



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets November 2015



IN THIS ISSUE:

SRABC NEWS AND VIEWS

- SRABC Board of Directors Update
- Branch Update - News from SRABC's Branches
- Feedback on Our New 'Step #1: Exercise and Mobility' Video
- Music Therapy Session at 2015 AGM

STROKE RECOVERY INFORMATION AND RESOURCES

- Tired of Post-stroke Fatigue?

- Move for Life DVD
- Stronger After Stroke
- Exercises for Stroke
- The Brain's Way of Healing
- The Official Westcoast Reader
- Conversation Starters
- How to Handle Difficult Dating Scenarios Post-stroke
- Brain Food Puzzles

CAREGIVERS INFORMATION AND RESOURCES

- Latest Edition of the Family Caregivers Grapevine
- Family Caregivers of British Columbia: Help is at Hand

COMMUNITY EVENTS

- Understanding Stroke Workshop
 - BLAST Camp 2016
 - Upcoming Webinars

SRABC NEWS AND VIEWS

SRABC NEWS AND VIEWS

- SRABC Board of Directors Update

The Annual General Meeting was held on October 17th at Creekside Community Recreation Centre in Vancouver. Minutes from the meeting have been circulated to all SRABC members.

President, Atul Gadhia, reviewed the Association's activities from the past year on behalf of the board and presented highlights regarding SRABC operations. He emphasised that our focus will continue to be on the following areas:

- Improve the **GOVERNANCE** of SRABC to ensure compliance with legislation, constitution, bylaws, policies and rules of order.
- Improve internal and external **COMMUNICATIONS** and public profile.
- Develop **PROGRAMS AND SERVICES** to better support the needs of a wider range of stroke survivors and caregivers.
- Increase **FUNDING**.

Atul introduced the guest speaker from March of Dimes Canada (MODC): Vice President and COO, Jerry Lucas.

Jerry thanked us for the invitation to speak and expressed his excitement about the possibility of making an agreement with SRABC. He described MODC and what they do and outlined some of the possible ways SRABC and MODC/Stroke Recovery Canada can work more closely together.

- Program and Service Development Highlights

- Community Stroke Recovery Navigator Program Project Update

- Phase 2: 'Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery'.

- Development phase complete; implementation begins October 1, 2015.

- For more information Tim Readman (604) 688-3603 execdir@strokerecoverybc.ca

- Next Steps Walking Program

- The 6-month pilot was successfully completed and we are continuing with the program. We are also investigating other locations where we could run similar programs.

- We are hopeful that we will be starting one soon on the North Shore and another in Vancouver East Side.

- The Community Transition Aphasia Groups (CTAG)

- A new group has started at Strive Centre in the Collingwood area of East Vancouver.

- GF Strong Aphasia Group - meet with a support group run by GF Strong for individuals with aphasia living in Vancouver. Tuesdays 1:00-2:00pm Unit 100 – 5055 Joyce Street, Vancouver British Columbia V5R 6B2 | info@strivecentre.ca | 778.370.5499 | www.striveliving.ca

- We are working with GF Strong SLPs to see if we can set up more of these supported conversation groups.

- Chilliwack Stroke Recovery

- Started September 16, 2015 - every Wednesday morning, 9:30-12:30, at Evergreen Hall (9291 Corbould St.). We have a core group of people that responded to our newspaper ad, and we are ready to accept new members at any time.

- Chinese Language Programs

- East Vancouver (Collingwood) program started September 14th. They meet Mondays from 10 am - 1 pm at Strive Centre - Unit 100 – 5055 Joyce Street, Vancouver British Columbia V5R 6B2. <http://striveliving.ca/wp-content/uploads/2014/11/Strive-Centre-Program-Guide-Fall-2.3.pdf>

- South Arm Community Centre (Richmond) program started September 9th. They meet Wednesdays 10 am - 1 pm.

- I am meeting regularly with Program Coordinator, Larissa Lau to monitor progress.

- 7 Steps to Stroke Recovery Video

- Our 7 Steps to Stroke Recovery video has now reached over 57,000 views on YouTube.

- 7 Steps to Stroke Recovery - Step #1 - Exercise and Mobility Video Project

- The video is slated for release on World Stroke Day - October 29th.

Here's the media release which is now being circulated to all media outlets:

Last year Stroke Recovery Association of British Columbia (SRABC) developed their successful '7 Steps to Stroke Recovery' video, which has been extensively used by stroke survivors and their families. In 2015 SRABC decided, in collaboration with March of Dimes Canada, to create a series covering each step.

Now SRABC is pleased to announce the release of the next video in that series - Step #1: Exercise and Mobility.

The video emphasises important points to help stroke survivors to exercise regularly. It also helps stroke survivors and caregivers to make sure their post-hospital stroke recovery includes enough physical exercise.

Exercise helps us to:

- Live longer and improve quality of life
- Be healthier
- Be in a better mood
- Reduce stress
- Have more energy

The most exciting news from the frontiers of brain science is that phys-i-cal exer-cise also trig-gers changes in the brain that can make up for lost function after a stroke. Brain cells surrounding the damaged area change, so they can take on the functions of the damaged cells -and that is really helped by physical exercise. In simple terms exercise trains the brain.

The video is hosted by March of Dimes Canada's celebrity spokesperson and former TV wrestler Bret 'The Hitman' Hart, who is himself a stroke survivor and advocate. The information is presented by physiotherapist and author, Heather Branscombe, who is a member of the SRABC's Board of Directors and Professional Advisory Committee.

Heather is an experienced therapist who has extensive experience of working with stroke

survivors.

Stroke is the leading cause of long-term disability in Canada, with 6500 strokes occurring in BC every year. The main question facing stroke survivors after discharge from hospital is "now what?" Not knowing where to go for help in the community, not knowing what is available and not knowing how to access programs is confusing and frustrating. As stroke survivors move from hospital to home and adjust to life with a disability, they are at risk for depression, social isolation, as well as physical and cognitive decline. They need relevant education and practical guidance on living life after stroke and SRABC is committed to providing just that.

Video can be viewed here: https://youtu.be/BHfqFGj_tTw

For further information: Tim Readman (604) 688-3603 execdir@strokerecoverybc.ca

Branch Update - News from SRABC's Branches

Comox Valley Branch

Carmen Costantino is the new Coordinator of the Comox Valley Branch based in Comox, BC. Carmen has worked as a Recreation Therapist and has a Bachelor of Arts from the University of Alberta in Recreation Administration. She is working with SRABC consultant and Comox resident, Wendy Johnstone, to examine how to improve service delivery to stroke survivors and family caregivers in the Comox Valley. Apologies to Carmen for misspelling her name in the last Snippets - Sorry Carmen!

Debbie Chow: Building Life After Stroke Together (B.L.A.S.T.)

March of Dimes has given us permission to use this article about Debbie Chow, who some of you will know from SRABC's Templeton Branch, (which first appeared in their newsletter 'The Phoenix' Fall & Winter 2014 edition) in the next edition of our quarterly on-line magazine, Life After Stroke. Debbie is the driving force behind Building Life After Stroke Together (BLAST) stroke survivor camp. For four years Debbie has been the organizer, (through her stroke support website www.turtletalk.ca) of this weekend retreat that provides stroke survivors, friends and caregivers the opportunity to participate in a recreational weekend that generates a feeling of well-being. Congratulations to Debbie on this great article and thanks to March of Dimes Canada for promoting life after stroke!

For more information on the 2016 BLAST camp please see below.

Feedback on Our New 'Step #1: Exercise and Mobility' Video

Fabulous video. Very inspiring. Everyone did really well in it. Great messages Tim. I am going to use it in the Living with Stroke program. Heather was great on video.

Deborah Rusch

Manager, Promote Recovery | Heart and Stroke Foundation

Music Therapy Session at 2015 AGM

The Branch Coordinators' Education Session took place on the morning of the AGM at the Creekside Recreation Centre.

The theme this year was Music Therapy.

The presenter was Joel Kroeker, Registered Clinical Counselor, Music Centred Psychotherapist RCC, MA, MMT, MTA.



Joel currently runs music therapy classes at the Victoria Branch of SRABC. He also has a private practice in Fernwood BC where he uses his 20 years of experience as a music based educator to work with people with acquired brain injuries. The hands on session was well received. The coordinators had many questions about how to incorporate music in their weekly sessions. New ideas were explored and discussed.

Joel's passion for music was palpable as he demonstrated that music has positive value in stroke recovery. Thank you to all concerned.

Joanne Patterson

Shaughnessy Branch Coordinator/Next Steps Walking Program Coordinator

AGM Board of Directors Award



Mary Joan Giffin completed her final term as an SARBC Board Director at the 2015 AGM on October 17th 2015. Mary Joan was presented with a plaque in recognition of her contribution as a board member and long-serving SRABC volunteer including hospital liaison, committee chair, branch representative and branch director. The plaque was inscribed with the following message:

Presented to Mary-Joan Giffin by the Board of Directors of Stroke Recovery Association of BC, with heartfelt thanks for your dedicated service to stroke survivors and caregivers as a volunteer, committee chair and Board Director. October 2015.

STROKE RECOVERY INFORMATION AND RESOURCES

Tired of Post-stroke Fatigue?

By Lisa O'Neill Hill - original article is here: <http://www.strokesmart.org/fatigue-tips>



As a stroke survivor, you may be struggling with fatigue. That's not surprising. Strokes are physically and emotionally exhausting. Most stroke survivors grapple with some sort of fatigue and many have trouble sleeping.

"Sleep has a great restorative function," says Kyoung Bin Im, M.D., M.S, staff physician at University of Iowa Hospitals and Clinics' Sleep Disorders Center and assistant professor

of clinical neurology and psychiatry at Roy J. and Lucille A. Carver College of Medicine. “Stroke affects the brain itself—sleep may be even more important for stroke survivors.” If you’re a stroke survivor and you never feel rested, consider these recommendations:

Wake up at the same time every morning.

Go to bed only when you are ready to fall asleep. “Bed time isn’t as important as the time you wake up. Don’t go to bed until you feel really ready,” Dr. Im says. “Lots of patients with insomnia go to bed too early in the evening.”

Don’t worry about the number of hours of sleep you’re getting. “There’s no right amount of sleep in terms of a number. In general, sleeping seven to nine hours is a really healthy duration,” Dr. Im says, adding some people need more and some need less. The key is whether you feel refreshed.

Talk to your doctor if you are tired and are having trouble sleeping, especially if you are snoring, gasping for breath, or waking up a lot. Obstructive sleep apnea is common in stroke survivors.

Avoid sleeping on your back. This can help with sleep apnea. “Sleeping on the side can make a huge difference,” Dr. Im says. Sleeping on the back may not be right for everyone. Ask your doctor if it’s OK for you.

Consider pillows. They are not just for your head. Using a body pillow can be helpful and keeping a pillow behind your back may help you stay on your side.

Get exposure to light in the morning. “It could be a natural source—sunlight—or a light box,” Dr. Im says. “That morning light will reset your time clock in the brain.”

If your primary care physician can’t solve your sleep challenges, Dr. Im suggests asking for a referral to a sleep specialist.

“Sleep is really important in restoring function back,” Dr. Im says.

Move for Life DVD

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/move-for-life-dvd>



Move for Life is a DVD featuring seniors of all ages and abilities demonstrating physical

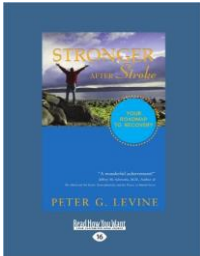
activities. It includes activities for viewers with limited mobility so they can stretch and move safely. It encourages older adults to add more physical activities to their daily routine in a fun and inspiring way while explaining the benefits of doing so.

BOOKS ABOUT STROKE RECOVERY

Stronger After Stroke: Your Roadmap to Recovery

by Peter G. Levine

<http://www.amazon.com/Stronger-After-Stroke-Roadmap-Recovery/dp/1936303477>



Stronger After Stroke puts the power of recovery in the reader's hands by providing simple-to-follow instructions for reaching the highest possible level of recovery. Basic concepts covered include repetition of task-specific practice, proper scheduling of practice, setting goals and measuring recovery.

Sections new to the second edition cover the latest research from neuroscience, treatments for recovering sensation as well as recovery strategies for the young stroke survivor. Also included is a breakdown of the phases of recovery and how these phases can provide structure to efforts towards recovery.

Stronger After Stroke promotes:

- Repetition of task-specific movements
- Proper scheduling of practice
- Challenges at each stage of recovery
- Setting goals and recognizing when they have been achieved

The second edition is completely revised throughout incorporating feedback from readers and the latest research data. Peter has written a new chapter on "recovery core concepts" that defines the stages of recovery and explains how these stages can structure efforts toward recovery. There is also a new Question and Answer section culled from the talks Peter regularly gives on the subject.

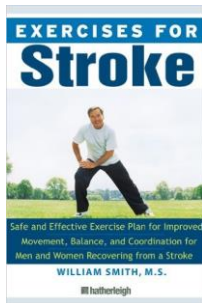
Exercises for Stroke: The Complete Program for Rehabilitation through Movement,

Balance, and Coordination

by William Smith

<http://www.amazon.ca/Exercises-Stroke-Complete-Rehabilitation-Coordination/dp/1578263174>

An integral aspect of stroke rehabilitation, physical activity can greatly enhance movement, balance and coordination while also helping to prevent a future stroke. Exercises for Stroke provides physical, cognitive, and preventative education to reduce the risk of stroke and improve function in the daily living of stroke patients. Readers that have been cleared for home or gym-based exercises by their physician or therapist will be given clear and concise exercises that are specifically targeted to stroke rehabilitation and prevention.



Exercises for Stroke includes:

- * Introductory material on the benefits of exercise to the stroke patient's recovery and overall health
- * Tips and guidance for caregivers and family members
- * Daily exercise recommendations
- * Training log to track your progress

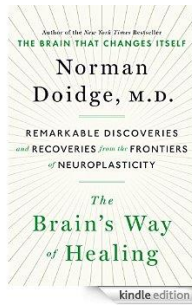
Created by top exercise specialist William Smith, Exercises for Stroke provides authoritative information on strokes alongside safe and effective exercise instructions for lay persons and professionals alike.

The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity

by Norman Doidge

<http://www.amazon.ca/The-Brains-Way-Healing-Neuroplasticity/dp/067002550X>

The bestselling author of The Brain That Changes Itself presents astounding advances in the treatment of brain injury and illness



In *The Brain That Changes Itself*, Norman Doidge described the most important breakthrough in our understanding of the brain in four hundred years: the discovery that the brain can change its own structure and function in response to mental experience—what we call neuroplasticity.

His revolutionary new book shows, for the first time, how the amazing process of neuroplastic healing really works. It describes natural, non-invasive avenues into the brain provided by the forms of energy around us—light, sound, vibration, movement—which pass through our senses and our bodies to awaken the brain's own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated years of chronic pain or recovered from debilitating strokes or accidents; children on the autistic spectrum or with learning disorders normalizing; symptoms of multiple sclerosis, Parkinson's disease, and cerebral palsy radically improved, and other near-miracle recoveries. And we learn how to vastly reduce the risk of dementia with simple approaches anyone can use.

For centuries it was believed that the brain's complexity prevented recovery from damage or disease. *The Brain's Way of Healing* shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health.

The Official Westcoast Reader

An Online Resource for Adult Learners of English. This is a useful resource for working with people with aphasia to help stimulate conversation.

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

Conversation Starters: 5 Easy Ways to Get People Talking

Conversation is an exchange of ideas, usually informal, through spoken language

between two or more people. It's often social, frequently includes humor, and rarely stays on the same topic for very long. Turns overlap, the focus shifts among the participants, and everyone shares and listens to varying degrees.

In a positive conversational interaction, we make eye contact with our partners, but we don't stare obsessively. We nod along, giving verbal indications that we understand ("Mm-hmm," "Oh, yeah?" "Oh, no!" "Wow!"). Our body language conveys our interest. We don't interrupt too often—we await our turn to contribute a reaction, anecdote, or opinion, to keep the conversation moving forward. We use language appropriate to the individuals and the setting, refraining from swearing with certain audiences while letting loose with others.



A good conversation is a beautiful thing, but it's not easy for many people who suffer from communication disorders.

Sometimes these skills, called social skills or pragmatics, are lost, such as after a brain injury. Sometimes they're never fully acquired—often the case in autism. When this happens, conversational skills must be taught.

Aside from social skills, a conversation requires that participants articulate words intelligibly, speak as fluently as possible, use clear, audible voices, and put the right words together into clear ideas. Many people, such as those living with aphasia, dysarthria, stuttering, or apraxia, have difficulty in one or more of these areas.

Speech-language therapy can help with these deficits. The goal is to improve the problem or to provide strategies to work around it.

Sometimes just starting a conversation can be one of the most challenging parts of therapy. For the introverted clinician, or for anyone else who needs help getting started, here are five easy conversation starters to get people talking:

1. Ask About the Other Person

We all like to talk about ourselves.

Why not start the conversation by asking your conversational partners about themselves?

What do they enjoy? Where have they lived or travelled? What are their families like?

People are experts in themselves, and often enjoy showing off that expertise.

Conversation Therapy provides more than 300 'Remember' questions to prompt people to talk about their experiences and memories.

2. Ask for More Information

Once you find a topic someone is excited about, keep going. Ask to hear more about the subject.

Ask probing questions such as "How did you get into [career]?" or "What's the best part of [interest]?" The more interest you show, the more they'll keep talking.

Conversation Therapy gets the conversation started. But a conversation isn't a series of questions and answers, so let the conversation go where it wants to, coming back to the app only when you need more inspiration.

3. Ask for Help or Advice

Most people like to help others, especially when it makes them feel knowledgeable.

Ask your conversational partner what you should do about a social situation or a home repair problem. Ask for a good recipe. What you ask, of course, will depend on who you're talking with.

Conversation Therapy offers many topics related to everyday life, including more than 50 pertaining to safety and problem solving. These questions provide great opportunities to share strategies, experiences, and expertise.

4. Ask for an Opinion

Everyone has an opinion. So ask for it!

What does your partner think of sushi? What's their take on the latest blockbuster? Do they prefer cats or dogs?

Discussing favorite and least-favorite things can help you find shared interests you can explore further.

Conversation Therapy provides more than 300 Decide questions. You can prompt people to share their preferences with questions like "Would you rather . . . ?" and "What's your favorite . . . ?"

5. Comment on Current Events

After the obligatory comments about the weather, it's time to try something a bit more interesting and every bit as topical.

Not everyone follows the latest political affairs, but local news, Hollywood gossip, or sporting events may be an area ripe for conversation. Many speech-language pathologists have had to scan the sports sections of newspapers and websites to prepare for sessions with football-, hockey-, or baseball-obsessed clients.

Conversation Therapy includes hot topics related to social issues and problems, as well as current topics such as the environment, the economy, and health care.

General Tips

Be sure your questions are open-ended. You don't want to be shut down with a simple "yes" or "no." Your questions should start with a wh- type word (who, what, where, why, when, how) rather than with a do/did/are/have/were-type word.

Once you get your partner or client talking, you can make observations, suggest strategies, shape better habits, and work on sounds, words, and syntactic structures.

Be sure to take your own brief turns in the conversation, sharing your experiences and thoughts while modeling the behaviors you're looking to improve in your partner. Just be careful you don't dominate the conversation!

If you tend to get lost in the content of conversation, set up a data-tracking method ahead of the session, to keep yourself focused on the goal. Subtly make tick marks or use an app to tally a predetermined behavior or linguistic target. You'll end up with an enjoyable session, as well as outcome data to document your partner's progress.

Conversation Therapy has built-in scoring to track data during a conversation. Turn off the sound for the scoring buttons, to avoid disrupting the conversational flow.

Giving feedback during a conversation can be tricky, since the client may feel you're commenting on the quality of their ideas rather than their speech or skills. Be sure to establish the goals of the conversation before starting, and positively acknowledge the content before drawing attention to the manner in which it was said.

If you follow these simple tips, you'll have a new problem to worry about – how to get your clients to stop talking!

To read the original article go to:

http://tactustherapy.com/conversation-starters-speech-therapy/?utm_source=Tactus+Therapy+Solutions+Newsletter&utm_campaign=76653bc132-October_2015_Newsletter&utm_medium=email&utm_term=0_2f50b99c6a-76653bc132-314225613

How to Handle Difficult Dating Scenarios Post-stroke

Please go here to see the original article <http://www.strokesmart.org/advice101615>



Dear Leigh: I had a few strokes four years ago and seldom tell people about it. The last man I dated told me that I should have waited until at least the tenth date to tell him. We broke up, but not because he learned of my strokes, but for other reasons. How do I know when is the right time? I know it's important not to tell too much about oneself on the first few dates. How do I tell future boyfriends about the strokes without making them think I was lying to them or being misleading?

Go here to read the answer: <http://www.strokesmart.org/advice101615>

Leigh Kost is a stroke survivor who wants to help people within the stroke community cope with the emotional and lifestyle changes that can occur following a stroke. She gives advice based on her own personal experience. She is not a healthcare professional and cannot give medical advice. You can submit questions for Leigh at AskASurvivor@strokesmart.org.

Brain Food Puzzles



Challenge your mind with these fun puzzles. See how fast you can solve them or work your way up to the hardest difficulty level.

<http://www.strokesmart.org/brain-food-101415>

CAREGIVERS INFORMATION AND RESOURCES

Latest Edition of the Family Caregivers Grapevine



The September/October edition is here! Read the latest newsletter for tips on transitioning to facility care, information on laughter yoga, and much more!

Click here to read:

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

Family Caregivers of British Columbia: Help is at Hand



**Family Caregivers
of British Columbia**



With the non-profit Family Caregivers of British Columbia, founded in 1989 with the mission of supporting issues of concern to family caregivers, help is truly at hand.

One great resource on the site is the Caregiver Wellness Booklet, available for download free.

If you like podcasts, try the Caring for Older Adults through Self-Care webinar. This event takes place October 7, 2015 from 6:30-8:00 pm or October 23, 2015 (same time).

Even, if you don't have time to participate in webinars, you can download the handouts from the webinars on the website. I have participated in a few webinars over the years and found them helpful, especially the stories told by fellow caregivers.

COMMUNITY EVENTS

Understanding Stroke: A workshop for stroke survivors & caregivers

This is a 2-3 hour interactive workshop for stroke survivors and their caregivers.

- Opportunity to ask questions and network with peers and community support

services

- Learn about mechanism of stroke
- Learn about stroke risk factors and prevention strategies
- Learn about stroke recovery and rehabilitation
- Learn about local Community Supports
- Learning stations for care-givers
- Have questions answered by Rehab Professionals



For further information contact: Adam.Fletcher@fraserhealth.ca

Abbotsford – November 17, 2015

Combined Event! Understanding Stroke +Building Community Connections

Abbotsford Regional Hospital, 32900 Marshall Rd, Abbotsford

Fraser 1 Learning Center, Meeting Rooms 3A & 3B

Tuesday November 17, 2015 6:00 – 9:00 pm

Call Ahead To Register: (604) 604 854-2117

BLAST Camp 2016

Time to get revved up for BLAST 2016! The early bird deadline is November 30th, 2015.

Once again, we have not let inflation catch up with us and are able to hold the cost at \$225. That's less than our original goal of less than \$250 proposed in 2010. Early Birds can get a \$25 discount making it \$200 including transportation, meals, bedding, dance to a live band, Heritage Park Railway tea, and much, much more.

We prefer \$200 in November, but if you only can do a \$50 deposit that works too. Get registered before November 30th. Quite a few people at REE came just to get brochures for people they knew would like to go.

Cheques can be made payable to :

BLAST

c/o Martha Hutchinson
308 - 1590 west 1st Avenue,
Vancouver, BC V6J 4X4

If you haven't heard, we also get together for dinner on the 15th of every month.
Come join us, Thursday, October 15th. 5:30 pm at the Moulin Rouge (1 block west of the
PNE)

For more information Turtletalk.ca

Stroke Survivors
B.L.A.S.T.
"Building Life After Stroke Together"



Easter long Weekend
Good Friday to Easter Monday
at Camp Squamish, B.C.

March 25th - March 28th
\$225

All inclusive with coach pick up from
Lower Mainland and ferry terminals
Limited space. Deadline Feb. 15th
Early bird \$25 off. Deadline Nov 30

For more information go to:

TurtleTalk.ca

Email: admin@turtletalk.ca
Phone / Fax: (604) 253-2390
11 AM - 11 PM (604) 760-7769

Want to meet some BLAST campers?

Come and join us for dinner
Every month on the 15th
Moulin Rouge - 5:30 pm
2828 E Hastings St V5K 5C5

Upcoming Webinars



Family Caregivers of British Columbia

Thursday, October 22/15 6:30 – 8:00 (PST)

Cognitive Behavioural Therapy: The Basics

Cognitive Behavioural Therapy or CBT is a very helpful and long-established practical approach to problem-solving. This fun webinar will review the basics of CBT and how to apply it to your everyday life. Although potentially irritating (like first learning to tie your shoelaces), once you get it, magic happens!

This session is intended for family caregivers, seniors and health professionals.

Presented by: M. Allison Reeves, M.A.

Sign up online by going directly to <http://thecaregivernetwork.ca/event/cognitive-behavioural-therapy-basics/> or by calling TCN info-line at 1 866 396 2433 (toll free). Webinars are offered through your computer and telephone or you can simply listen over the telephone.

Friday, October 23/15 6:30 – 8:00 (PST)

Caring For Older Adults through Self-Care

Presented by: Lin Chen, BC Centre for Elder Advocacy and Support

Are you a family caregiver taking care of an older adult?

Do you often feel overwhelmed, stressed, frustrated and alone?

Presentation on how to protect older adults by:

- Staying healthy while caregiving
- Avoiding isolation
- Improving communication
- Reducing stress

This session is intended for Caregivers and Seniors

You can sign up online for these events by going to www.thecaregivernetwork.ca and clicking on the Health & Wellness Channel or by calling the TCN Info-line at 1 866 396 2433 (toll free). Webinars are offered through your computer and telephone or you can simply listen over the telephone.

Leslea Kent, Administration and Caregiver Support, Family Caregivers of BC

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-2013/>**

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

Copyright © 2015 Stroke Recovery Association of BC, All rights reserved.

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

Our mailing address is:

Stroke Recovery Association of BC
301 - 1212 West Broadway
Vancouver, British Columbia (BC) V6H 3V1
Canada

[Add us to your address book](#)

[unsubscribe from this list](#) | [update subscription preferences](#)

The MailChimp logo is displayed in a grey rounded rectangle. The text "MailChimp" is written in a white, cursive script font.