

## Important information about SRABC

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STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA

## Snippets September 2013

### Facebook and Twitter

SRABC is now on Facebook at:

<https://www.facebook.com/StrokeRecoveryBC>

and Twitter at:

<https://twitter.com/StrokeRecovBC>

### Branch Coordinator Update

#### - Abbotsford Branch

Kayleen Dyck has resigned from the position of Abbotsford Branch Coordinator as she has accepted a full-time position in Recreation Therapy at Chilliwack Hospital. The interim coordinator Laura Gilburg will run the program while we recruit for the position.

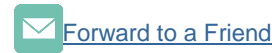
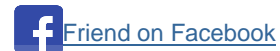
#### - Vanderhoof Branch

Sheila Evans has resigned from her position as Vanderhoof Branch Coordinator.

#### - Burnaby North and Burnaby South Branches

Tracey Jones has resigned as Branch Coordinator for Burnaby North and Burnaby South Branches. Tracey's message was "I have recently been offered a full-time position that allows me to continue working with people; however the schedule will not allow me to be available to the stroke groups on Wednesdays and Fridays. I have enjoyed being the coordinator very much and being a part of the growth and camaraderie has been a delightful and fulfilling experience. I truly will miss them all."

We have appointed an interim coordinator Lena Ticknor,



### 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 If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder.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.

who will run the program at the Burnaby South Branch while we recruit for the position.

**- Delta Branch**

Branch Coordinator Dawn Sillett has decided to take a break in October. While she is away her position will be filled by Judith McBride as interim coordinator.

**Harrison Hot Spring plus Minter Gardens Day Trip**

This trip is being organised by the folks at our Vancouver Templeton Branch. Here's the notice:

Enjoy beautiful gardens.

Hot spring pool (*Pool entrance, \$6.50 at Harrison, if you wish to go to the pool and bring bathing suit. Bring bag lunch, too, if you wish*)

Date: Thursday, Oct. 24, 2013 Leave Templeton, 9am - return 5pm. Pick-up points in Surrey or Langley.

Harrison Hot Springs, Minter Gardens with entrance fee and deluxe bus travel only \$39.00 per person

For more information: Ollie: 604-434-3609 Key: 604-434-6513

**Phyllis Delaney Life After Stroke Award 2013 Winners**

The award winners were chosen at the August 13<sup>th</sup> meeting of the Meetings and Special Events Committee. Thank you to everyone who submitted nominations.

**Outstanding Achievement Award Joint Winners**

Greg McKinstry - Shaughnessy Branch

David Baker - Maple Ridge Branch

**Caregivers Award Winner**

Marilyn Simpson -Delta

**Award for Achievement in the Arts or Sport Winner**

Eugene Wilson-Shaughnessy

**Volunteer of the Year Award Winner**

Diana Abbott-Peninsula

**Guides to Recovering from a Stroke**

"I received the four new pamphlets "Guides to Recovering from A Stroke" ... they will be well received at the

Community Outreach programs. We go to at Victoria General Hospital Rehab Ward to talk with stroke patients who are ready for discharge and hand out material that will help them to get back in the community. Whoever put the pamphlets together did a terrific job as they are fantastic and will be a big help to the stroke survivors and their families.” Libby Graves, President, Peninsula Branch (Saanich BC)

A reminder that if you would like to order hard copies in English, Chinese, Punjabi or Hindi please email Genevieve Thompson at the Provincial Office at [atoffice@strokerecoverybc.ca](mailto:atoffice@strokerecoverybc.ca)

### **Free 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/participate/> or contact Kate Keetch at 604-714-4108 or [Kate.Keetch@vch.ca](mailto:Kate.Keetch@vch.ca)

### **Branch Locations on the SRABC Website**

Google map locations have been added to the website for every one of our branches. You can find them here: <http://strokerecoverybc.ca/contact-us/branch-locations/>

### **8 Keys to Self-Care**

***“Taking good care of you means the people in your life will receive the best of you rather than what is left of you.” ~ Lorraine Cohen.***

Self-care is an act of putting your Self and well-being first. Below are eight simple ways to practice self-care and

create space for rest, simplicity and playtime.

**Notice Your Energy:** Be conscious of how you feel. Are you tired, stressed, anxious? Listen to your body, honor its needs, and don't push yourself beyond what feels comfortable.

**Write Down Tasks:** De-clutter your mind and write your to-do list down. This helps to lesson anxiety and create clarity on what needs to be done.

**Prioritize Tasks:** *Does it really need to be done now?* How much stress are you incurring by believing this? Perhaps it can wait, especially if it is getting in the way of your health and connection with others. List your to-do's in three categories: What needs to get done now / What can wait / What can be delegated. Be honest with yourself. *Maybe you can play now and clean later?!*

**Schedule "Me Time":** We usually schedule work functions or tasks such as meetings and appointments. We need to also schedule our Self-Care Time so that it becomes a priority. Place "Me Time" in your calendar and schedule around it.

**Clarify Assumptions:** She wants a big party with all the bells and whistles. *Is that true, or is it just an assumption?* Go find out. Ask her what she really wants. You may discover she is ok with keeping it simple.

**Express Needs & Explore Options:** If it's true that she does want a big party, tell her you are tired and want to keep things simple. Express your true feelings and needs, be vulnerable. Then ask to explore options for a middle ground.

**Lower Standards:** Don't be so hard on yourself. It's ok if it is not perfect, if it's not up to speed. Maybe you are the only one with such standards. Maybe everyone else doesn't need it to be just so.

**Breathe & Slow Down:** Simply pausing for a moment, closing your eyes, taking a few deep breaths, and listening to the sounds around you can be rejuvenating. Stop and take a few deep breaths regularly.

***"Just because you can, doesn't mean you***

## ***have to.” ~ Lynda Austin***

- See more at: <http://www.vincegowmon.com>

### **Moving Beyond Thought**

When something is worrying us, we often try calming our discursive minds by *thinking* our way out of the problem. If we are concerned whether a new project is going to be successful, for instance, we hash over all the reasons why the project should work.

The problem is thinking only leads to more thinking - our worries do not cease, and perhaps only worsen.

Moving beyond thinking requires us not to think our way through the worry, but to transcend our minds altogether. There we find the peace and perspective we are looking for. Ways we can do this are:

- *Taking some long, slow deep breaths*
- *Meditation or Yoga*
- *Doing something fun and creative*
- *Being physically active*
- *Spending time with family and friends*
- *Going into nature*

It is much easier to bring the light of Joy and Peace into our awareness than to remove the clouds that shroud our mind. It requires us to release the control of figuring things out, and to trust the unfolding of our life. As we let go, we soon realize that there was no problem in the first place, other than our thinking.

***"Here is a new spiritual practice for you: don't take your thoughts so seriously." ~ Eckhart Tolle***

- See more at: <http://www.vincegowmon.com>

### **Recovering from a stroke? We want you!**

We are conducting a study on weight distribution during sit-to-stand using our assistive device. We are **seeking volunteers** who are **recovering from a stroke** and who meet the following criteria:

- Able to **rise from a chair repeatedly** and **without using hands**
- Have **one leg that is noticeably stronger** than the other
- Most recent stroke **more than 6 months ago**

Participants will be asked to come to the UBC Point Grey campus and perform a series of chair-rise motions while being assisted by our device. The study will take approximately 1.5-2 hours. Volunteers will be required to complete a consent form before participating. Participants will receive compensation for transportation expenses, as well as a small gift as a token of our appreciation.

Interested? Questions? Please contact:

**Jenny Sullivan**

[UBCSitToStand@gmail.com](mailto:UBCSitToStand@gmail.com) or **604-352-9412**

#### **Social Media Links**

We are posting information regularly on Facebook and Twitter which is another way we can get our message out to the world-particularly to younger stroke survivors and caregivers. Our Facebook page is here:

<https://www.facebook.com/StrokeRecoveryBC>

Our Twitter handle is: @StrokeRecovBC

If you have anything to send us as a possible item to post please send it to Tim Readman

[atexecdir@strokerecoverybc.ca](mailto:atexecdir@strokerecoverybc.ca)

Please take a look at the links, 'like' us, 'follow' us and let us know your ideas!

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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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301 - 1212 West Broadway  
Vancouver, British Columbia (BC) V6H 3V1

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