



Stroke Recovery Association of Manitoba Inc. (SAM)

Friendship & Understanding

Celebrating 40 Years of Incorporation in 2013

SAM's mission is to improve the quality of life for Stroke Survivors by assisting the Stroke Survivor to again become a participating member of society through mental stimulation, self-help, & socialization.

Ups 'n Downs

March, 2013

Drive..... Desire..... Determination..... Dedication..... Do it!

The Annual SAM Wheel & Walk for Stroke Recovery

This event will be held on Sunday, June 9th at the Duck Pond at Assiniboine Park.

Wheel & Walk pledge books are available at the SAM Centre at 247 Provencher Blvd. Come on down and bring your families, friends and pets. Sign-in time is 10 AM at the shelter beside the Pond.



Note:

The SAM Annual General Meeting will be held on Saturday, April 20th at 11 AM. Tea, coffee, bunwiches and cake will be served following the meeting.

Your SAM membership must be current in order to vote. If you are unsure about whether or not your SAM Membership is due, give us a call at

942-2880

Life is an Occasion. Rise to it.

SAM Support Programs & Activities

Adapted Exercises:

- Every Tuesday 11:00 – 11:30 am, at the SAM Centre on Provencher.
- Bring a bag lunch and enjoy coffee and discussion after the session and stay a while.
- \$5.00 per half-hour session for SAM members.

Thursday Games Day Group:

- The Games Day group meets for games including Cribbage and Sequence, fellowship and snacks from 11:00 am - 2:00 pm at the SAM Centre. Dues are collected for special snacks & events. All are welcome.

Strokes 'n Folks Peer Support Group:

- We “Folks” are a small group, but a very close one. Our coffee discussions are fun, enjoyable and informative. Visitors and new members are always welcome.
- 1st Wednesday of each Month, 1:00 – 3:00 pm at Immanuel United Church, 755 Golspie Street.

In Your Prime Peer Support Group

- If you are in the prime of your life (we all are, no matter what our age) come and join us for a stroke related chat, helpful hints and just plain old camaraderie.
- 2nd Monday of each month at Access Transcona. Facilitator: Anne Manitowich - 669-3264

PSSST! (Peer Stroke Survivor Support Team)

- 4th Wednesday of each Month, 1:00 – 3:00 PM at the SAM Centre, Unit B – 247 Provencher Blvd.
- Our goal is to bring together stroke survivors for open discussions on issues, to share concerns and assist in personal and group goal setting.

St. James Peer Support Group:

- 4th Wednesday of each Month, 1:00 – 3:00 pm at **St. James 55 Plus Centre**, 2109 Portage Avenue.
- Our meetings consist of the current SAM news and we discuss various topics brought up by the members. Periodically we invite a variety of professionals to speak on various topics of interest that relate to situations of our members.

SAM Care for Caregivers: (Family Support)

- Individual or group discussions with Caregiver Valerie C. Please call the SAM Centre for details.
- Email Caregiver Neil Strohschein. Neil invites other caregivers to email him for caregiver support at: nteil@mts.net

Portage La Prairie Peer Support Group:

- 3rd Monday of each Month. Call the SAM Centre for details.

Art Therapy:

- Every Wednesday from 10 AM – noon at the SAM Centre on Provencher. This is not an art *class*, this is therapy. The object of these sessions is to expand your concentration and exercise your mind. Come down & give it a try.

Craft Day:

- This group creates crafts and arts for projects. Greeting cards, Christmas wreaths, chocolates and other projects. Come on down and have some fun. 3rd Monday of the month.

Taiji:

- Every second Friday. 9:45 – 10:45 AM. Please phone for details. 942-2880

A Word from the President



Greetings to all SAM Members, friends and families. This year's Annual General Meeting on April 20th will mark the end of my three year presidency at the Stroke Recovery Association. In a nutshell, it's been a fun and enlightening experience for which I have quite a few folks to thank; actually, a lot more folks than our editor has given me room for on this page. Suffice it to say, I want to thank every board member of the last three years, likewise every staff member over the same timeline, every volunteer, every SAM member, every family member and even every person that came in off the street to purchase a scarf, a sweater, a potato bag or a pair of slippers. Everyone included in those groups mentioned have helped to make those three the smoothest and gratifying years that any SAM president could have experienced, I'm sure.

This is a very special organization of which we can, and should, be proud. In the forty years that SAM has been incorporated, we have helped hundreds if not thousands of individuals who have had the tragic misfortune of experiencing a stroke and I am proud to have served such an organization as president.

But as they say, out with the old and in with the new. I want to wish the incoming president, April Takacs, all of the good fortune that has graced me over the past three years. I know that each and every one of you will do what you can to give her the support that you have all given me and by the same token, she will do whatever will be needed to serve you all as well.

Once again, thank you all and God bless.

- Mabel Pratt



Become a SAM Member for Only
\$25 a Year.

Membership entitles you to:

1. Receive four newsletters per year
2. Reduced fees for adapted exercise
3. Vote at the Annual General Meeting
4. Attend any SAM program & special event

5. *Belong*







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I will donate \$250 to the Stroke Recovery Association of Manitoba if you buy or sell your home with me. Refer a friend or family member and I will do the same.

COLIN GILROY phone: 989-5000 gilroy.colin@gmail.com REALTOR www.ColinGilroy.com
Donation will be made upon the completion of transaction.

SAM is also supported by:

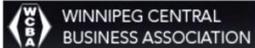






















Few things are more satisfying than seeing your children have teenagers of their own.

The lighter side of Teenagers

Teenager: (noun)

- + 1. A mammal found extensively throughout the planet, often clustered in groups, each staring fixedly at hand held i-phones. Thought to be a member of Homo Sapiens due to physical similarities, though social and emotional behavior leads many researchers to consider Teenagers to be a completely different species altogether. Very territorial.
- + Teenagers are extraordinarily social animals, seeking contact with their peer groups to such a great extent they will forgo family, chores and all forms of responsibility.
- + The males of the species forage for food constantly and can consume three times their weight every day. When in full plumage, the males are usually drab, marked by loose fitting garments which look ridiculous.
- + The females, on the other hand, sport striking colors under their eyes, throughout their hair and on the tips of their fingers. Females often attract males by wearing garments to accentuate development. Males indicate their approval by staring at the gaudy display.
- + The call of the female is complex and shrill, "Omygod!Omygod!Omygod!" This is usually followed by shrill screeches and excited clapping of hands.
- + Males are less vocal, signaling to other males with a salutatory, "Yo. S'up?"
- + Teenagers line their nests with discarded undergarments. The females hold telephone receivers to their ears on an average of six hours a day. When challenged for possession, they snarl and warn intruders, **"I'M DOING MY HOMEWORK!!!"**
- + The males lie immobile for hours at a time, conserving energy and listening to violent electronic signals from radio-like electronic instruments.
- + Male Teenagers receive important information by rolling their eyes, shrugging, kicking dirt and sighing. Females burst into tears and slam doors.
- + Many Homo Sapiens families have a host-to-parasite relationship with one or more than one Teenager. These host families often develop a resistance to the parasite, rejecting them some time in the eighteenth year of life. Often, though, this rejection is merely theoretical, with the Teenager continuing to live off of the host Homo Sapiens family for many years afterward, often at great sacrifice.
- + 2) Of, relating to, and especially EXPLAINING irrational, intolerable, or inexplicable behavior. ("She's a Teenager.")
- + 3) A request for sympathy, offered by adult parents to each other in support. ("I have a Teenager at home.") Often accompanied by sighs, head shaking, tongue clucking, and shoulder shrugging.



Mother Nature is providential. She gives us twelve years to develop a deep love for our children before turning them into teenagers.

Important!

For those SAM Members or Volunteers that would like to keep updated and informed on special events, information sessions, surprise announcements and anything else that we aren't able to provide you with in the quarterly newsletter or had to be rescheduled following the newsletter mailing, please e-mail the editor of the Ups 'n Downs newsletter (russ@strokerecovery.ca). We will enter your e-mail address into our database to be able to send you up to the minute SAM news and information as we get it.

It can be difficult keeping a straight face as a court reporter.....



Attorney: "What was the first thing your husband said to you that morning?"

Witness: "He said, 'Good morning Cathy'."

Attorney: "And why did that upset you?"

Witness: "My name is Susan."

Attorney: "Do you recall the time of day that you examined the body?"

Witness: "The autopsy began at 8:30 AM."

Attorney: "And Mr. Denton was the deceased?"

Witness: "If not, he was by the time I finished."

Attorney: "All of your responses must be *oral*. Is that understood?"

Witness: "Yes."

Attorney: "What school did you attend?"

Witness: "Oral."

Attorney: "Doctor, how many autopsies have you performed on cadavers?"

Witness: "All of them. The live ones put up too much of a fight."



SAM Carepartners Peer Support Group - Jim Sinclair



It has been a considerable length of time since we offered a Caregivers Peer Support Group. An initial meeting of interested Carepartners and other caregiver's will be held on Thursday, April 25 at 2 pm at the SAM office. This initial meeting will be a carepartners and caregiver's peer support discussion with two capable, experienced SAM carepartners present. This will be an opportunity for carepartners and other caregivers to ask questions and raise matters of concern. This initial group will be asked to decide if they wish to continue meeting on a regular basis as a support for themselves and other new carepartners and caregivers. If you are interested in attending or would like additional information please e-mail jimsinclair@mts.net or phone Russ Down, David Lewycky or Nadine Gagnon at 942-2880. If you would be interested in such a program but are unable to attend at the scheduled time and date, please e-mail Jim or call Russ, Dave or Nadine with that information.

Things to Remember!

- ✚ Taiji...every second Friday. Join us. It's good for you and it's fun.
- ✚ Pizza Day. First Tuesday of each month.
- ✚ Art Therapy every Wednesday from 10 AM till noon at the SAM Centre.
- ✚ Craft Day is the third Monday of each month.
- ✚ PSSST! (**P**eer **S**troke **S**urvivor **S**upport **T**eam) 4th Wednesday of each month.

The Teenage years is that period in a boy's life when he refuses to believe that someday he'll be as dumb as his father.

All the great folks who helped make our Annual Valentine Tea the success that it was:

Cynthia Drebot from the United Way of Winnipeg, Carl Hutman & Doug Blaylock from the Winnipeg, Central Business Association; MLA for St. Boniface, Shelly Glover; former city councilor from East Kildonan-Elmwood, Lillian Thomas; CBC news anchor, Janet Stewart; SAM President, Mabel Pratt; Auxiliary President, Mary McDonald and her crew, Isabel Worbanski, Leonie Fraser, Stella Wall & Lorna Edstrom; our fabulous tea & coffee servers, the 212 Pathfinders of the 13th Rangers; our ticket sellers, Diane Letwin & Peter Zajackowski; our greeter & Keeper Of The Loonie-Toonie Bowl, Gladys Schewe; Dave Obedzinski & Norm Edstrom, our setter uppers; the ladies who created and donated the gift baskets, Germaine Giasson, Lorraine Ross, Karen MacHutchon & Sherry Sherrington; the dozens of folks who donated goods for our Bake Sale; Linda Choquette who donated the jewelry for the Wheel & Walk Draw and those who the Tea could absolutely not do without, all of the good people who attended the event.

“Thank you one and all. This was a great team effort.”

Pennies from Heaven



Now that the Canadian penny is a matter for the historians, some of you are probably wondering what to do with that jar or coffee can full.

If you have no desire to roll thousands of pennies and then cart them down to the bank to deposit into your account, we have an alternative solution; donate them to the Stroke Recovery Association. We have volunteers who will happily count and roll them.

These pennies all add up and SAM can use them to continue to help stroke survivors and their families lead happier and fuller lives.

So get your pennies together everyone. Tell your friends; tell your brothers and sisters; your mothers and fathers; your aunts and your uncles. There *are* a ton of pennies out there. Let's see how many we can collect.

Thank you.

To those SAM Members who had family members fill out the Caregiver Questionnaire late last year:

Dear SAM Members,

I would like to take this opportunity to express my sincere gratitude to all the post stroke individuals and their caregivers who have supported my study. From the bottom of my heart, I appreciate your time and insight.

Thank you so much Stroke Recovery Association of Manitoba Board and Administrative members for your guidance to assist me in the study. Without all your support, this study would not have been possible. If any members and their family have any further questions, please free to contact me. I will be more than happy to assist.

I am proud to be a member of Stroke Recovery Association of Manitoba.

Best Regards,
Chen Jin

The Teenage years is that period when many kids feel that their parents should be told the facts of life.

Returning To Golf After Stroke (online article)



Three years after his stroke, Greg Pietraszewski told his wife she could donate his golf clubs to the church garage sale.

He had overcome much after his stroke in 2007 -- from losing the ability to speak and move his right side to learning to walk and talk again. He also had lived 40 years with rheumatoid arthritis, a painful disease that led to 11 joint replacements over the years.

No matter how upbeat he remained in the face of adversity, Greg had to be realistic. He figured his golfing days were over. That is, until the letter from Genesis arrived.

The letter invited him to play golf with fellow stroke survivors at Red Hawk Golf Course in Davenport. The program is a collaboration of the Genesis Stroke Prevention & Recovery Center and Western Illinois University-Quad Cities. It seemed almost too good to be true. Greg, 64, of Coal Valley, Ill., could return to his beloved sport with the security of being with people who understood stroke patients. He could improve his range of motion, strength, balance and endurance. He didn't have to worry about moving too slow or taking too long to say the right words; he would be with others who had lost abilities too.

As a side benefit, he would discover new purpose. He and fellow golfers could help give practical experience to students of Western Illinois University Associate Professor Dr. Marcia Jean Carter, CTRS, and the university's Recreation, Park and Tourism Administration program.

The night before his golfing comeback, Greg was so excited he set out his golf clothes and told his wife Kathy, exactly when to wake him.

"It felt really good to get out and stretch myself and be out on the course again," Greg recalls of that first fall session in 2010.

A stroke of therapy:

He was paired with Genesis recreational therapist Amy Weaver, who has assisted him throughout the fall and spring sessions. The two became fast friends, each with something to teach the other.

Greg has taught Amy a lot about golf, enough for her to go and play on her own. She has kept him safe while serving as his therapist and chief motivator.

Before his stroke, an athletic Greg golfed once a week and even had clubs modified to accommodate his arthritis. The couple never dreamed he would need golf clubs again.

"Greg is out breathing fresh air again and feeling good about himself," his wife, Kathy, says. "He'll come home and tell me exactly how he did. A huge benefit is that his therapist, Amy, is watching his improvement from week to week. It holds him accountable and motivates him to do his golf exercises throughout the week. He looks forward to her feedback."

Recreational Therapist Amy Weaver says golf has helped Greg increase his mobility, confidence and social skills. "He used to be a very good golfer. He's amazingly positive, even though there are some aspects of golf he no longer can do. He can't bend over and pick up the ball or hit it nearly as far. He likes the shorter, adaptive holes. But he is highly motivated and knows if he exercises at home he can achieve more on the golf course."

David Feherty on golfers

- ✚ "I am sorry Nick Faldo couldn't be here this week. He is attending the birth of his next wife."
- ✚ On Jim Furyk's swing: "It looks like an octopus falling out of a tree."
- ✚ "Watching Phil Mickelson play golf is like watching a drunk chasing a balloon near the edge of a cliff."
 - ✚ "That was a great shot - if they had put the pin there today."

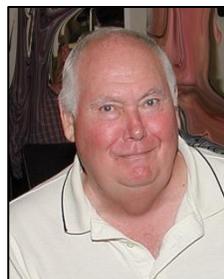


Come shop at the SAM Centre

The SAM Centre has a huge inventory of scarves, mittens, aprons, potato bags, slippers, hats, sweaters, jewelry bags, toques, books, bingo bags, casserole bags, blankets, tea cozies, dish cloths, dish towels, knitted toys, garbage bag dispensers, necklaces, broaches, garment bags, wheelchair bags, miniature Kleenex covers, afghans, pillow covers, baby bibs, loofahs, refrigerator towels and a bunch more. These gifts are great for birthdays, baby showers and lots of other occasions so come on down to the SAM Centre at B – 247 Provencher Blvd. *and shop till you drop!*



SAM Group Facilitators



Top row from left: Linda Cooper (PSSST!) Rebecca Atkinson (Taiji) April Takacs (Craft Day) Dave Dowd (Portage la Prairie) Diane Letwin (Strokes 'n Folks) Lorna Edstrom (Games Day)
Bottom row from left: Anne Manitowich (St James & In Your Prime) Aixa Stafforini (Art Therapy) Jim Sinclair (SAM Carepartners)

And last but certainly not least, we would like to welcome Nadine Gagnon to the Stroke Recovery Association of Manitoba. She will be filling in for Sherry while she's on maternity leave. Glad to have you aboard Nadine.



Newsletter committee:

Lorraine Ross – Debbie Down - Nadine Gagnon – April Takacs – Nicholas Down –
Dave Lewycky Editor: Russ Down

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SAM is a proud agency partner of the United Way of Winnipeg.