

Autumn, 2018

Ups 'n Downs

**Stroke Recovery Association of
Manitoba Inc. (SAM)**

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

**Drive – Desire – Determination
Dedication – Do it!**

WINNIPEG CENTRAL
BUSINESS ASSOCIATION



THE
WINNIPEG
FOUNDATION

A Word from our President:



Greetings to all

I hope that everyone has had a great summer but are returning to your routine of coming to visit SAM on a regular basis.

Now, down to business; the Wheel n' Walk was a great success, bringing in about \$11,158. Thank you to all who walked and volunteered

The Sidewalk Sale was another success, bringing in about \$1,185; a Sidewalk Sale record. Thanks to all the SAM and United Way volunteers who donated their time and those of you who attended the event. Thanks to these functions, SAM finances are on track.

Also, helping to keep us on economic track, we received the final bequest for the estate of Dusty van Someren Bevan.

We are also expecting some large donations to come in from the Stroke Month Fundraising Blitz. We received \$1273.99 from the Province of Manitoba All Charities fund and a donation is coming in from the estate of Walter Karlicki, who passed away in March of 2018. Walter was one of the four SAM founding members back in 1969.

Our fundraising goal for 2018 was \$50,000. To date we have received \$43,000 or 86 % of our goal. Thank you to everyone for working so hard to help us achieve this.

In addition to all this good news, we have a new Acting Director, Pharmacist Dennis Fancy. Welcome aboard Dennis.

New this year was the Beach Blanket Tea on August 23 celebrating Stroke Month. This was organized by Anne Manitowich, Marybet Gilroy and Anne Davis. For a first time event, it was well attended and raised \$110.

David Dowd, Theresa Wiktorski and I went to Portage la Prairie to meet with Portage Stroke Survivor Support Group and the Westman Stroke Support Group. We talked about what we could do for each other. It was a great start to a new relationship. Thanks to Portage and David for organizing this.

Further news in the organization is that our board is taking 8 hours of training with volunteer Manitoba.

Lastly, SAM will be at the St. Norbert Farmer's Market on September 29 with the Auxiliary's knitting, etc. We will also be at 3 health fairs; on September 25th, Wellness Centre at Seven Oaks, the 28th at the Reh Fit Centre at, October 4th at Kildonan Place and on October 20th at Riverwood Square. Thanks to all of those who are helping with the market, the health fairs and all the committee members. See you at SAM.

SAM Christmas Dinner



Hello SAM Members,
friends and families.

This year's Annual SAM Christmas Dinner will be held on Sunday, December 9th at the ANAF Legion at 300-1395 Ellis Avenue from 4 until 8 PM. Tickets are \$25 each.

The entertainment again this year will be the ever popular Campfire Junkies.

There will be a childrens special dinner of chicken fingers and chips for ages 10 and under for \$10 and you can also look forward to a silent auction, 50/50 draw, and door prizes.

Special diets will be accommodated.

Phone Sharon or Andrew at the office to book your dinner or if you have any questions. (204-942-2880)

Hope to hear from you soon.



To stay in shape, my grandmother started walking five miles a day when she was 60. She's 97 now and we don't know where the hell she is.

-Ellen DeGeneres.

SAM Events & Programs:

Adapted Exercise: Every Tuesday at 11-11:45 am, at the SAM Centre.

Drop in for Art: Every Wednesday from 10 am – noon at the SAM Centre on Provencher.

Thursday Games Day: 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 meals & events. All are welcome.

Tablet/Cell Phone Help Group: Thursday afternoons from 2 - 3 PM. Tone up your technology skills with Laurisa.

Speakeasy Friday: 11:00 AM. We have a speaking group at the SAM Centre. It's for anyone who has trouble speaking their mind, telling a joke or even (GASP!) speaking in public; in other words, everyone. We meet on Fridays. Bring a joke if you have one handy. This is a perfect, friendly environment for anyone to practice a speech before they present it. Nothing beats speaking for making better communicators.

In Your Prime Peer Support Group: 2nd Monday of each month at Access Transcona. Facilitator: Anne Manitowich – (204) 669-3264. 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.

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.

Portage La Prairie Peer Support Group: 3rd Tuesday of each Month. Call the SAM Centre for details. (204) 942-2880

Prime Time Support Group: 3rd Tuesday of every month from 1 – 3 pm at the SAM Centre. We talk about a wide variety of subjects; your choice. Perhaps you're looking for advice. Or maybe you just need to vent. The main purpose is for everyone to feel more positive about their life after the meeting.

(Continued on last page)

Something to remember:

Join us for pizza on the first Tuesday of every month. \$5 per person.



SAM call to action!

Are you interested in becoming a SAM volunteer or a member of the SAM Board of Directors? If so, please contact us at (204) 942-2880 or visit us at the SAM Centre at B-247 Provencher Blvd.

This is an excellent opportunity to help out in the community and to gain valuable experience in the charitable industry. Give us a shout!

Do your activity levels and participation in the community change depending on the weather? We would like to find out.

✚ Researchers at the University of Manitoba want to know how participation in the community is affected by changes in weather and time of year for people who have had a stroke.

✚ Participants will be assessed in their home at 2 times, summer and winter. Each time, they will answer 4 questionnaires and do a quick walking test inside their home. The 4 questionnaires take approximately 40 minutes to complete.

✚ Participants will be asked to wear an activity monitor for 1 week in summer and 1 week in winter to see how active they are.

✚ Participants may be asked to be part of a 1-hour interview in their home in winter and summer.

✚ We hope the information learned from this study will benefit other people with stroke in the future and tell us more about how weather affects people following a stroke.

✚ If you are interested in being involved in the study, please contact Anuprita at (204) 787-8015.



Everyone knows that a group of wolves is a pack, a group of ducks is a flock and groups of lions are prides and so on and so on. How many of these do you know?

1. Eagles
2. Frogs
3. Sharks
4. Squid
5. Grasshoppers
6. Crabs
7. Elephants
8. Cobras
9. Sparrows
10. Bats

(Answers on last page)



A Stroke Story

Hi, my name is Shannon. I am here on behalf of the Stroke Recovery Association of Manitoba (SAM). I am currently on the board of directors at SAM and I would like to start by telling you a little about myself and my experience as a stroke survivor.

I am a 32 year old Occupational Therapist that lives in Winnipeg, MB. I had my stroke on August 7th, 2017; just last year. I experienced a hemorrhage while I was climbing out of the water from swimming in Lake of the Woods, Ontario. Thankfully, I was with a co-worker/friend who was able to catch me while climbing up the ladder and caught me and brought me onto the dock. She told me that she thought I was having a stroke and made sure I was safe on the dock while she ran to grab her phone from the cabin.

After some panic and confusion, an ambulance arrived and took me to the Kenora district hospital where the doctors determined that due to the nature of my stroke, I would not survive unless I had emergency surgery. I was then air lifted to HSC for my first craniotomy. I was in HSC for about 3½ weeks prior to being discharged to Riverview Health Centre for stroke rehabilitation.

While at RHC I participated in physical therapy, occupational therapy and speech therapy. It was where I learned to walk, speak and begin to do things for myself that I had previously taken for granted (dressing, bathing and eating).

I was fortunate enough that I also qualified to participate in a research study during my stay. I ended up being in a group that had physical therapy twice daily (AM and PM). Coincidentally, a year earlier I was an Occupational Therapy student in the Stroke Rehab program at RHC so I was somewhat familiar with the process and assessments they administered but due to memory impairment, I could not remember everything so I still struggled with a lot of the cognitive tasks.

I was discharged from RHC on October 12, 2017 and went back home to live with my husband and our 6 cats. It took some time to get used to being back home, especially feeling safe on stairs since I no longer needed any wheelchair or walker. However, with the support of my husband, I transitioned well and safely.

After being at home for a few months, I returned to HSC for my second but planned craniotomy to clip another aneurysm that had not yet ruptured. During this surgery, I was later informed that I had another hemorrhage in my cerebellum during the surgery, totalling 3 strokes in all, so I feel very fortunate to be here today to talk about this with you.

Moving forward another 3 months or so, I was ready to take my DAMP (driver's assessment management program) test at HSC, which was the first step to getting my licence back. I passed the test and was then given a temporary licence and set up an appointment for an in vehicle evaluation with 2 driving instructors with MPI to determine if I was capable of returning to driving independently.

Passing that test was a relief as I work in Selkirk and drive myself there and back which leads me to my return to work. This process did not go as smoothly as I returned on a graduated plan starting at 1 day a week for 3 weeks, then 2 days for 3 week, etc. But by the time I got back to 3 days a week I was not coping well and all of the little cognitive demands were making it difficult for me to manage and I was emotionally unpredictable, so I went back on LOA (leave of absence) for another month and still do not feel completely ready to take on the job demands I previously had, so I have requested to extend my LOA until the fall. I hope that the extra time will allow me to continue to recover and take care of myself prior to caring for other patients again.

Lastly, I want to speak a bit about SAM, they were there for me during my stay at RHC as a member from SAM would come and run a group where we were able to sit and talk about our experiences and recovery. This is something that I wanted to continue after being discharged from RHC.

Initially after being discharged from RHC I attended a 2 month cognitive group at HSC for stroke survivors and individuals with brain injury. When that group ended, I longed for the peer support that was missing in my life so I joined SAM. I am so grateful that I did as they have offered a safe place to continue to recover and discuss what it is like to be a stroke survivor. They also offer many different programs for survivors including a support group, exercise with a physical therapist, art, games, public speaking and events. Anyone is welcome to become a member of SAM and we welcome anybody who is interested.

Thank you.

Ten things NOT to say to a person with a Brain Injury (in no particular order)

1. "I know what you mean. I have a terrible memory too."
2. "But you don't look disabled."
3. "Move on and stop dwelling on what happened."
4. "You should be back to normal by now."
5. "You're tired? At your age?"
6. "It's all in your mind."
7. "Cheer up. There's always someone worse off."
8. "Are you sure you should be doing that?"
9. "I know someone who had a brain injury and they are fine now."
10. "But you were able to do that yesterday..."

Five things you SHOULD say to a person with a Brain Injury (also in no particular order)

1. "I'm sorry. How can I help?"
2. "I don't know how you feel but you are my friend and I will always be there for you."
3. "I admire your willpower. You *will* get through this."
4. "Take your time. We're not in a hurry."
5. "I don't know what to say but I'm sorry it happened to you."

Annual Games Day Thanksgiving Lunch

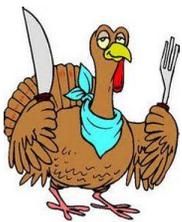
When: October 11, 2018

Time: 10:00 am – 2:00 pm

Where: SAM Centre at Unit B 247 Provencher Blvd

Cost: \$5

Please call 204-942-2880 one week prior to the event if attending.



Answers to Groups of Animals:

1. **Eagles** – a *convocation*
2. **Frogs** – an *army*
3. **Sharks** – a *shiver*
4. **Squid** – an *audience*
5. **Grasshoppers** – a *cloud*
6. **Crabs** – a *consortium*
7. **Elephants** – a *parade*
8. **Cobras** – a *quiver*
9. **Sparrows** – a *host*
10. **Bats** – a *cauldron*



In California, they don't throw their garbage away; they turn it into TV shows
- Woody Allen.

Happy 'Back to School Days' Everyone!



IMPORTANT NEWS BULLETIN!!!

A band of desperados attempted to break in to the SAM Centre on Provencher Boulevard a number of weeks ago.

The would-be robbers however, were unable to get past the locked door.



Become a SAM Member

Membership entitles you to:

-  four newsletters per year
-  reduced fees for adapted exercise
-  vote at the Annual General Meeting
-  attend any program of the Association

Television has proved that people will look at anything, rather than each other. – Ann Landers

SAM Events and Programs

(continued from second page)

Art Therapy: Every Monday. Bring your lunch and make a day of it. (phone 204-942-2880 for times)

SAM Auxiliary: Every Monday morning. Ditto the Art Therapy program; bring your lunch and make it a visit. (phone 204-942-2880 for times)

SAM Auxiliary is looking for Community Minded Members.

Do you like working with arts & crafts? Do you or someone you know, knit? This is a great chance to gain valuable experience in the charitable industry. Give SAM a call and talk to someone about our Auxiliary. You won't be sorry.

Stroke Recovery Association of Manitoba Inc. (SAM)

Unit B – 247 Provencher Blvd. – Winnipeg, MB.
R2H 0G6 – Ph. 204-942-2880 – Fax 204-944-1982

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

