



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets June 2015



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SRABC NEWS AND VIEWS

SRABC Board of Directors Update

- We are sorry to say Dr. John Millar, who has served on the SRABC Board of Directors since 2013 has resigned from the SRABC Board of Directors. John said, "I have enjoyed the time I have been associated with SRABC. I find that between the time I spend daily on rehab for my recent cardiac surgery and complicating stroke and the numerous other boards and committees, research and teaching responsibilities, I do not have enough time to meet my family responsibilities. I, therefore, reluctantly wish to advise you of my intention to step down from the SRABC Board and the PAC Committee."

We would like to thank John for assisting us in developing our relationship with PHSA and for his leadership in creating strategies for community stroke recovery in the future for SRABC. We are pleased to report that John will remain as a professional advisor to SRABC's Professional Advisory Committee.

- 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

- Steps to Stroke Recovery video

Viewing Figures on YouTube are now at over 34,000 views.

- Next Steps Walking Program

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

- The Community Transition Aphasia Groups (CTAG)

We are continuing to work out the logistics with SLPs at GF Strong Rehab Centre, including finding a suitable location.

- 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.

- 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.

- Volunteer Management

Michele Mateus is an experienced volunteer manager who is working with SRABC on developing our Volunteer Management systems and programs. She is going to be helping us with volunteer recruitment, training, management and supervision planning.

Michele will be spending time learning about what our volunteers do and how our Branch programs are delivered. She will have a few questions for you regarding how many volunteers you have, why their main roles are etc. This will help her to get a feel for how things work at our Branches. If you have any questions please let Tim Readman, SRABC Executive Director know.



Branch Update - News from SRABC's Branches

Maple Ridge Branch

Terri Adams' last day as Maple Ridge Branch Coordinator was Friday May 1st. We'd like to

thank Terri for her years of service as a volunteer, interim coordinator and then Branch Coordinator and wish her well in her next endeavour.

Logan Rushby is the new 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.

Abbotsford Branch

Abbotsford Branch Coordinator Laura Wegener has decided to leave us in order to take the Registered Massage Therapist program. Her last day will be June 25th. We'd like to thank Laura for working with us and wish her all the best in her new career.

Delta Branch - Workshop Answers Questions for Stroke Survivors



Fraser Health specialists attended a stroke workshop in Tsawwassen late last month. Over 50 stroke survivors and caregivers gathered at Tsawwassen United Church late last month to learn from Fraser Health specialists at a Delta Stroke Recovery-sponsored workshop.

Fraser Health experts clarified the different types of strokes and answered questions from those enjoying a slide show demonstrating how the mind is like a company. When someone is off sick or laid off, it puts a bigger strain on the rest of the team trying to run the business.

During the break, FHA staff members manned four stations to allow many to learn about challenges experienced by stroke survivors (spatial confusion, loss of fine finger control, visual restrictions, etc.) and to discuss personal issues one-to-one. After the refreshments were served, the educational aspect of the free program continued with a question-and-answer period.

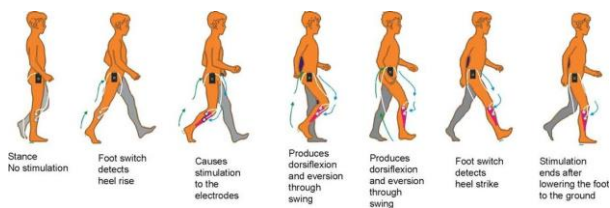
Delta Stroke Recovery members meet at the same venue weekly. More details about the

group are available by contacting coordinator Dawn Sillett at 604-946-2731.

- See more at: <http://www.delta-optimist.com/community/workshop-answers-questions-for-stroke-survivors-1.1925659#sthash.22WB5xAn.dpuf>

STROKE RECOVERY INFORMATION AND RESOURCES

Functional Electrical Stimulation (FES) to Aid Walking after Stroke



This booklet from the UK may be of interest if your stroke has caused drop foot (dropped foot or foot drop). This is one of the most common mobility problems following stroke.

Functional Electrical Stimulation (FES) is clinically proven to improve walking speed, and reduce the effort of walking.

Drop foot is one of the most common mobility problems following stroke.

- Drop foot (also dropped foot or foot drop) is the inability to lift the foot and toes properly when walking. It can lead to trips and falls, and a loss of confidence when walking.
- Functional Electrical Stimulation (FES) uses small electrical impulses to assist the muscles to lift the foot. It is clinically proven to improve walking speed, and reduce the effort of walking.

To read the whole article please go here:

<http://www.differentstrokes.co.uk/content/helpingyou/professionals/Adult%20info/FES.pdf>

Disability Alliance BC | Money and Income Supports



Disability Alliance BC has completed a full update of their Help Sheet self-help guides on provincial disability benefits and programs. They are available on their website at:

<http://tinyurl.com/nuqaxrq>

They've also updated their guide on appealing to the Social Security Tribunal (SST). You can access this publication at: <http://tinyurl.com/m8aye4j>

If you would like them to mail you any of these publications, please call Val at 604-875-0188 or email her at feedback@disabilityalliancebc.org

New 7-Part Series-Getting Started with Apps in Speech Therapy



If you're just getting started using apps in speech therapy, this series is for you! If you're a technology pro, you'll still find great resources to share with your clients or students. We look at the 'who, what, why, and how' of using apps and tablets in therapy for SLPs and home users.

<http://tactustherapy.com/getting-started/>

UK News: Stroke Rates Soar among Men and Women in their 40s and 50s



The number of strokes occurring in men aged between 40 and 54 has rocketed by almost 50% in less than 15 years, according to the UK's Stroke Association. In 2000, there were over 4,260 hospital admissions for stroke among men aged between 40 and 54 in England. This figure soared to 6,221 in 2014 – an increase of 46%. It is thought that the rise is due to increasing sedentary and unhealthy lifestyles, and changes in hospital admission practice. Overall, the number of strokes occurring in people of working age (20-64) has risen by a quarter within the past 15 years.

Jon Barrick, Chief Executive of the Stroke Association, said: “These figures show that stroke can no longer be seen as a disease of older people. There is an alarming increase in the numbers of people having a stroke in working age. ”

Go here for the full article:

<http://www.mynewsdesk.com/uk/stroke-association/pressreleases/stroke-rates-soar-among-men-and-women-in-their-40s-and-50s-1151403>

How to Prevent a Stroke in Middle Age

If you've already had a stroke this advice will help to reduce the chances of having further strokes.



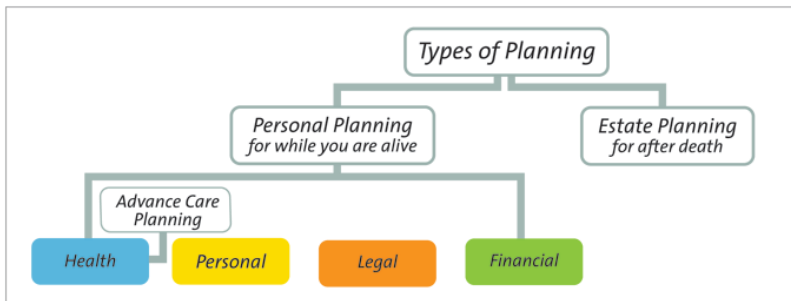
For the full article go here:

<http://www.theguardian.com/lifeandstyle/2015/may/12/prevent-stroke-middle-age-minimise-risk>

The number of people having a stroke in their 40s and 50s has risen dramatically. So how can you minimise the risk of it happening to you? The more swiftly a stroke is diagnosed and treated, the better a patient's recovery will be. But how can you reduce the risk of it happening to you in the first place?

- Get your blood pressure checked regularly.
- Don't kid yourself it's too late to quit smoking.
- Build up exercise slowly. Don't fixate on how many calories you burn.
- Don't beat yourself up if you don't stick to a planned exercise regime.
- Reduce your intake of salt - bread is one of the biggest sources of salt in our diet – make your own.
- Eat off smaller plates – and don't skip breakfast.
- Spread your drinking out over the week, cut back or give up altogether- binge drinking can cause surges in blood pressure.
- Don't be scared to seek help for stress and depression.
- Avoid recreational drugs.

Representation Agreements and Power of Attorney



The Nidus Personal Planning Resource Centre is a non-profit, charitable organization and was incorporated in 1995 as the Representation Agreement Resource Centre (RARC). It helps people with Representation Agreements and Power of Attorney questions and other related issues.

A Representation Agreement can give authority for someone to act on your behalf for health care and personal care matters.

Power of Attorney and Enduring Power of Attorney documents can give authority for someone to act on your behalf for financial and legal affairs.

For inquiries about Nidus and Representation Agreements please

email info@nidus.ca

For inquiries about the Registry service please email: registry@nidus.ca

Fax 604.801.5506

Voicemail Local: 604.408.7414 Toll Free 1.877.267.5552

For more information go here: <http://www.nidus.ca/>

Healthy Eating



Eating healthily plays an important role in reducing your risk for another stroke. Planning healthy meals and shopping for the ingredients at the grocery store can be overwhelming or confusing. Our Shopping List Fact Sheet will take the guessing out of the equation and

help you stock up on healthy foods. Remember, eating healthy is not about diets and restrictions. Instead it is about making small, everyday changes to the way you eat.

Go here for more info: <http://support.stroke.org/site/R?i=sth1Y7hXBukr2ko43WYHnA>

"My Search for Words" Documentary



Just touching base with you as we feel that our latest short documentary, "My Search For Words" may interest you and your audience.

Life was going to plan for Dr. Joanne Scott; she had qualified as a pathologist and was two exams short of becoming a hematologist. When a sudden brain hemorrhage nearly took her life, Jo became the patient. She's learnt to walk again, but regaining her speech has been frustratingly slow and no one knows how long it will take. With the support of her husband and young son, Jo's fighting to regain the life she once had.

Please share this important documentary with your relevant friends, family and networks:

<http://attitudelive.com/documentary/my-search-words>

Warm Regards,

Ashton - from attitudelive.com

How to Reduce Your Risk of a Second Stroke

Posted by Lisa O'Neill Hill - <http://www.strokesmart.org/prevent-second-stroke>



About one in four people who've had a stroke will have a second, statistics show. If you've had a stroke, it's important to work with your doctor to address the underlying cause or

causes—whether that’s high blood pressure, an irregular heartbeat, another health issue, or a combination of factors.

The idea of a second stroke can be terrifying. But here’s the good news: By following medical advice and embracing healthier habits, you can greatly reduce your risk of a reoccurrence.

Unsure what to do? Follow these recommendations:

Follow your doctor’s orders. If your doctor has prescribed medicine such as a blood thinner, a blood pressure medication or a statin—a medication for high cholesterol—take it and take it as directed. Aspirin and similar medicines reduce the risk of blood clots that can cause a stroke. Taking a statin can reduce your chance of a stroke even if your cholesterol is normal.

Control your blood pressure. If you have high blood pressure, it’s important to get it within normal ranges or lower. High blood pressure is a significant risk factor for stroke; having high blood pressure damages your arteries and makes them more likely to clog or burst. Taking blood pressure medication may help you even if your blood pressure isn’t high.

Stop smoking. [Smoking](#) damages your blood vessels and allows blood clots to form more easily. If you need help quitting, talk to your doctor. Don’t give up. Most people try quitting many times before they are successful.

Exercise. Aim for at least 30 minutes a day on most days. Some people enjoy starting or ending the day with a brisk walk. If you have physical limitations, work with your doctor or physical therapist to find an exercise routine you can do.

Eat vegetables, fruits and whole grains. Consider a Mediterranean-style diet, which focuses on those foods as well as fish, olive oil and nuts. Limit unhealthy fats like butter and avoid lots of salty foods.

Limit your alcohol intake. Having more than one to two drinks a day greatly increases the stroke risk in people who haven’t had a stroke, studies show. Drinking too much can make your blood pressure high.

Control other health conditions. If you have diabetes or [atrial fibrillation](#)—a type of irregular heartbeat—work with your doctor to get them under control. Both can increase stroke risk.



Advocacy Access



Since 1989, the Advocacy Access Program at Disability Alliance BC (formerly BC Coalition of People with Disabilities) has been a place of support, information and one-to-one assistance for people with all disabilities.

Each year our advocates assist hundreds of people in our office to apply for and appeal the denial of provincial and federal (Canada Pension Plan [CPP-D]) disability benefits. We help hundreds more over the phone and by email. We also help other organizations across BC to assist people with disabilities through our workshops and published information.

<http://www.disabilityalliancebc.org/programs/advocacy.htm>

Technology@Work - Supporting Employment for People with Disabilities



We are pleased to announce that Neil Squire Solutions has been awarded a British Columbia government contract with funding from the provincial and federal government called Technology@Work.

The Technology@Work Program is designed to support employment for people with disabilities in all regions of British Columbia who require Assistive Technology to overcome disability-related barriers in the workplace. This program will help individuals who are already employed, self-employed, or volunteering, as well as those who are about to start a new work opportunity. When Assistive Technology is a barrier to employment or volunteerism, Technology@Work will help determine and acquire the Assistive Technology that will meet the needs of the individual and the work situation. Our services are available for both individuals and employers.

Please visit our Technology@Work page for more information

<http://www.neilsquire.ca/bctechatwork/>

Pathways Provincial Resource

Pathways is a new web-based directory that connects family doctors and Specialists to streamline referrals in the Vancouver Division of Family Practice. SRABC are now included in the directory - see below:

I am pleased to let you know that the Pathways Provincial Resource Team unanimously approved the addition of the Stroke Recovery Association of BC to our present resources. In particular, the team was most impressed with the section on "Guides to recovering from a stroke".

Thanks for the excellent product and for the suggestion that we link to this from Pathways.

Best regards,

Ron Warneboldt

Physicians Lead, Pathways

<https://www.divisionsbc.ca/vancouver/pathways>

Brain Food Puzzles



Challenging yourself with mental exercises and new activities helps keep your mind sharp.

In fact, research shows that brain games can promote cognitive health, development, and performance. Play Word Scramble, Stroop Test, and Sudoku - follow the link below:

<http://support.stroke.org/site/R?i=02w8PsT85ksNYRGxWb1UmA>

CAREGIVERS INFORMATION AND RESOURCES

Caregivers - Don't Forget about Yourself!



As a caregiver, I think it's very important to remember to take care of ourselves as well. I try my best to practice self-care on a daily basis. I would like to share my own methods of stress-relief below.

Yoga is amazing because it is beneficial to both your body and mind. You can practice yoga anytime and anywhere. Try taking a beginners' class, read a book about it, or try learning yoga through a DVD.

Music is very therapeutic. Listen to music that is calming and peaceful. Music is a very powerful tool and it can increase relaxation and easily calm us down when we are stressed out.

Any form of physical exercise. Being active keeps our hearts healthy and it increases those feel good endorphins! My favorite forms of exercise are yoga, pilates, kickboxing, and weightlifting. Keep it fun and find a workout buddy if you can.

Get outside and breathe in some fresh air. Go for a walk along the sea wall. Water has been shown to have a calming effect on all of us.

Do what you love that makes you content, calm, and peaceful, whatever that is!

Amara Hinde

Go here to see original article: <https://northvancaregivers.wordpress.com/2015/05/14/dont-forget-about-yourself/>

Get Moving!



Physical activity will help improve your health and improve your stroke recovery. Incorporating physical activity into your daily routine doesn't have to be difficult -- you don't even have to have a membership at a gym. What it does take is commitment. The U.S. Department of Health and Human Services developed a wonderful guide called *Be Active your Way: A Guide for Adults*, based on the 2008 Physical Activity Guidelines for Americans. The guide consists of four sections:

- * Getting Started
- * Making Physical Activity a Part of Your Life
- * Keeping It Up, Stepping It Up
- * Being Active for Life

Physical activity in any form is good news. However, in order to see the true benefits, activities that make you breathe harder and raise your heart rate are recommended. If you are healthy, first stroke prevention guidelines of 2014 recommend performing at least moderate to vigorous-intensity aerobic exercise at least 40 minutes per day, 3 to 4 times per week. So don't delay--download this helpful guide and get started today!

Get Started - <http://support.stroke.org/site/R?i=b9DJBxpK40oOanKQheJyxA>

If you are new to exercise, this checklist will help you get started.

<http://www.stroke.org/makeyourchoice/resources#physical-fitness-resource-center>

Male Caregivers on the Rise

Posted by Emily - <http://www.strokesmart.org/male-caregivers>



One in three people provide care for a loved one. Those responsibilities range from tasks as simple as shopping for groceries or managing finances for an aging parent to providing around-the-clock care.

Traditionally, females have taken on the caregiving role to ailing spouses or family members. But a 2012 study by the Pew Research Center found that nearly half of all caregivers are male, and about three million men in the United States serve as caregivers to a spouse. The number of male caregivers overall has doubled in the past two decades, attributed in part to the aging baby boomer population and longer life expectancies.

The Male Approach

Male caregivers face different struggles and employ alternative approaches to caring for a spouse or family member. In general, women tend to take on a more nurturing role, while men assume the exemplary part of being a provider.

But unlike their female counterparts, men actually have a more positive outlook on the situation than female caregivers. A study conducted by Bowling Green State University found men are less likely to report negative experiences and are able to better cope with the stress of caregiving.

Men also are more assertive when it comes to dealing with medical professionals and assuring a spouse or family member is receiving the best care for their condition. And because men approach caregiving duties from a more managerial standpoint, they are also likely to seek outside help if the duties become too taxing. However, if there are no viable solutions or answers for a loved one, that can evolve into frustration and depression.

As the number of male caregivers continues to rise, more resources are available for men seeking encouragement and relief from their duties. Support groups and online forums provide an outlet for men to share similar experiences.

Stigma for Male Caregivers

Although men approach caregiving differently than women, the stigma of male caregivers lacking the same amount of dedication as female caregivers is a misconception, says Dr.

Sara Palmer, a psychologist and faculty member of the Department of Physical Medicine and Rehabilitation at Johns Hopkins School of Medicine. “In my experience, males are just as devoted and competent as females,” she says.

Do You Know Stroke Survivors and Caregivers in Need of Counselling Service?



Genesis Family Empowerment Society offers AFFORDABLE counselling services to residents of Metro Vancouver and the Fraser Valley.

If you are interested please see attached. Please contact Genesis directly with any enquiries.

Disclaimer:

This notice is provided in good faith by the Stroke Recovery Association of BC and is for information purposes only. Inclusion of such notices in our correspondence and publications does not constitute an endorsement. We are unable accept legal liability or responsibility for the Genesis Family Empowerment Society services, or any consequences arising from its use.

Stroke Survivor Caregiving: 15 Tips Make It Easier on You Both



Even the simplest tasks can seem overwhelming to many stroke survivors. They may some day fully recover, but not on their own. They need concerned and knowledgeable caregivers.

Here are 15 tips for caregivers as they help stroke patients recover:

- 1) Make safety a priority.
- 2) Ask the doctor questions.

Find out if your home needs to be modified to meet the needs of the stroke survivor.

- 4) Learn everything you can about insurance coverage.
- 5) Be prepared for changes in behavior and mood.
- 6) Halt depression.
- 7) Focus on capabilities not limitations.
- 8) Encourage them to be active and independent.
- 9) Watch for motion problems.
- 10) Be assertive not aggressive.
- 11) Ask for help.
- 12) Know your rights.
- 13) Get creative with communication.
- 14) Take care of yourself.
- 15) Stay positive.

Go here for the full article <http://www.empowher.com/stroke/content/stroke-survivor-caregiving-15-tips-make-it-easier-you-both?page=0,1>

COMMUNITY EVENTS

Camp for Anyone with a Disability



Quite recently I was given an opportunity to visit a wonderful new facility that is a first of its kind in British Columbia – a barrier-free, wilderness camp located in the heart of the Okanagan Valley, 20 kilometres west of Summerland.

Agur Lake Camp is something to consider for anyone with a disability (and their family members and care-givers) who might be looking for a few days of rest and relaxation in a place like no other – on the shores of a quaint, fishable lake surrounded by 54 acres of peaceful pine trees.

The camp offers two fully accessible cabins, complete with kitchens and roll-in showers. One of the cabins has ceiling lift equipment and each can accommodate up to six people. Also available is an adapted, 24-foot RV that can sleep three.

The BC Mobility Opportunities Society (BCMOS) is exploring the possibility of collaborating with the Agur Lake Camp Society (also a non-profit organization) because we see the potential to eventually incorporate TrailRiders, kayaking, accessible fishing boats and perhaps even paddle boarding for people with disabilities.

As it stands, the camp has an accessible dock that allows for fishing from the shore. There are also great spots for picnicking and outdoor barbecues.

Here's the website: www.agurlakecamp.ca -you can "tour" the site by clicking on the large red button on the home page or, if you're ready to sign up, the "Camp Registration" button, also on the home page, can make it happen.

Have a great summer!

Duane Geddes, Executive Director

BC Mobility Opportunities Society dgeddes@disabilityfoundation.org

604.688.6464 ext.103

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

- All past issues of Snippets are available on the SRABC website at: <http://strokerecoverybc.ca/snippets/>

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

Our mailing address is:

Stroke Recovery Association of BC
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Canada

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