



21 Glenview Cres. S.W.
Calgary, Alberta
T3E 4H6
Tel/Fax: (403) 249 7215
Email: FLN@Telusplanet.net

Stroke Recovery News

Issue #2 April 2003

Group Visits

We have had a great response from groups wanting us to visit and we have booked trips to Lethbridge, Medicine Hat, Leduc, Edmonton, and Camrose, if any of you want Lou and I to visit and do a presentation please give us a call ASAP as our travel diary is filling up fast!

New Groups

In 2003 we have started new groups in Fort McMurray and High River, watch for contact information on our updated web site. We are meeting with folks in Brooks on April 8th to see what can be done in that community.

Funding

Good news, all of our funding for the next two years has been approved and received. This will support all of our activities at least through December 2004.

Workshop 2003

We have booked confirmed dates for our annual workshop, *please note a change in those dates to Friday October 3 and Saturday October 4 at the Coast Edmonton Plaza Hotel 10155 – 105 Street in Edmonton.* The format will be similar to last year with a welcome reception on the evening on October 3rd and a full day, until 3:00 PM, on October 4th. We are trying to have a trainer come out from Toronto to introduce the Heart and Stroke Foundation program entitled "Living With Stroke". This is an exciting 8-10 week series of education sessions for stroke recoverers' and their families. Full details on the workshop will be sent to you by June 2003, so stay tuned!

Successful Groups-Some Ideas!

In the March/April edition of *Stroke Connection* magazine there are some wonderful articles about stroke support groups. Besides the need for planning, organization and commitment, below are some of their suggestions for successful stroke support groups:

1. Have at least monthly meetings which have four components:
 - Educational - experts and practitioners can make the lives of stroke families easier with pertinent information
 - Recognition - recognize persons and acknowledge their victories, achievements etc.
 - Social – Members need time to visit and mingle
 - Refreshments – food is always an important component and is appreciated
2. Develop leadership – the current leaders have to develop the new leaders for the group by asking others to take on challenging tasks and increased responsibilities.
3. Emotional support – groups have a greater impact when they foster an environment of emotional support through a buddy system, welcoming committees and peer/visitor programs.
4. Information swapping – no one knows all there is to know about stroke and every stroke is different. Trading information and brainstorming solutions lessens the workload for new stroke families and gives the old hands a reason to keep coming to meetings.
5. Resource networking – the collective wisdom, knowledge and experience of a stroke group is an effective tool that provides many resources to its members and the community.

Keeping it SIMPLE

The article in *Stroke Connection* magazine goes on to offer the **SIMPLE** process for stroke support groups:

Supportive – ask caring questions; listen attentively to the answers

Inspirational – reassure others that life gets better

Motivational – encourage action and acknowledge improvement

Practical – offer options, helpful tips and resource information

Educational – talk about what has worked for you and others; make suggestions; don't give advice.

For those of you who want a subscription to the *Stroke Connection* magazine you can write to:

Stroke Connection Magazine
American Stroke Association
7272 Greenville Ave.
Dallas Texas 75231-9955

We have found that they will often send one free subscription directly to a stroke group.

STROKELINE

The Heart and Stroke Foundation publishes a quarterly newsletter titled STROKELINE. This offers stories and helpful hints for stroke families. You can get free copies from:

STROKELINE Newsletter
1920 Yonge Street
4th Floor
Toronto, Ontario M4S 3E2

Or see their web site www.heartandstroke.ca or call toll free 1-888-473-4636

Web Site

Our web site www.strokerecoveryalberta.com will be update quarterly with the next updated scheduled for mid April. This newsletter will be posted on the site.

Group News

We would love to hear from you with stories, information, tips etc. you want to share with other groups.

Frank and Lou Nieboer