



Stroke Recovery Association of Manitoba Inc. (SAM)

Friendship & Understanding

Celebrating 41 Years of Incorporation in 2014

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, 2014

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

Coming Up:

Stroke Recovery Association Annual General Meeting

The 2014 SAM AGM will be held on Saturday, April 12th the SAM Centre - B-247 Provencher Blvd. from 11 AM - 1 PM.

Remember, your membership must be paid in full in order to vote at the Annual General Meeting.

Other News!

The Annual SAM Wheel & Walk for Stroke Recovery will take place on Sunday, June 8th at Whittier Park. Sign up will be 10 am in front of the shelter. For further information, please contact Sherry or Terry at the SAM office.

942-2880



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.
- No charge 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: dte-neil@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. 10:00 – 11:00 AM. Please phone for details. 942-2880

Conversation Group

- This is an Aphasia Workshop held once a month. Please call the SAM Centre for dates and times.

Dear paranoid women who check behind the shower curtain for knife wielding maniacs:

If you find one, what's the plan?

A Word from the Administrator

2006 was a very eventful year for me. At the beginning of May, my father unexpectedly passed away and later on that month, I began employment at the Stroke Recovery Association. As a matter of fact, I had to postpone my second interview here to attend my dad's funeral. To cap off a bittersweet year, my mother passed away in October. I will say however that the positive outlook on life with which virtually all of our members have been blessed, got me through most of the grief that I was experiencing at the time. And for that SAM Members, you all have my heartfelt gratitude forever.

I have had many great experiences at SAM and I have met far more wonderful people than I have room to acknowledge in this newsletter. I would literally have to list about a hundred and fifty people and of course it would be very likely that would I miss someone. So I am going to universally thank *everyone* that I have had contact with in the last eight years.

It's hard to believe but in that time, I have had fourteen different fellow staff members. (Interestingly enough, only one male on that list) Some of the ladies weren't here for long but I wish to thank Marybet, Theresa, Lorraine, Anne W., Dave L., Terry and Sherry. Each of these folks made it very easy for me to get out of bed every morning to come to work.

We've had some pretty good people on our Board in the last while too. I have special thanks for Len, Mark, Mary, Caroline, Anne, Terry, Mabel, April, David, Rebecca, Lorna, Louise O., Gladys and Shawn.

I'm certain that I have also tested the patience of at least two of our Community Investment Managers from the United Way. On more than one occasion, I know that I

have been the cause of much grinding of teeth and pulling of hair because of my lack of understanding of the United Way Annual Update. So my thanks go to Linda Godin-Sorin and Cynthia Drebot for patiently explaining the procedure to me every year rather than coming over to the SAM Centre on Provencher and beating me up.

And the SAM Volunteers; where would we be without them? There would be no Wheel & Walk, no Valentine Tea, no Sidewalk Sale, no Christmas Dinner and so on and so on.

Thanks also to Mary McDonald and the SAM Auxiliary and our unseen but talented army of Knitters.

Aixa, you've been a Godsend.

I don't want to forget the members of the Winnipeg Central Business Association. So many thank-yous...so little space.

I have chosen this time to move on for the reason that SAM has two individuals in place that I believe can bring this organization to a new level. I hope that you give Sherry the support that I have always received. If this happens, I know that good things will come of it.

Farewell and God bless to you all.

The photos framing this page are staff & board members that I have enjoyed working with over the last eight years. I thank all of you for the support and the kindness that you have not only shown me, but also that which you have shown each other.

Golf is played by millions of retired men whose wives think they are out having fun.

A Word from the President



Greetings to all SAM members, friends and families.

As everyone that attended the annual Valentine Tea last month, knows that it was a huge success. Special thanks to Dave Dowd and his Valentine Tea committee in addition to all of the other volunteers who worked their tails off to make this event the triumph that it was.

Special thanks also go to all the folks who donated the silent auction baskets.

Don't forget that the Annual General Meeting is on Saturday, April 12th at the SAM Centre and the Annual Wheel & Walk for Stroke Recovery is just around the corner on Sunday, June 8th. This (the W & W) will be the second all-important fundraising event of the year. We would like as many people as possible to please take at least one Wheel & Walk pledge book. These fundraising events are very important to this organization.

Thanks everyone. This winter won't last forever but until it does, keep warm.
See you all on April 12th at the AGM.

-April

Become a SAM Member for Only

\$25 a year.

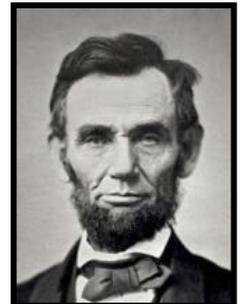
Membership entitles you to:

1. Receive four newsletters per year
2. Reduced or eliminated fees for all SAM Programs
3. Vote at the Annual General Meeting
4. Attend any SAM program & special event
5. *Belong*

Weird or What?

There are bizarre similarities between Abraham Lincoln and John F. Kennedy.

- ✚ Abraham Lincoln was elected to Congress in 1846. John F. Kennedy was elected to Congress in 1946.
- ✚ Abraham Lincoln was elected President in 1860. John F. Kennedy was elected President in 1960.
- ✚ Both were shot in the back of the head in the presence of their wives.
- ✚ Both wives lost their children while living in the White House.
- ✚ Both Presidents were shot on a Friday.
- ✚ Lincoln's secretary was named Kennedy.
- ✚ Both were succeeded by Southerners named Johnson.
- ✚ Andrew Johnson, who succeeded Lincoln, was born in 1808. Lyndon Johnson, who succeeded Kennedy, was born in 1908.
- ✚ Lincoln was shot in the Ford Theatre. Kennedy was shot in a Lincoln, made by Ford.
- ✚ Lincoln was shot in a theater and his assassin ran and hid in a warehouse. Kennedy was shot from a warehouse and his assassin ran and hid in a theater.
- ✚ Booth and Oswald were assassinated before their trials.



Always borrow money from a pessimist. He won't expect it back

Manitoba fares poorly on stroke survival

(Winnipeg Free Press article)

A new report comparing the health performance of individual Canadian provinces with about three dozen countries is shining light on some troubling shortcomings in Manitoba.

The study, released Thursday by the Canadian Institute for Health Information (CIHI), found the death rate in Manitoba after a patient is admitted to hospital for stroke compares unfavourably with the vast majority of OECD countries.

Only five countries, including Mexico and Turkey, had worse performances than Manitoba's, while Canada as a whole ranked 20th among the 34-member countries of the Organization for Economic Co-operation and Development.

The finding has led to renewed calls within the province for the creation of a dedicated stroke unit in Winnipeg. Manitoba is the only province in Canada without such a unit, according to the Heart and Stroke Foundation of Manitoba.

Jackie Zalnasky, vice-president of health promotion and research with the Heart and Stroke Foundation of Manitoba, said the report's results are a cause for concern. The foundation has been calling for improved stroke care for a decade.

She said according to research, creation of a specialized stroke unit can reduce the likelihood of death and disability from stroke by as much as 30 per cent. Even tiny Prince Edward Island has such a unit, she said. Conservative health critic Myrna Driedger tabled a resolution in the Manitoba legislature nearly two years ago calling for the creation of a specialized stroke unit. The motion failed to win government support. "I don't know why the government is dragging their heels on something like that," she said. She called the study results "alarming."

Health Minister Erin Selby (photo at top right) said the government is "looking into" establishing a specialized unit, but she made no commitment. She noted Manitoba's health system has performed well in studies that compare initial response times for stroke patients. The province has also made great strides in reducing the number of strokes that occur, she said.



Important!

For those SAM Members or Volunteers who 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 (info@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.

Shear Image Hair & Nail Studio at 433 River Ave. has gone to bat for the Stroke Recovery



Association of Manitoba and has hit a grand slam. An

estimated one thousand dollars of SAM Knitted Goods has been sold at Shear Image to help improve the quality of life for stroke survivors and their families.

So thank you Crystal (second from right) and your wonderful team.

Your generosity and kindness is appreciated by all of our members and staff.

Around the Tea



(Photo at left) Emma Brownson (middle) got to meet her favourite newscaster at our Annual Valentine Tea on Saturday, February 15th. Posing with Emma are CBC News Anchor Janet Stewart (right) and her mom, SAM Member Laura Brownson.



(Photo at right) Art Therapist Aixa Stafforini and board member Shawn



Obedzinski (in white) posing for a photo at the Tea.

(Photo at left) Past President Mabel Pratt (left), Vice-President Caroline Young (middle) and Treasurer Theresa Wiktorski (right), partying it up at the Tea.



Legendary SAM Executive Director Ruth Gudgeon and newscaster Janet Stewart at right.



Gladys Schewe (photo at left) at her customary post at the front door, hungrily accepting donations.

(Photo at right) Longtime SAM Member Diane Letwin and relative newcomer Linda Basiuk helping out with the Silent Auction.



(Photo at left) Longtime SAM Members Shirley Ward and her son Dave taking in the festivities at the Tea.



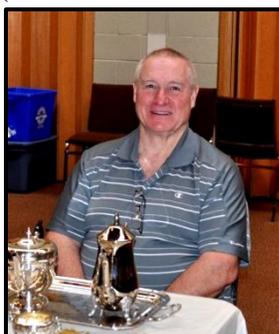
(Photo at right) Longtime SAM Member Lorna Edstrom and her husband, longtime SAM Volunteer Norm taking a breather.

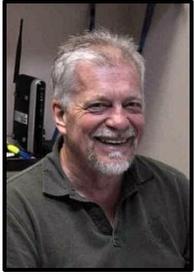


(Photo lower left) Likewise Joyce & Fred Coreau enjoying the Tea



(Photos at bottom of page) Winnipeg Central Business Association members Gerald Dey (right) and Ron Baldwin (left) were Special Guest Pourers at the Tea. Thanks a million, guys.





Dave Lewycky (photo at left), former bookkeeper for the Stroke Recovery Association, sent us a short story in celebration of his mother's 95th birthday.

"Happy 95th Birthday Tillie Lewycky from Dauphin, Manitoba."

The Old Lady in the Mirror

A very weird thing has happened. A strange old lady has moved into my house. I have no idea where she came from, or how she got in. I certainly did not invite her. All I know is that one day she wasn't there, and the next day, she was.

She is a clever old lady and manages to keep out of sight for the most part but whenever I pass a mirror, I catch a glimpse of her. And whenever I look in the mirror to check my appearance, there she is hogging the whole thing, completely obliterating my gorgeous face and body. This is very rude. I have tried screaming at her, but she just screams back.

If she insists on hanging around, the least she could do is offer to pay part of the rent, but no. Every once in a while, I find a dollar bill stuck in a coat pocket, or some loose change under a sofa cushion, but it is not nearly enough.

I don't want to jump to conclusions but I think she is stealing money from me. I go to the ATM and withdraw \$100 and a few days later it's all gone. I certainly don't spend money *that* fast, so I can only conclude the old lady is pilfering from me. You'd think she would spend some of that money to buy wrinkle cream. She needs it. And money isn't the only thing I think she is stealing. Food seems to disappear at an alarming rate; especially the good stuff like ice cream, cookies and candy. I can't seem to keep that stuff in the house anymore. She must have a real sweet tooth, but she'd better watch it because she is really packing on the pounds. I suspect she realizes this, and to make herself feel better, she is tampering with my scale to make me think I am putting on weight, too.

For an old lady, she is quite childish. She likes to play nasty games, like going into my closets when I'm not home and altering my clothes so they don't fit. And she messes with my files and papers so I can't find anything. This is particularly annoying since I am extremely neat and organized. She also fiddles with my VCR so it does not record what I have carefully and correctly programmed.

She has found other imaginative ways to annoy me. She gets into my mail, newspapers and magazines before I do and blurs the print so I can't read it. And she has done something really sinister to the volume controls on my TV, radio and telephone. Now, all I hear are mumbles and whispers.

She has done other things like make my stairs steeper, my vacuum cleaner heavier and all my knobs and faucets harder to turn. She even made my bed higher so that getting into and out of it is a real challenge. Lately, she has been fooling with my groceries before I put them away, applying glue to the lids, making it almost impossible for me to open the jars. Is this any way to repay my hospitality?

She has taken the fun out of shopping for clothes. When I try something on, she stands in front of the mirror and monopolizes it. She looks totally ridiculous in some of those outfits, plus, she keeps me from seeing how great they look on me.

Just when I thought she couldn't get any meaner, she proved me wrong. She came along when I went to get my picture taken for my driver's license, and just as the camera shutter clicked, she jumped in front of me! No one is going to believe that the picture of that old lady is me.

- Author unknown

How do you get a sweet little 80-year-old lady to drop the 'F' Bomb? Get another sweet little 80-year-old lady to yell, 'BINGO!'



Special Thanks

I would like to thank the youngest member of our Valentine Tea Volunteer team, Jaetta Chambers. She assisted with the distribution of all of the Silent Auction prizes, of which there were quite a few.

Jaetta is the grand-daughter of SAM Board member Terry Wilson and she came all the way from Calgary to give us a hand at the Tea. Give her a round of applause everyone. Thanks Jaetta. T'was a pleasure to work with you.



Miami Herald Senior Personal Ads:

- ✚ 1922 Male: high mileage but in excellent good condition. Some hair - many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.
- ✚ 1934 sexy, blue haired, fashion conscious beauty. Five foot-four (used to be 5-6) searching for a young looking, sharp dressing male companion. Matching white shoes and belt, a plus.

Attention to all SAM Members, Friends and Families...

Anyone interested in becoming a member of the SAM Board of Directors, please contact us at 942-2880 or visit us at to the SAM Centre at B – 247 Provencher Blvd.



Newsletter committee:

April Takacs – Debbie Down – Terry Jones - Russ Down

Unit B – 247 Provencher Blvd Winnipeg, MB R2H 0G6 Ph: 942-2880 Fax: 944-1982

E-mail: info@strokerecovery.ca Website: www.strokerecovery.ca



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

