



Stroke Recovery Association of BC March 2013 Snippets Newsletter

Branch Coordinator Update

• Abbotsford Branch

Kayleen Dyck is the new Branch Coordinator of the Abbotsford Branch. Kayleen has a background in Therapeutic Recreation and varied experience of working in hospital and rehabilitation settings. We welcome Kayleen to SRABC.

Planning for the SRABC's Future

"VISION 2020 - News Update for SRABC members from the SRABC Provincial Board of Directors January 2013" was sent to sixty Branch Governing Committee members and twenty-eight Branch Coordinators on February 6th 2013. By March 6th 2013 four Branch Coordinators had replied.

We welcome your creative ideas and positive suggestions for how we can help SRABC move towards our Vision that "Every stroke survivor in BC has respect, inclusion, and support in their home community".

Community Stroke Recovery Education Days

Planning continues on this project - to pilot a one-day community education session in health promotion, secondary stroke prevention and stroke recovery in each of BC's five health regions. The Stroke Recovery Education Days will take place in June 2013.

The sessions will be organised by the following people:

Vancouver - Michelle Castaneda

Fraser - Michelle Castaneda

Vancouver Island - Wendy Johnstone

Interior - Minda Chittenden

For the Northern Region we are going to use a computer and phone link-up which will allow anyone with a telephone or access to the internet to participate in the event.

We are still deciding exactly where they will be held. We will keep you informed of our progress.

Strides for Strokes -2013 Event Dates

Strides for Strokes is an annual sponsored run/walk/wheel and a source of fundraising for SRABC Branches. It is an opportunity for SRABC members to raise money for programs that help stroke survivors to become more included in their community.

The Coquitlam Branch Strides for Strokes event will take place on Sunday June 23 2013.

North Shore Stroke Recovery Centre's Strides for Strokes event is on Saturday, June 8th, 2013.

Please let us know when you have your date decided.

Music Therapy

If you are considering using the services of a music therapist as part of the stroke recovery program at your branch, there's information on hiring one on the Music Therapy Association of BC's website here: <http://www.mtabc.com/page.php?21>

People Suffering Strokes at Younger Ages

Is stroke on its way to becoming a midlife health problem?

The results of a large new study suggest the answer may soon be yes. U.S. researchers have found that people are suffering strokes at younger ages than in previous decades, a potentially troubling trend that could lead to major problems in the future. The study was published in the Journal of Neurology. Click below to read the full article.

<http://www.theglobeandmail.com/life/the-hot-button/people-suffering-strokes-at-younger-ages-study-finds/article4604902/>

Fall Prevention Tips and Tools

(Adapted from Parkinson Disease Foundation - <http://www.pdf.org/winter13>)

- Understand when falls happen.

Common scenarios include: tripping over an uneven surface; falling on stairs while carrying something in both hands; falling when moving without a walking aid.

- Assess why falls happen for you.

Review the history and pattern of your falls, perhaps by keeping a diary: What happened right

before you fell? Were you rushing?

- Find ways to lessen your risk.

Physical therapy, balance exercises or improvement of fitness all help in reducing the risk. Do you need a cane or a walker? Use a walker tray or basket to carry items around the home.

- Make your floors safe.

Remove all throw rugs in the home. If you have hardwood flooring, wear non-slip footwear.

- Use adaptive equipment in riskier rooms.

Install railings on stairwells. Keep a walker/cane on each level of the home so you don't have to maneuver it on stairs. Place vertical grab bars beside the shower. Replace sliding glass doors in your bathtub with a shower curtain to create more space when you step over the tub.

- Dress for success.

Wear shoes that fit your feet. Avoid flip flops or slip-ons. Instead of sitting on the edge of the bed for dressing, sit in a chair with arm rests. When putting on socks, utilize a sock aid, reacher or a dressing stick.

- Unclutter your home, your office ... and your mind!

Clear your floor of objects that are likely to trip you. Rearrange furniture to give you more space to walk. Do not try to do — or to think about too many things at once. Multitasking makes walking more challenging.

Dressing Tip - Velcro Button Conversion Kits

Velcro Brand button conversion kits allow people who have difficulty fastening buttons to convert them to convenient hook and loop closures and continue to wear their favourite clothing. Quick, easy iron-on fasteners are a convenient button alternative. They eliminate sewing and preserve the original look of garments. The kits can be purchased from:

Home Depot

Michaels

Office Depot

Staples

Walmart

<http://www.velcro.com/Products/For-Fabrics.aspx>

A New Planning Document

Exit: The Life and Death Planner by Laura Fines and Glenda Leznoff

This is a new planning document, written by two Vancouver writers. While it does include end of life wishes and funeral arrangements, it is primarily “a practical, easy-to use guide designed to help you organize your important personal information and documents in preparation for life’s major changes such as: divorce, a change of residence, illness, injury, or death.”

The cost for a hard copy is \$25 and a downloadable version is available for \$15. For more information please contact Laura Fines at laurafines@shaw.ca or go to the website www.theexitplanner.com .

Stroke Article from the Globe and Mail

Thank you to Peggy Kane, Shaughnessy Branch Coordinator for sharing this interesting article: The health of David Butler Jones, Canada's first chief public health officer, has become a public teaching moment. In May last year, the 59-year-old suffered a stroke. Though a doctor himself, he initially failed to recognize the symptoms and thought he could sleep off the discomfort. More than 50,000 Canadians suffer from stroke each year, more women than men, according to the Heart and Stroke Foundation. As he points out, it's best to heed any unusual symptoms, and consult a professional rather than self-diagnosing. Click below to read the full interview.

<http://www.theglobeandmail.com/life/health-and-fitness/health/conditions/lessons-from-a-stroke-david-butler-jones-reflects/article7467256/>

Stroke Song

This was written by Duncan Holmes, a stroke survivor and a member at the Delta Branch:

Don't tell me your troubles
After all that I've been through;
Sorry about your aches and pains,
They simply don't ring true;
Until a stroke has hit you,
Broke you brain in half,
Hearing about the stuff you've had,
All I can do is laugh.

There's nothing like a stroke good friend,
It can kill you just like that;
Change your world in a blinding flash,
Out for the count on the mat;
Kiss off vital functions,
Can't run, or jump, or play,
And until you say I'll beat this thing
You won't last another day.

But once you say I'm still alive,

You can beat the fear and pain;
So get off your butt, and tell the world
I'm gonna get better again;
A choice to make when you've been there
There's a better road ahead
Take hold of yourself and smile again
Much better than lying there dead.

So don't tell me your troubles
After all that I've been through
Make way for a stroke survivor
Clear a path, he's comin' through.
Make way for a stroke survivor
Heads up, she's comin' through.

15 Ways to Express Needs and Desires

• “There is a difference between being self-centred, and centred in the Self.”~ Lynda Austin
We have been trained not to ask for what we want. We will bend ourselves backwards, deny our feelings, and burn ourselves out all to avoid stating our needs. Just like in 15 Ways to Say No, we are held back by social conditioning that says putting oneself first is selfish or wrong. Or always give to others first...and yet we cannot give away what we don't have. In other words, we must learn to give to our Self first, fill our own cup so to speak, before we can feed others.

• “Everything we want is on the other side of fear.” ~ Farrah Gray

Our social conditioning is based in fear. The four most common ones I see are:

Fear of rejection - If I ask for what I want I'll get turned down, shunned...again!

Fear of success - If I ask for what I want, and I actually get it...will I be able to handle it?

Fear of loss – If I ask for what I want and get it, what might I have to leave behind?

Fear of the unknown – If I ask for what I want and get it, then what? Where will I be? What else may open up? Asking for what we want can feel vulnerable. We are creatures of habit, and we like to stay within what's comfortable and familiar. When we ask for what we want we step out of the shadows to declare ourselves and open to the possibility of the new and unknown.

• 15 simple ways to express your needs and desires:

1. What works for me is to go slow right now.
 2. I'd love to do something different, like go for a hike.
 3. I'd like to go camping this weekend.
 4. Can you repeat that?
 5. What I need is a bit more space, and what that looks like is...
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6. What resonates for me is spending time indoors.
7. My body needs movement.
8. My sense is I'm going to need more time than I originally said I would.
9. I want to go swimming today.
10. I would like to share my poem with you.
11. My heart is telling me to go there instead.
12. My intuition is telling me to leave.
13. I need to leave early.
14. Will you join me?
15. Let's go for an adventure!

- Expressing your feelings before asking for what you want helps you to connect to yourself and the other person, as well as communicate the importance of your request.

For instance:

I am feeling tired. I need to leave early.

I am feeling energized! Let's go for an adventure!

I'm feeling uncomfortable about that choice. My heart is telling me to go there instead.

Feeling words: Examples of feeling words you may find useful are ~ uncomfortable, overwhelmed, unclear, stressed, uncertain, tired, confused. These words have less of an edge than words like frustrated, angry, disrespected, and annoyed, and are less likely to cause the other person to feel defensive.

- Extra Tips

Tip #1: Just like in 15 Ways to Say No, use as much first person language as you can. Using words like I, Me, My, and Mine help you access and express your truth.

Tip #2: Ask for what you want more of instead of less of. If you catch yourself saying, I want you to stop being so messy, change it to, I need more organization in our house. By doing this we express our needs/values and educate the other person on who we are and what is important to us. We are also better able to connect with the other person, and limit feelings of judgment and defensiveness.

Tip #3: Be calm - be aware of your energy while you are speaking. Tone is what creates the majority of the impact in conversation. So stay centred, take a deep breath if needed, and fill your words with calm, grounded energy.

- Expressing your needs and desires is essential for living a balanced and fulfilled life.

Take time to check in with yourself regularly. If you feel stressed or out of balance, chances are there is a need not being met that wants to be honoured.

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.



Happy St. Patrick's Day!

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

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