. The first is a DVD video (available in English, Mandarin and Cantonese) providing practical tips on how to recognize and deal with depressive symptoms. You can watch a 6-minute preview of the English version below:

The second service is workbook-based with telephone coaching (available in English and Cantonese). Bounce Back community coaches assist in the teaching of problem-solving and other skills to overcome difficulties such as inactivity, unhelpful thinking, worry, and avoidance. Access to the coaching component requires a doctor's referral.

Chinese Bounce Back is available to people across BC, through referrals from primary care practitioners. The Chinese program—with a self-help DVD (in Cantonese or Mandarin) plus booklets & telephone coaching (in Cantonese)—maintains the core principles of the English program but has been adapted to be more meaningful to the Chinese community. For more information about Chinese Bounce Back, call 1-877-318-3098.

If you are interested in Bounce Back, please talk to your family doctor. If needed, you can use the online search at www.cpsbc.ca to find a family physician who is accepting new patients in your area.

Bounce Back is led by the BC Division of the Canadian Mental Health Association (CMHA) and funded by the BC Ministry of Health. A commitment to principles of empowerment, peer and family support, and participation in decision-making, make CMHA a logical lead organization for the coordination of community-based mental health programs that serve primary health care patients. CMHA BC involves a

network of 19 local branches throughout the province.

Adaptive Cell Phone

We have recently found information on a cell phone with adaptive features. It can be found on amazon.ca and zoomerwireless.ca. Toll free number for zoomerwireless.ca is 1 888 829 6806.

Doro PhoneEasy® 612

2.0 MP Camera

Large Keypad and Screen

Extra Loud Handset Volume

Hearing Aid Compatible

Bluetooth® Technology

Recognizing Your Volunteers - Just Ask!

by Anastasia Palubiski: Director, Learning, Vantage Point www.thevantagepoint.ca

Have you ever just asked your volunteers how they like to be recognized?

I see so many articles and toolkits and workshops with titles such as “50 ways to recognize your volunteers” or “how to run a successful volunteer recognition program”.

One of the volunteers I work with recently told me she is motivated by the knowledge that her role has had a positive impact on the program participants, so I now share with her the program evaluation results.

It's a simple step for me to share this information, yet extremely meaningful to her. She was also touched by a small thank you note I sent her to let her know how much I enjoyed working with her.

I always wonder why people make volunteer recognition so complex. We could simplify (and save a lot of time and resources) by asking our volunteers three questions up front:

1. What do you hope to gain from this experience?
2. What would be the best compliment we could give you for a job well done?
3. What would be a nice "bonus" that we could provide as a way to recognize your contribution?

You might learn that most of your volunteers prefer recognition that is personal, meaningful, and often quite simple.

Three Keys to Creating the Life You Want

Creating the life you want is a balance of stepping into life and creating room for life to come to you. And it is a decision to let go who you think you "should" be in order to become who you truly are.

1. Do Your Inner Work

Life is not a process of discovery, but rather creation.

When we realize that life is not happening to us, but rather is an expression of us, we begin to take greater responsibility for our lot in life and the choices we make. This includes examining our thoughts, beliefs, attitudes and behaviours. Specific examples of doing inner work may include:

- Journaling
- Practicing meditation or yoga
- Spending more alone time reflecting
- Hiring a professional such as a Coach or Counsellor
- Attending a personal growth course/ retreat
- Reading inspiring/ self-help books

2. Let Go of the Old

When we let go of the old, we create space for the new.

While it is not easy to say good-bye to certain things, it is a necessary step to creating the life you want. Specifically, it's important to let go of those things that cause continuous stress, drain our energy, do not reflect who we want to be, and do not encourage us to be authentic and live our dreams. This may include:

- Your job
- A relationship
- Your home / community
- Clutter
- Memorabilia
- Behavioural patterns such as smoking, drinking or watching excessive TV

3. Follow Your Joy

"Don't postpone joy until you have learned all of your lessons.

Joy is your lesson." ~ Alan Cohen

Joy is the heartbeat of life! To follow our joy is to live in integrity with who we are. When we take courageous steps towards a joyful life, doors we could not have foreseen begin to open, leading us to more

joy. It starts with taking baby steps, simple steps, and does not necessarily mean doing anything too significant. This may include:

- Taking a class
- Starting a hobby
- Hosting a party
- Asking a potential friend for coffee
- Rekindling an old passion
- Connecting with old friends you've lost touch with

These keys are powerful practices that will move you into empowered living. Individually they create change. Together they cause transformation. While it may not be easy to practice them, it may be harder to avoid them. Begin now. Take a baby step, and move into the life you deserve.

<http://www.vincegowmon.com/>

Thank You to Parkinson Society British Columbia

We always find some items in PSBC's excellent newsletter that are relevant for inclusion in Snippets. Thank you to Robbin Jeffereys - Director, Education and Support Programs for the permission to use them!

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

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