



# SNIPPETS

JANUARY 2017



## Art After Stroke

### RECOVERY & SUPPORT RESOURCES

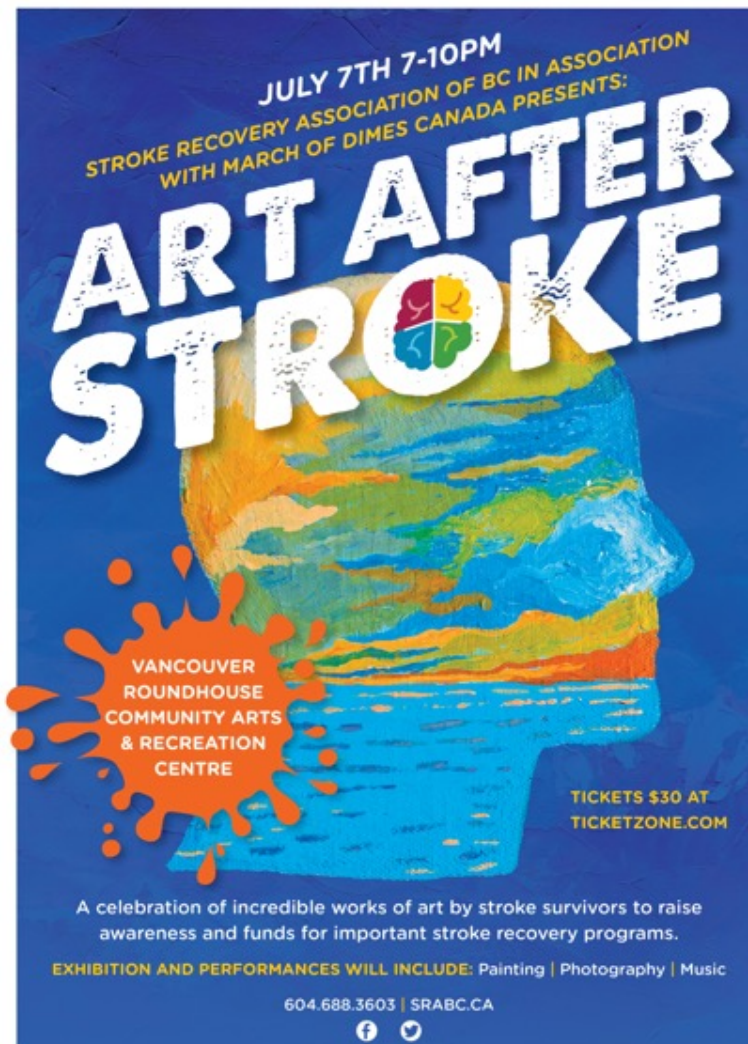
Family Caregivers of BC Newsletter  
ARC Newsletter  
Family Caregiver's Grapevine  
The Truth About Plateau In Recovery

### BRANCH UPDATES

Provincial Office  
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### LEARNING

Understanding Stroke Workshops  
Brain Attack – The Journey Back



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



**Mark your calendars! The second annual Art After Stroke will take place on July 7th, 2017 at the Roundhouse Community and Arts Centre.**

The event will feature a silent auction and art and performances by stroke survivors.

**OUR GOAL** is to raise awareness and funds for important stroke recovery programming. We want everyone to know that there is life after stroke. After all, if you don't know a stroke survivor yourself, then you do know someone who loves one.

We held our first signature ART AFTER STROKE event in July 2016 and it was a huge success! The event also received media coverage from CTV, Global News, CBC Radio, Roundhouse Radio (one of our sponsors) and News1130. It featured incredible works of art by stroke survivors and performers and raised over \$16,000 in donations! This year our goal is to double that amount!

For a taste of the Art After Stroke even check out the video trailer:  
<https://youtu.be/ta6wUIXSSOA>

Tickets for Art After Stroke are available through Ticketzone:  
<https://www.ticketzone.com/event/8622/art-after-stroke>

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## RECOVERY & SUPPORT RESOURCES

### Family Caregivers of BC Newsletter



## Family Caregivers of British Columbia

The latest edition of this newsletter starts the new year with positive messages and useful resources. A couple of items to note:

### **New lunchtime support group in Victoria**

If you're in Victoria, join the new Lunchtime support group. The first meeting is January 12th. Call (250) 384-0408 or email [Victoriacaregivers@gmail.com](mailto:Victoriacaregivers@gmail.com).

### **Find a Support Group**

The Family Caregivers of BC has compiled a list of in-person support groups for family caregivers across BC. Support groups are a valuable resource for any caregiver in need of support and advice.

Find a group here: <http://tinyurl.com/zqxuora>

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## ARC Newsletter



This edition of the ARC Newsletter includes advice from a stroke survivor, Aphasia challenges, and tips for texting with Aphasia. As always, it includes a video reading of the contents. You can sign up for the monthly aphasia friendly newsletter and regular updates from Aphasia Recovery Connection (ARC) here: <http://www.aphasiarc.org/newsletter>

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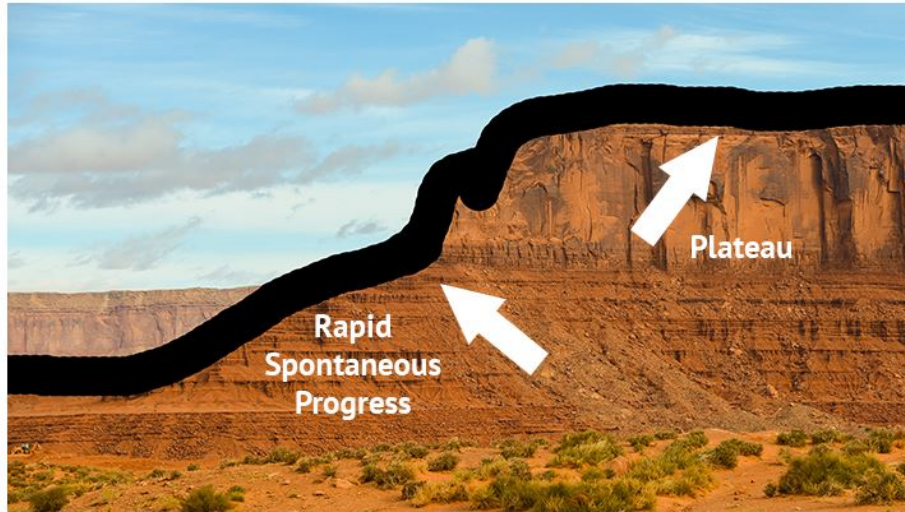
## Family Caregiver's Grapevine



The January/February 2017 Edition of the Family Caregiver's Grapevine from North Shore Community Resources has been released. This issue covers a variety of important topics from power of attorney, sibling conflict, and self-compassion. You can read it at: <http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>

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## The Truth About Plateau In Recovery



Tactus Therapy has published an article discussing the stages of stroke recovery and what happens when you reach a plateau in your progress. It also discusses steps you take to jump-start your progress.

<http://tactustherapy.com/stroke-recovery-plateau-truth-myth/>

For more helpful articles like this, sign up for the Tactus Therapy Newsletter: <http://tactustherapy.com/newsletter/>

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## BRANCH UPDATES

## PROVINCIAL OFFICE

The Winter edition of our Life After Stroke eMagazine is now available on our website. Life After Stroke highlights success stories about stroke survivors. It focuses on the message that there is life after stroke and includes stories of the achievements of stroke survivors and their caregivers in the arts, science, public life, etc. It is targeted at people anywhere in BC who are personally involved in stroke recovery and to those interested in learning about stroke recovery.

Go to the below address to access the most recent edition:

<http://strokerecoverybc.ca/archive/srabc-life-after-stroke-emagazine-december-2016.html>

## New SRABC Members Bulletin



We decided, after receiving feedback from a number of readers, to start a new bulletin aimed at keeping members of SRABC informed about Association issues. Previously this information was included in this Snippets newsletter, but as it has evolved the focus became more and more on more specific information about stroke recovery. As a result, an increasing number of non-members continue to subscribe to Snippets.

We will still be sending Snippets out every month, with news and information on stroke recovery resources for stroke survivors and caregivers. However, from now on items such as reports from the Board of Directors and information about the SRABC Annual General Meeting will be included in the new SRABC Members Bulletin that will be sent four times a year to SRABC members. The dates we'll issue the SRABC Members Bulletin in 2017 are:

- **Jan 16<sup>th</sup>**
- **April 16<sup>th</sup>**
- **July 16<sup>th</sup>**
- **October 16<sup>th</sup>**

If you are interested in becoming a SRABC member contact [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca) for more information.

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## POWELL RIVER BRANCH

### Trudy Simpson Retires



Trudy Simpson has retired as coordinator from the Powell River Stroke Recovery Branch after starting and running it for 21 years. She will be greatly missed. Trudy is pictured here with incoming co-coordinators, Sandy Graham on the left and Barb Langdale on the right.

***We would like to thank Trudy for all her years of dedicated service and the countless hours she tirelessly volunteered. We wish Trudy the best of luck in her new ventures.***

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## LEARNING

### Understanding Stroke Workshops

G.F. Strong Rehab Centre Acquired Brain Injury Program will be hosting a workshop for survivors, families and friends to learn about how the brain works,

stroke and recovery. They will also talk about life after a stroke, including strategies to help and available resources.

All are welcome, and the sessions are free. Registration is required; please call 604-737-6221 to register or to get more information.

### 2017 Schedule

From 3:00 pm –5:30 pm on:

Wednesday, April 5th

Wednesday, September 13th

Wednesday, November 1st

### Location

G.F. Strong Rehab Centre Acquired Brain Injury Program  
4255 Laurel Street Vancouver, BC V5Z 2G9  
Social Services Seminar Room (Room 189)

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## Brain Attack – The Journey Back



A stroke is a brain attack. This anthology is a unique collection of 33 original entries written by survivors and heroes about their recovery journeys from stroke. It includes creative writing works from a wide range of individuals, including stroke survivors and family members.



This publication is edited by Liz Pearl, an independent educator and therapist. The contributing authors share their experiences, thoughts and feelings invoking in the readers, tears, laughs, comfort and support. They express their inner strength and insights about recovery and healing.

To order, contact Liz Pearl directly.

Copies are \$15.00 each plus shipping

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Facebook: [www.facebook.com/PKPress](http://www.facebook.com/PKPress)

Blog posts: [hermagazine.ca/author/lizpearl/](http://hermagazine.ca/author/lizpearl/)

Website: [wisewomencanada.com/author/liz-pearl/](http://wisewomencanada.com/author/liz-pearl/)



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British Columbia

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- 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](mailto:office@strokerecoverybc.ca)
  - All past issues of Snippets are available on the SRABC website at: <http://strokerecoverybc.ca/snippets-2013/>
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