



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets October 2015



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SRABC NEWS AND VIEWS

SRABC Board of Directors Update

SRABC/Stroke Recovery Canada Partnership

An announcement re: SRABC/Stroke Recovery Canada Partnership was sent in the September Snippets newsletter and is in the AGM info package sent to all SRABC members. The SRABC/March of Dimes Canada (MODC) Affiliation Agreement document has now been drafted and is being reviewed by SRABC's legal counsel.

We are pleased to announce that Jerry Lucas, Vice-President and Chief Operating Officer of March of Dimes Canada, has accepted our invitation to speak at the 2015 SRABC AGM, to be held 12-3 pm on Saturday October 17th 2015 at:

Creekside Community Recreation Centre,

Room #5 (2nd Floor),

1 Athletes Way, Vancouver, BC, V5Y 0B1

Jerry will speak as part of the presentation of the Director's Report. His topics will include:

- Who is March of Dimes Canada?

- The shared SRABC/MODC Vision and Mission.
- How we can work together to expand stroke recovery and related services in BC.
- What do we want SRABC to become over the next five years?



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

AGM Information

The meeting agenda, along with a full information package, including directions to venue etc. was sent out to all SRABC members on September 14th. **If you have not received your copy please contact the Provincial Office.**

If you can't go to the meeting we strongly encourage you to use the proxy system so your views can be represented at the meeting.

- A member may appoint another member to be his or her Proxy Holder and to attend and act at a general meeting of the Society on his or her behalf.

- Please fill in a proxy form and ask your proxy to hand it in before 12.30 pm at the AGM or send it to the Provincial Office by mail. Email or fax before 5 pm Friday October 16th 2015.

- The maximum number of proxies one member can carry is 5.

- If you don't know anyone who is going to the meeting you can appoint one of the Board of Directors. Contact the Provincial Office if you need assistance with this.

If you have any questions, please contact Tim Readman, Executive Director at the Provincial Office.

Branch Coordinators' Education Session

Saturday October 17th 2015 9:30 – 11:30 am

Room #1 (1st floor), Creekside Community Recreation Centre, 1 Athletes Way,
Vancouver, BC

Presenter: Joel Kroeker, Music Therapist

Title: Music-based Approaches to Stroke Recovery

- Overview of Music and Music Therapy with Stroke Survivors
- Hands-on session
- Q & A

If you have any questions, please contact Tim Readman, Executive Director at the Provincial Office.

Community Stroke Recovery Navigator Project

Phase 2: 'Bridging the Gap: Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery'

The Goals for September 2015 are:

- Complete a literature review.
- Development of a volunteer navigator program.
- Plan for implementation of hospital visitation program.
- Develop Volunteer Coordinator position.
- Work on family caregiver education content based on MODC's established program.

Branch Coordinator Education Teleconference

We held a teleconference with Branch Coordinators working in areas where we don't have a current Branch or where there is the opportunity to redevelop the existing program.

Participants at the first teleconference were:

- Rachel Jansen, SLP, Trail Branch Coordinator
- Anna Markey, OT, Chilliwack Program Coordinator
- Larissa Lau, Social Worker, Collingwood and Richmond Chinese Program

Coordinator

- Carmen Constantine, new Coordinator for Comox Valley Branch.

Our main focus was on program delivery materials and resources.

Next Steps Walking Program

The 6-month pilot at Oakridge Mall was successfully completed and we are continuing with the program. We are also investigating other locations where we could run similar programs. For information on the program please contact Tim Readman at the Provincial

Office.

Community Transition Aphasia Groups (CTAG)

A new group has been started by SLPs at GF Strong on Tuesdays at Strive Centre in East Vancouver.

Chilliwack Stroke Recovery Program

The new program started on September 16, 2015 - and will run 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. Attendance at the first two sessions has been around 20 people. The program coordinator is Anna Markey who is an OT.

Volunteer Engagement

We are now doing the final edits on the volunteer manual for SRABC with our volunteer engagement expert, Michelle Mateus. Michele has also been assisting several Branch Coordinators with their volunteer engagement needs.

The Singing Project

The 'Sing It PoCo!' program re-started in Port Coquitlam in September. Attendance has increased to 14-16. Some new practices have been introduced, including MIT (melodic intonation therapy).

New Chinese Language Programs

East Vancouver (Collingwood) program started September 14th. They meet Mondays from 10 am - 1 pm.

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

The Program Coordinator is Larissa Lau.

Branch Update - News from SRABC's Branches

Prince George Branch

Julia Cook, the Coordinator at our Prince George Branch has sadly had a stroke and will

be unable to work for a while. Luella Novak has agreed to be interim Coordinator until Julia recovers or until we need to appoint a more long-term replacement. Meanwhile our thoughts are with Julia and we are hoping for a good recovery and return to the Prince George Branch.

Shaughnessy Branch - 40th Anniversary

On September 29th, 2015 Shaughnessy Branch celebrated a 40th Anniversary. Sixty people —Shaughnessy Branch members present and past , volunteers ,friends and invited guests from SRABC, March of Dimes Canada, G.F. Strong, and UBC attended a luncheon and enjoyed a display of old and new photos of events over the last 30 years. Tim Readman, Executive Director of SRABC and Brent Page National Manager March of Dimes Canada presented plaques to the Branch to commemorate the Anniversary. The new SRABC video on exercise and mobility in stroke recovery was previewed. A light lunch was enjoyed by all - and we are looking forward to the next 40 years!

Peggy Kane, Coordinator, Shaughnessy Branch

Templeton Branch

John Talos has resigned as Branch Coordinator in order to pursue some other interests. We'd like to thank John for being great volunteer at the Branch and for stepping up when the coordinator vacancy arose and helping to keep the program moving forward. We are currently recruiting for a new coordinator for the Branch.

Surrey Branch

Teresa Diolata is the new Branch Coordinator at our Surrey Branch. For the last 5 years she has enjoyed volunteering at the Branch and in the last 2 years she has assisted with Branch finances. Teresa has extensive work experience with Acquired Brain Injury (ABI) clients, including stroke survivors, in her capacity as a community support worker and rehabilitation assistant. We welcome Teresa to our team and look forward to working with her in her new role.

STROKE RECOVERY INFORMATION AND RESOURCES

October is National Occupational Therapy Month



Canadian Association of Occupational Therapists
British Columbia

Quite simply, occupational therapists help people across the lifespan participate in the activities they need and want to do. Don't be fooled by the title "occupation"—it is more than work. For occupational therapists (OT for short), "occupations" refers to all the meaningful and necessary activities that a person needs and wants to do. These can range from taking care of yourself (bathing and getting dressed), to taking care of your family (cooking, childcare, cleaning) and yes, even work (school, paid or unpaid employment).

How do OTs help improve an individual's ability to function and in their daily occupations? Through activity analysis, activity modification, environmental modification, adaptive aid prescription and education.

Occupational therapy enables people to achieve health, well-being and life satisfaction. To learn more about occupational therapy or find an OT in your community, visit www.caot.ca

Submitted by:

Giovanna Boniface, OT, CCLCP

Managing Director, CAOT-BC

Canadian Association of Occupational Therapists

Technology@Work - New Program in BC!



The Technology@Work Program is designed to support employment for people with disabilities in British Columbia who require Assistive Technology to overcome disability-

related barriers in the workplace. A Resource Centre is available for employers and anyone interested in Assistive Technology. For more information on the Technology@Work Program please visit www.BCTechAtWork.ca.

Tai Chi: Meditation in Motion



To read the original article please go here:

<https://northvancaregivers.wordpress.com/2015/09/10/tai-chi-meditation-in-motion/>

Originally developed for self-defence, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. The benefits of tai chi may include:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/tai-chi/art-20045184?pg=2>

<http://www.thealternativedaily.com/tai-chi-benefits/>

Exercise and Mobility in Stroke Recovery video



We are excited to show the trailer from our upcoming video Exercise and Mobility in Stroke Recovery. Our '7 Steps to Stroke Recovery' video has had over 55,000 hits and we hope this one - which represents step #1 in the 7 steps will be equally popular.

The trailer is now on YouTube - see the link below:

<https://www.youtube.com/watch?v=0ArakqxJZKE>

The video will be released on October 29th 2015 which is World Stroke Day. There will be a media campaign to publicise the release. All SRABC Branches will receive a DVD copy and it will be posted to YouTube.

Aphasia Community



This is an online forum designed to promote connections amongst those involved in the management of groups for people living with aphasia. This forum is open to speech-language pathologists, other health-care professionals, and community members.

Aphasia Community is for members to:

- engage in discussion
- ask questions
- share ideas, experiences, and resources

Our goal is for members to contribute their knowledge, obtain support, and help promote successful aphasia groups.

Sign in to become a member and access the discussion group.

<http://www.aphasia.community/>

Federal Election Networking and Meet the Candidates Event

2015 federal election candidates met with representatives from the MS Society of Canada, the Kidney Foundation of Canada, March of Dimes Canada, Stroke Recovery Association

of British Columbia, and Parkinson Society British Columbia.

This event was designed for health charities to interact with Federal Election Candidates from all parties. Candidates visited the booth which was staffed by Tim Readman and Angela Wright (SRABC Board member). We were able to emphasise the need to bridge the gap between hospital and community for stroke survivors. Those in attendance were:

Jessie Adcock Port Moody–Coquitlam (Liberal)

John Aldag Cloverdale–Langley (Liberal)

Terry Beech Burnaby North–Seymour (Liberal)

Joy Davies South Surrey–White Rock (Liberal)

Fin Donnelly Port Moody-Coquitlam (NDP)

Peter Julian New Westminster–

Burnaby (NDP)

Jeremy Leveque Delta (NDP)

Jen Martel Abbotsford (NDP)

Amandeep Nijjar Vancouver South (NDP)

Sara Norman Coquitlam–Port Coquitlam (NDP)

Adam Pankratz Burnaby South (Liberal)

Carla Qualtrough Delta (Liberal)

Lynne Quarmby Burnaby North–Seymour (Green)

Wes Regan Vancouver East (Green)

Kennedy Stewart Burnaby South (NDP)

Wyatt Tessari Burnaby South (Green)

Carleen Thomas North Vancouver (NDP)



Resources for People with Aphasia



building communication ramps

Some great resources here for people with aphasia and their supporters:

<http://www.aphasia.ca/shop/>

80% Increase in Canadians Disabled by Stroke Predicted



A recent publication in the journal *Stroke* forecast an alarming 80-per-cent increase in the next two decades in Canadians disabled by stroke due to the aging population, population growth and increased lifestyle-related risk factors.

Read more: <http://www.digitaljournal.com/pr/2678098#ixzz3m7ORmHSu>

BC Liquor Store Collection Boxes

Thursday, October 29th is [World Stroke Day](#). In an effort to raise awareness around World Stroke Day (and its theme "I Am Woman"), Stroke Recovery Canada, a program of March of Dimes Canada (MODC), has secured access to a number of BC Liquor stores who will display coin boxes throughout the month of October. SRABC was invited to join this campaign. We believe that it will strengthen our growing partnership with Stroke Recovery Canada and could well become an annual campaign.

The central office of BC Liquor Distribution Branch assigns stores with no input from charities. Our hope is that next year we will be able to advocate increasing our reach. Branch Coordinators/Volunteers will assist with this campaign by dropping off the coin boxes to the BC Liquor Stores and picking them up at the end of the campaign on Friday, October 30th. At the conclusion of the campaign full coin boxes will be collected, counted

and rolled by MODC. Branches will not have to handle this often tedious task. SRABC will be netting 50% of all coin revenues to support BC Stroke Recovery efforts and each Branch participating will have 100% of SRABC's share from coin boxes credited to their Branch account for use locally.

The Branches we were able to ask to participate this time are:

Abbotsford

Coquitlam

Delta

Kamloops

North Shore

Port Coquitlam

Powell River

Surrey

Next Steps Walking Program 6 month anniversary



On October 1st the Next Steps Walking Program celebrated its 6 month anniversary with a breakfast at the White Spot restaurant at Oakridge Mall. Twenty five participants, including volunteers attended the event. Tim Readman from SRABC , Brent Page from March of Dimes Canada , Scott Dirom and Janet Soucy from G.F. Strong joined us. The atmosphere was lively as the stroke survivors talked about the many steps they walk every Thursday morning. Everyone was looking forward to setting new exercise goals for themselves as the Next Steps Walking Program looks forward to the next 6 months.

Joanne Patterson

Coordinator - Next Steps Walking Program

CAREGIVERS INFORMATION AND RESOURCES

Spouses of Stroke Survivors Advised to Move Beyond Caregiver Role

When Sharon Anderson's husband had a stroke, she became interested in studying how

relationships change after the damage. Marriages often turn into a patient-caregiver relationship after a stroke, she says. Her research looks at how the role changes for couples.

It's estimated 62,000 strokes occur in Canada each year, about one every nine minutes, according to the Heart and Stroke Foundation. It's the third-leading cause of death in this country and the second-leading cause of death in the world.

Anderson, of the University of Alberta in Edmonton interviewed 18 Canadian couples who are living with stroke. Her interest in the field was piqued after her husband's stroke in November 1997.

He was initially told he wouldn't walk or talk again, and Anderson was advised to put him in a nursing home. After rehabilitation, he now rides a recumbent bike, runs a website and walks and talks.

"Is he recovered? Recovery is a funny word," she said. "No, he's not recovered. He still has some problems from the stroke but for all intents and purposes, I'd say he is still my husband."

Other research suggests people in good relationships live longer. But Anderson said the rates of divorce and separation are much higher after strokes than they are in cancer and other conditions, which also place stresses on couples.

At Friday's Canadian Stroke Congress in Toronto, Anderson presented an abstract of her findings based on interviews with 18 other couples living with stroke on their relationships: 12 were satisfied or very satisfied.

Three were dissatisfied.

One were separated.

Two were divorced.

One of the common themes couples shared with Anderson was no one ever told them what to do with their relationship. Instead, they were "just doing this by the seat of our pants."

Marriages inevitably turn into a patient-caregiver relationship immediately after a stroke. Couples need to learn to move past those roles to stay together and be happy, Anderson said.

She discovered a key question: "What is it you both need in this? I think that would help them to realize that we need to look at not only what the survivor needs and recovery for the survivor, but what also the spouse needs."



Larry and Jacquie Poff of Spruce Grove, Alta., are one of the couples Anderson interviewed.

"It's just very surreal," she recalled of the devastating stroke she suffered seven years ago at the age of 38, when she keeled over in her husband's arms in the bathroom while getting dressed.

"I liken it to being a snow globe, and having been shaken and all the stuff is floating around and you're waiting for it to settle down a little bit before you even realize what's happening."

Poff said she went from living an active and busy life as a full-time employee and an involved mom to having to take a back seat to her husband.

Along with the loss of mobility came personality changes, said Larry Poff. "I don't think she'd like me to tell you how depressed she was because it was very dark, a very bad place. And I was always hopeful and always making the effort."

The Poffs sought counselling and their relationship survived with the support of friends and family. She's regained her mobility and still lives with other effects of her stroke.

"She looked after me so well for the first 20 years together," her husband said. "I said early on in the hospital that I'd spend the next 20 looking after her and that's pretty much the way it's been."

Anderson said more research is needed on whether satisfying marriages or dissatisfied ones make a difference for recovery and spousal burden.

RESEARCH

People Who Use Mobility Devices Wanted for Research Study

The GF Strong Rehab Research Lab is looking for people who use mobility devices to participate in a study to share insights and experiences about accessibility in their communities. This study will look at the places that people who use mobility assistive technology go, the activities that they do, the barriers and facilitators that they encounter, and solutions they would like to see implemented. You can participate if you: use an

assistive device (crutches, walker, manual wheelchair, power wheelchair or scooter), are over the age of 18, can communicate in English, and live in the Lower Mainland. What is involved? Taking pictures of accessibility in your neighborhood, and/or tracking your activities for 1 week using GPS, and/or assessing your neighborhood's accessibility. You will be provided with a stipend of \$25 as a token of our appreciation for each option you participate in. Participation is voluntary. For more information or to take part in this study, please contact the Rehab Research Lab at: 604-714-4108 or demandprojectbc@gmail.com

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

Cognitive Rehabilitation Program: Maximizing Your Thinking & Memory

There's a new Group Therapy program starting soon!

www.neurofunctionrehab.ca and www.lifeskillstherapy.ca are offering:

Cognitive Rehabilitation: Maximizing Your Thinking and Memory - starting Tuesday, October 20th thru December 8th.

Call or email to sign up for this program.

Phone: 604-574-1255

Email: neurofunctionrehab@gmail.com

This course is recommended if you are having problems remembering, concentrating, dealing with more than one thing at a time, etc.

Whether your condition heavily affects your daily activities and independence, or you are simply interested in challenging yourself to further improve your cognitive function, these sessions are for you!

Please invite your friends and pass this email along to anyone who may benefit from improving their cognitive function.

These classes will be led by **Amit Kumar**, BOT, MA, C/NDT, Specialist in Neurological Rehab, and **Sheila Wang- BSc, MSc OT**, in a **small class environment (1:5 instructor to client ration max)**, so that we are able to provide an individualized learning experience specifically catering to your symptoms and functionality.

Please see the attached flyers for more details. Please give us a call if you have any questions regarding the course content, attendance, payment options and other inquiries.

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.

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/>**

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

Our mailing address is:

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