NOVEMBER 2018

NOTE:
Games Day – November 5th
Board Meeting – November 19th
Annual General Meeting – November 14th

Peer Support Meeting:
AGM will take place in lieu of Peer Support

November Birthdays:
Ernie Deary
Eva Keliar
Barbara Logan
John McGowan
Linda Nearing
Judy Riddell
Tom Rideout
Caitlyn Smith

WELCOME NEW MEMBERS!!!
Cathy Ferdinand
Rosemarie Lescano
Zerah Alix Dagson

FROM THE CHAIR...

MESSAGE FROM THE CHAIR

Happy November! The last month before the silly season begins and people of every faith and persuasion celebrate by eating too much and regretting it.

Our big event this month is the ANNUAL GENERAL MEETING. It will be held at 10 Overlea from 11 to 2 on November 14. Please try to come out and get fully informed on a recap of this year’s activities, and our plans for next year. Your input is important for the Executive so we can know what your priorities and preferences are; we want to make this as inclusive a group as possible.

If you are interested in joining the Executive, you can be nominated beforehand or at the meeting. But you must be at the meeting to voted onto the Executive Committee.

If you can’t attend, please send in your proxy form so that your vote can be counted.

And finally, if you’re planning on coming to the Christmas party on December 3, and you haven’t already done so, please bring your signup sheet and cheque to the meeting or mail it to us asap.

We hope to see everyone on November 14. Lunch will be provided.

John McGowan – Co-Chair
New Members

We’re always looking for new members, so if you know a stroke survivor or caregiver, pass this along and have them contact one or more of the executive. We’ll send them some information about what we do and encourage them to come out and meet all of us!

ANNUAL GENERAL MEETING NOVEMBER 14TH, 2018

Our Annual General meeting will take place on November 14th, 2018. The AGM will start at 11:30am with food and drink being served. After lunch, we will than proceed with the formalities, finances and other business for the year. At that point, we will then field any questions or comments our members may have. The event will end at 2pm. This is open to all paid members. As this is a voting year, you can vote for existing and/or new members. Proxy forms were sent out. Only members that are paid up-to-date can vote and that also holds true for being voted onto the board. Also realize that you must vote for a member that has indicated they are running for the board.
We look forward to seeing you. Please RSVP one of the Executive Board members, or through our warm line if you will be attending.

World Stroke Day

Oct 29 is World Stroke Day.
MODC has teamed up with Urban Poling to celebrate World Stroke Day. Toronto Central Chapter is having Urban Poling come in at our exercise class on Oct 30 for a demonstration, so you can try these out.
Join us for an evening talk on Type 2 Diabetes
Tuesday November 20, 2018  6:30 – 8:30 P.M.

Diabetes in 2018 and Beyond

Sunnybrook Speaker Series

You are invited to an evening discussion on Type 2 Diabetes
November 20, 2018

Leading Sunnybrook experts will discuss:

- **Changes in Self-Management - Your Role in Diabetes Care:** Leigh Caplan, Nurse Educator, Diabetes, Sunnybrook Academic Family Health Team
- **What The New Guidelines Mean for You:** Dr. Angela Assal, Endocrinologist
- **Fads, Fats and Fettuccine:** Annie Hoang, Registered Dietitian, Sunnybrook Academic Family Health Team

**Moderator:** Tracy Hussey, Executive Director, Sunnybrook Academic Family Health Team

Please RSVP your attendance by November 16, 2018
Phone: 416-480-4117  e-mail: speaker.series@sunnybrook.ca

**Free Admission**  **Free Parking, Garage One**

**November 20, 2018  6:30 – 8:30 p.m.**
McLaughlin Auditorium, Bayview Campus
E Wing Ground Floor, 2075 Bayview Avenue
Saturday, November 24 2018
10:00 a.m. to 2:00 p.m.

St. John’s Rehab
285 Cummer Avenue, Toronto
Grasett Hall, First Floor
416-226-6780

FREE ADMISSION & PARKING
Great deals and selections!
Baked Goods, Preserves, Books, Fine Things (China, Glassware and Houseware Items), Jewelry, Seasonal Crafts and Knits, Plants and Floral Arrangements, Raffle Table, Silent Auction.

The St. John’s Rehab Volunteer Association is a proud supporter of the St. John’s Rehab program at Sunnybrook Health Sciences Centre.
ANNUAL CHRISTMAS PARTY DECEMBER 3\textsuperscript{rd}

Monday December 3\textsuperscript{rd}, 2018.

Christmas is coming, and that means, our annual Christmas/Holiday party is around the corner. Time to get those party clothes out and book your seat! Door men will be there to help when needed, accessible men’s and woman’s washroom on the main floor, a large area so we can move around easily. Top that with great food, great DJ’g, getting together and laughing and dancing. Sounds like a perfect night!!!!

For those attending, we will need your cheques before the 20\textsuperscript{th} of November. Cost for guests will be non-refundable is $40.00. Paid up members must send a separate cheque for themselves in the amount of $40.00 which will be returned to them at the event but will be forfeited for anyone that does not attend. This is necessary because we must guarantee attendance to the hall prior to the event date.
You can bring your cheques to the AGM and hand them to one of the present Executives.

This year the event will take place at The Grand Luxe Banquet Hall, 3125 Bayview Ave. Toronto, M2K 1G2. Check out their website at www.grandluxe.ca for directions.

We look forward to seeing everyone at this special yearly event!!!!!
Please complete the following form and mail it back to us with a cheque(s) made out to Stroke Recovery Canada, for the Party.
Mail to: Gwen Amelard, 400 Banbury Rd. Tor. M2L 2C2

WE MUST HAVE THIS FORM and YOUR DEPOSIT RETURNED TO US NO LATER THAN Tuesday, November 20th, 2018

YES!!! I PLAN TO ATTEND THE DECEMBER 3rd, 2018 CHRISTMAS PARTY AT THE GRAND LUXE

Name: ________________________________

Phone No: ___________________

I want to register ________ member and ________ guest(s)
Please write in the names of any guests attending with you:

______________________________________________________________

Soup and Salad is included with each meal

Choice of Dinner:  Salmon _________ How Many
(Rice Pilaf,Brussell sprouts,carrots,broccolini, shallot caper persialade)

        Roast Turkey_________ How Many
(stuffing,brussel sprouts,carrots, broccolini,orange cranberry sauce)

        Beef Roast _______ _________How Many
(Yukon mashed, brussell sprouts, carrots, broccolini, Jus Natural)

        Vegetarian _________ How Many
(Walnut & Mushroom Wellington, grilled Asparagus, Arugula Pesto)

Dessert tray will be provided at the tables

Dinner is served at 6:30 PM
Games Day!  NOVEMBER 5\textsuperscript{th}, 2018

When we did our survey last December, many of you, our members asked for a Games Day.

We have had our 2\textsuperscript{nd} Games day, and unfortunately, attendance was very low. Our volunteers, Edith, Linda and Annette, have offered to spearhead this event, and worked hard to put together to share what we all hoped would be a brain active fun day of games with you, our members.

We hope that you will make an effort to come out November 5\textsuperscript{th}, to support your fellow members, have some fun, and use “our noggin’s”. These games are made for us to think, be creative and have fun. So, let’s get together in this month and show support for our volunteer co-ordinators and have some fun! We do all like to have fun!

AFTER STROKE (REBRANDED)

By way of updates, March of Dimes is rebranding Stroke Recovery Canada. The new name will be After Stroke Canada. There’s a web page where additional information can be found: www.afterstroke.marchofdimes.ca. You can register on the site as a stroke survivor, caregiver, or health care professional. Regardless of which category you register under, you can access all the information on the page. This is in its formative stages, and we don’t have a lot of other information yet, but go on the web site and let us know what you think! Sign up today.
Heard of any Interesting Events?

FROM RON REDDAM, CO-CHAIR:
This interesting study is looking for volunteers:

"Can non-invasive brain stimulation improve a stroke survivor's ability to move?"
It is Funded by Heart and Stroke while the study is done at Sunnybrook Hospital.

Study details: A 6 week study
-performing exercises while receiving non-invasive brain stimulation (NIBS) may enhance recovery more then performing exercises alone.
-the form of NIBS used for this study is called trans cranial direct current stimulation tDCS).
-tDCS is non-invasive as a small electric current is delivered to the brain through electrodes placed on the scalp. The current facilitates activity of brain cells involved in the control and learning of movements.
-it is painless but some people experience some tingling and an itchy sensation where the electrodes are placed.

This study aims to address: Most survivors receive the same type of tDCS.
Goal: To predict which stroke survivor receives what type of tDCS.

Who can volunteer:
-who had a stroke for the first time at least 3 months ago
-greater than 18 years of age
-no metal in their body.

Participation:
Voluntary and consists of 7 sessions, each lasting 1.5 - 2 hours
Visit 1: Tests to assess cognitive and physical functions and MRI (so pictures of your brain can help them locate brain areas affected by the stroke). Note: you can request a copy of the MRI for your doctors.
Visit 2-7: -performing reaching movements with your affected arm; receive different types of tDCS

Compensation: $30.00 per session to be paid at end of session or in total at end of session 7 for $210.00.
Location: Sunnybrook Health Centre,
Laboratory for Promoting Upper Stroke Recovery (PULSE)

To join contact either:
Kay-Ann Allen, research coordinator, 416-226-6780, ext. 7614
Or:
Dr. Joyce L. Chen, PhD, principle investigator, Assistant Professor
Faculty of Kinesiology and Physical Education, University of Toronto,
Email: joycelynn.chen@utoronto.ca
Phone: 416-946-5394

(brochure enclosed separately)
In Memoriam

DID YOU KNOW when a loved one passes away, you can make a donation in their memory?

We are linked with March of Dimes Canada. To make sure your tribute goes to the Toronto Central Chapters of Stroke Recovery Canada, please indicate that on your donation. The local chapter receives the donation from the March of Dimes ONLY if the chapters name is clearly noted.

Also, if you want to bequeath our membership in your will, please stipulate Toronto Central Chapter, Stroke Recovery Canada.

We are NOT the Heart and Stroke Foundation. Confusion does happen from time to time.

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Executive Committee

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Ron Reddam</td>
<td>Co-Chair</td>
<td><a href="mailto:Rr22eddam@yahoo.ca">Rr22eddam@yahoo.ca</a></td>
</tr>
<tr>
<td>John McGowan</td>
<td>Co-Chair</td>
<td><a href="mailto:Jmcgowan5780@gmail.com">Jmcgowan5780@gmail.com</a></td>
</tr>
<tr>
<td>Gwen Amelard</td>
<td>Treasurer</td>
<td><a href="mailto:amelard@bell.net">amelard@bell.net</a></td>
</tr>
<tr>
<td>Maurice Rabinovitch</td>
<td>Secretary</td>
<td>416-497-2218</td>
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<tr>
<td>Lynne Collins</td>
<td>Membership</td>
<td><a href="mailto:lynnecollins48@gmail.com">lynnecollins48@gmail.com</a></td>
</tr>
<tr>
<td>Don Colt</td>
<td>Telephone Communications</td>
<td><a href="mailto:donmaur.colt@gmail.com">donmaur.colt@gmail.com</a></td>
</tr>
<tr>
<td>Linda Nearing</td>
<td>Communications</td>
<td><a href="mailto:lindanearing@outlook.com">lindanearing@outlook.com</a></td>
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<tr>
<td>Scott Scheuermann</td>
<td>Volunteer</td>
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<tr>
<td>Kwaben Covae Yaboah</td>
<td>Communications</td>
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<tr>
<td>Christine Pacitto, RN,BScN</td>
<td>Consultant to the Board</td>
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**Directions to the Peer Support Meeting**

Date: Wednesday, November 14th, 2018  
Time: 11:00-2:00  
Location: 10 Overlea Blvd, Toronto  
Topic: ANNUAL GENERAL MEETING

**Membership Application / Renewal / Donation**

**MEMBERSHIP APPLICATION / RENEWAL / DONATION**

Ontario March of Dimes – Stroke Recovery Canada - Toronto Central Chapters

- Annual Dues $20.00 (April-March yearly)
- Donation:  
  - $20  
  - $30  
  - $40  
  - Other ($ ____ )
- Charitable Registration No. 107883928 RR0001

**PLEASE USE SEPARATE CHEQUE FOR DONATIONS**

Name:  
Address:  
Postal Code:  
Telephone:  
Email Address:

Make cheques payable to: **Stroke Recovery Canada**  
Mail to: Toronto Central Chapter  
P.O. Box 22137, 45 Overlea Blvd, Toronto, Ontario M4H 1N8

DON’T FORGET THAT ALL MEETINGS ARE OPEN TO TORONTO CENTRAL, PATHFINDER AND CAREPARTNER MEMBERS - WARMLINE 1-888-540-6666
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