



Stroke Recovery Association of BC May 2013 Snippets Newsletter

Branch Coordinator Update

- Port Coquitlam Branch

Deanna MacKinnon, our Port Coquitlam Branch Coordinator is leaving us after close to 13 years with SRABC. Her last day will be June 24th. We wish Deanna all the best for the future and thank her for all her years of dedicated service to stroke survivors and caregivers.

Volunteer Appreciation Week

- This year's week was April 21st-27th. We issued certificates of appreciation to branches on request and this year there were 100 in total! Here's where they went:

Vanderhoof Branch- 5

Prince George Branch-3

Strathcona Branch-21

Vernon Branch-1

Coquitlam Branch-11

Kelowna Branch-7

White Rock Branch-21

Salmon arm Branch-7

Richmond Branch-8

Victoria Branch-10

Douglas Park Branch-6

- To the Volunteers of Delta Stroke Recovery

Karel Ley from the Delta Branch sent us this poem written by Duncan Holmes, one of their Branch members. “This is a poem our resident ‘poet laureate’ wrote for our volunteers which was presented verbally by our branch president and in printed form for each volunteer to take home. The members treated the volunteers to dinner out at a restaurant in Ladner. How lucky are we to have a stroke survivor who has not lost his skills as a writer?”

Volunteers

We don't ask why they do it,
Though reasons are unclear;
What's behind their motivation,
To become a volunteer?

We accept the love, the kindness,
The smiles, the gentle touch;
Words of warmth, encouragement,
Things that mean so much.

Never mind the weather,
The rain, the bitter cold;
Their choice, to keep on giving,
Another hand to hold.

It seems they are untiring,
Together, or just one;
Their only goad, we've seen it,
A job to do? It's done!

Caring is the word behind,
These angels, caring friends;
A life of little miracles,
Gifts that never end.

No need to ask the reason,
They make their mission clear;
Love is the life they've chosen,

Praise be the volunteer!

Caregiver Appreciation Week

• This year's week was May 4-10, 2013. We issued certificates of appreciation to branches on request and this year there were 87 in total! Here's where they went:

Kamloops-7

Vancouver Strathcona-5

Vernon-5

Coquitlam-13

Richmond-3

Kelowna-13

Salmon Arm-23

Sechelt-6

Saanich-12

Phyllis Delaney Life After Stroke Award 2013 Nominations

• We are happy to announce that we are accepting nominations for this year's Phyllis Delaney Life After Stroke Awards. The award winners will have their names engraved on the SRABC Phyllis Delaney Life After Stroke Award plaque and will be presented with a certificate at the next AGM. We would love to see as many nominations as possible! 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

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.

Here's an update on the dates, times and locations:

- Vancouver Region

Date: Saturday June 8

Time: 10:30 am – 2:30 pm

Alma Van Dusen and Peter Kaye Room

Library Square Conference Centre @ Vancouver Public Library

350 West Georgia St., Vancouver, BC

- Fraser Region

Date: Saturday June 8

Time: 10:30 am – 2:30 pm

Fitness Studio 2

White Rock Centre for Active Living

1475 Anderson Street, White Rock, BC

- Interior Region

Date: Saturday June 15

Time: 10:30 am – 2:30 pm

Centre for Learning Atrium (next to Library)

Okanagan College

1000 K.L.O. Road Kelowna, BC

- Vancouver Island Region

Date: Saturday June 8

Time: 10:30 am – 2:30 pm

Christ Community Church

2221 Bowen Road, Nanaimo, BC V9S 5J3

- Northern Region

Date and Time: Thurs June 6: 12 pm to 1 pm

Thurs June 13: 6:30 pm to 7:30 pm

Webinar / Teleconference - provided via 'Care-Ring Voice Network' - access via phone or computer

Full details TBA

Member Safety Concern

We had a question from one of our branches concerning a member who decided to go home early from a branch meeting without informing anyone. The person got home safely but the Branch was concerned for his/her continuing safety and wants to prevent any similar incidents occurring.

We were wondering if something similar happened at your branch how you might deal with it. We asked three of our more experienced coordinators for their thoughts and we have summarized their responses below. Thanks to Kathleen Falvai (Oceanside), Peggy Kane (Shaughnessy) and Dawn Sillett (Delta) for sharing their knowledge and experience.

- It would depend on how severe the cognitive deficits were in the individual. If he/she was a fairly capable individual, I would just ask him/her to inform the coordinator or a volunteer when he/she decides to leave. If he/she is not capable of processing this information or following directions, I would try to arrange for a spouse/caregiver of some sort to accompany him/her to branch sessions. If this is not possible, I would inform a couple of trusted individuals at the Branch that he may try to wander outside at some point and to keep a watchful eye on him to ensure his personal safety.
- If we have members who are at risk for wandering, we contact the family and let them know this is happening. In talking to the family, I would ask if there was a possibility of providing a caregiver or friend to stay with the member at the branch meetings.
- Possibly a member might not want to participate in the whole program steps could be taken to see if having someone and/or Handidart pick the member up at "half time" is possible.
- Occasionally, someone wants to wait outside on the porch for transport, but if this happens, a volunteer will go outside and wait with him/her. They can usually be persuaded to wait inside, sitting in a comfortable chair.
- Sometimes having a good talk to the member telling him/her how worried everyone was when they wandered off helps.
- It is worth checking to see if this is "normal" for this member - or if this is something new? Sometimes things like extremely high blood pressure can have odd effects and lead to people wandering. In cases like this we advise the member to see their doctor.
- We respect that members are there by choice and we are not their custodians. If it is a recurring safety problem then the member should have a caregiver at all times. We remind all Branch members to tell the coordinator when they are leaving the premises.

Free Computer Training

Do you know anyone with a physical disability in need of free computer skills? What about someone who has difficulties leaving their home? How about someone who would like to brush up on their skills to seek employment or further education? Then they should learn about the Distance Computer Comfort Program at the Neil Squire Society.

The Distance Computer Comfort Program is available online to individuals all across Canada no matter where they are located, and can be accessed even in the comfort of their own home.

Individuals learn;

- Word processing
-

- E-mail
- Office software
- Internet including social networking

Benefits of the DCC Program;

- Free
- Available all across Canada
- Self-paced, client-centred learning
- Ongoing technical support

For more information please contact:

Gordon Watt

gordonw@neilsquire.ca

604.473.9363

Toll Free: 1.877.673.4636

‘Getting on with the Rest of your Life after Stroke’ Booklet

You can get information about this excellent booklet here:

<http://www.canadianstrokenetwork.ca/index.php5/news/getting-on-with-the-rest-of-your-life-after-stroke/>

If you want to order copies then email info@canadianstrokenetwork.ca with the number of copies you require. They are normally quite fast with sending them!

2013 Strides for Strokes Events

The 2013 Strides for Strokes events will take place as follows:

- North Shore Stroke Recovery Centre – Saturday June 8th
- Coquitlam Branch – Sunday June 23

Please let us know if you are having an event at your branch.

Video Resources about Stroke on the internet

- Stroke-related videos available on YouTube

Effects of Stroke (Stroke Recovery #1)

<http://www.youtube.com/watch?v=b2GHf6TS490&feature=related>

Recovering Mobility after Stroke (Stroke Recovery #2)

<http://www.youtube.com/watch?v=eHhXZvcCzIM&NR=1>

Recovering Emotions after Stroke (Stroke #3)

<http://www.youtube.com/watch?v=wwE9zYLfguc&NR=1>

Recovering Cognition after Stroke (Stroke Recovery #4)

<http://www.youtube.com/watch?v=PoKstWa45Ck&NR=1>

How it feels to have a stroke

<http://www.youtube.com/watch?v=UyyjU8fzEYU&feature=related>

- Caregiver-related video available on YouTube

<http://www.youtube.com/user/rickinvictoria1#p/p>

- Site re: aphasia and what it feels like to be aphasic

<http://aphasiacorner.com/blog/aphasia-corner/aphasia-simulations-what-it-might-be-like-to-have-aphasia-1183>

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/current-projects/> or contact Kate Keetch at 604-714-4108 or Kate.Keetch@vch.ca"

Earthquake Awareness and Emergency Preparedness for seniors and people with disabilities

My name is Quentin Methot and I'm a retired Richmond Fire Rescue Suppression Captain. My career at Richmond lasted 27 years and during that time I responded to wide range of emergencies. Part of my training at Richmond included responding to and dealing with a number of aviation emergencies, earthquake preparedness courses and simulations.

Upon retirement I and a fellow firefighter developed and taught an aircraft emergency response course for structural firefighters. This course was presented to many city and private company fire departments in B.C. and Alaska. As a private company contractor/instructor we had the privilege of teaching this program for the Justice Institute of B.C Fire academy for 10 years. We also developed and made several presentations on earthquake preparedness to Teck Cominco a mining company whose office is based in downtown Vancouver.

I am also a stroke survivor of six years and a member of the South Delta Stroke Recovery Group. Post stroke, I have developed and present a 40-45 minute power point presentation,

Earthquake Awareness and Emergency Preparedness for seniors and people with disabilities. Although, my presentation is focused on seniors and people with disabilities, it has some very important information for families and caregivers as well.

My sincere hope is that this presentation will assist our seniors and people with disabilities with natural disaster preparation and hopefully alleviate the associated stresses in preparing for these disasters.

I have made this presentation to a number of stroke recovery groups and would be happy to pass their contact information to you if required.

Thank you for taking the time to read my Bio. If you have any questions, please contact me. I will make this presentation to any strike recovery group for a tank of gas, a cup of coffee for myself and a cup of tea for my wife who drives me.

Quentin Methot

Cell: 604-290-6090 Home: 604-946-9647

Email: qmethot@telus.net

FREE Spring Tele-Workshops for Family Caregivers

Facilitator: Allison Reeves, M.A. Registered Clinical Counsellor.

Register by calling 1-866-396-2433 or on-line at www.careringvoice.com. Tele-workshops are simply offered over your telephone.

- **The Loneliness of Being a Spousal Caregiver**

Many unique, and often profound, challenges arise when caregiving a spouse or partner. Whether it is a chronic health problem, issues with mobility or decreased cognitive function, as your spouse's condition progresses and you become their caregiver, it can feel more and more like you are losing your relationship. When you caregive the person you love, you no longer experience the level of day-to-day intimacy that you did before - whether it's the casual chats over morning coffee or the shared moments of levity. Join other spousal caregivers to share and explore the loneliness that ensues. What to do? Come and learn that it might be much simpler than you realize.

Tuesday, May 28, 2013 6:30 – 8:00 PM

- **How Do You Choose What To Do Next When Everything Needs Doing?**

Many family caregivers take on the demands of caregiving without letting go of anything else in their already busy lives. One of the biggest challenges of being a family caregiver is time management and prioritizing. How do you juggle all that you think needs to be done? In this tele-workshop you will learn concrete strategies that will help you develop a framework for your caregiving responsibilities. When you are exhausted or frustrated or overwhelmed you will find this tool helpful. It's printable, so please have a pen and paper handy.

Thursday, June 13, 2013 6:30 – 8:00 PM

Hosted by: Honorary Patron: Her Honour The Honourable Judith Guichon, OBC, Lieutenant Governor of British Columbia

Organisations that Help Caregivers

- Family Caregivers' Network Society www.fcns-caregiving.org

Provides information and services for family caregivers, volunteer and health services information.

526 Michigan St. Victoria, BC (250) 384-0408

- Burnaby Seniors Outreach Services Society www.bsoss.org

A non-profit organization in which peers support the emotional well-being of seniors.

- Burnaby Caregivers Support Group

Lorna Gross (604) 434-2100 Burnaby Hospital

- North Shore Community Resources - North Shore Caregiver Support Program –

<http://www.nscr.bc.ca/information/caregiver.html>

Karyn Davies karyn.davies@nscr.bc.ca

Services offered include:

- Caregiver support groups and educational workshops
- Stress management strategies and relaxation techniques
- Telephone support and individual consultations
- Assistance in navigating the health care system
- Information and referral to health care and community services
- Library with books, videos, and other educational resources
- Tri-Cities Senior Caregiver Support Meetings

Location: Glen Pine Pavilion Address: 1200 Glen Pine Court

An opportunity for family caregivers of seniors in the area to come learn and share common issues related to caring for an elderly loved one in a comfortable environment. An experienced facilitator will be hosting the meeting

Meetings will be every 4th Monday Karen Tyrell - seniorcaregiverprogram@gmail.com

- The Delta Caregivers' Education and Support Network provides education and support for people looking after adult family members or friends at home or in the community.

An 8-week education program deals with the challenges of caregiving and relevant topics such as dealing with difficult behaviour, accessing community resources, legal issues and care for the caregiver. The support of other caregivers is probably the most beneficial part of the program. The Education Program is 2 hours a week for 8 weeks and requires registration. Cost is \$25 to cover supplies and refreshments. Monthly drop-in sessions are offered to provide ongoing support. Delta Hospice offers meeting space and registration while the Caregiver's Network facilitators provide the program. For more information or registration, call Delta Hospice at 604-

948-0660.

Laurie Pettman South Delta Caregivers Network - pettman@dccnet.com

- East Kootenay Senior Caregivers Network -

Population Served: People caring for someone who is elderly and dependent

Area served: East Kootenays Referral Procedure: Self or family referral

Description of Service Provided: Explores strategies dealing with coping, feelings and hopelessness

Provides support for family caregivers of elderly persons who are living at home, in the community, or in a facility. Contact person: Liz Duscherer (250) 489-0802 or 1-877-489-0803 lizd@shaw.ca

- Cowichan Family Caregivers Support Society

Email: info@familycaregiverssupport.org <http://www.familycaregiverssupport.org/1.html>

Ranjana Basu - ranjana@familcaregiverssupport.org Tel: 250-743-7621

PO Box 13, Shawnigan Lake, British Columbia V0R 2W0, Canada

- Vancouver Coastal Health Caregiver Support Program

The program offers the following programs and services to support family and friend caregivers:

Education Series and workshops; support groups; telephone support; information and referral to healthcare and community resources; annual caregiver forum; and Caregiver Times quarterly newsletter. All services are free. Sarah Galuska Vancouver Coastal Health -

sarah.galuska@vch.ca

<http://caregivers.vch.ca/>

- Langley Caregiver Support Group

Location: Langley Senior Resources Center

Address: 20605 - 51B Avenue Phone: 778-328-2302 ext. 2

URL: <http://www.lsr.ca>

This support group is for anyone caring for an adult who has either physical or cognitive disabilities. A support group helps to reduce these pressures and helps the caregiver cope.

Link www.lsr.ca Sylvia Cardin - sylvia@lsrs.ca

- White Rock/Surrey Come Share Society

Caregiver Support & Information

http://comeshare.ca/?page_id=73

Suzanne Taylor Come Share Society – staylor@comeshare.ca

Teamwork: Three Specific Ways to Practice Collaboration

1. When someone comes to you with a question or concern, instead of telling them your ideas, say to them, "I have a few ideas on the matter, but before I share them I'd love to hear what you think you should do."

2. Building upon the situation in #1, you could suggest you both brainstorm by sharing one idea at a time, back and forth. Each person contributes equally. Be sure to ask them to share first.

3. If the person coming to you in situation #1 says, I don't know, use a bit of play. Say to them, "Imagine you have a magic wand in your hand. Now wave the wand and imagine that for a moment you do know the answer. What would it be?" Or you can simply say to them, "If you knew the answer, what would it be?" You'd be surprised how often people do indeed know the answer. I have done this hundreds of times, and usually their answer is much better than the one I had for them. It's about seeing them as naturally creative, resourceful and whole. See them bigger and more capable than they see themselves, and chances are they will live up to your expectation of them.

- These three examples illustrate how both parties win in collaboration – one person doesn't have to work as hard solving the problem and the other learns to trust their resourcefulness while still benefiting from the other's expertise.
- Bottom line, collaboration is the art of empowering all members of the relationship to freely express their feelings and gifts. The success of any relationship and organization lies in its ability to facilitate this process.
- Practicing these mindsets with your team can happen on your own, but it is beneficial if everyone is on board. A starting point is to discuss each mindset with your team and at some point make them into written agreements, or values, from which you operate.
- Finally, to practice these mindsets you will need to allow for more time in how you conduct meetings and relate to others. It is quicker, and often easier, to make decisions on your own. To collaborate, however, requires more voices to be heard which requires time. The good news is that if you collaborate now in an open and inclusive manner, you will spend less time dealing with the low morale that comes from disconnected teams.

Enjoy Collaborating!

- By Vince Gowman - please go here to read the full article and get more ideas on the use of play <http://www.rememberingtoplay.com/7mindsetsforcollaboration.html>

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



Happy Victoria Day!

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.

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

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