



Halton-Peel Community
APHASIA PROGRAMS

February 2020 Newsletter



It takes three springs to make one leap year. ~*The Comic Almanack*

February Events

Caregiver Support Groups

Paula-Jane, Social Worker, will be hosting an upcoming Caregiver Support Group in Oakville

When: Tuesday, February 11th from 9:30 a.m. – 12:00 p.m.

Where: Oakville RLC, 2030 Bristol Circle, Suite 202, Oakville

Topic: Caregiver Stress and Depression – knowing the signs

Please RSVP by February 7th to Paula-Jane at

pbellizzi@monarchhouse.ca or phone 289-681-4904

Thank you!



*Please note: These sessions are meant only for caregivers, however the person with aphasia is welcome to join the aphasia group running at the same time, if needed.

Primary Progressive Aphasia Support Group

Paula-Jane, Social Worker, will be facilitating a support group for people living with Primary Progressive Aphasia:

When: Tuesday, February 25th from 10:00 a.m. – 12:30 p.m.

Where: Burlington Legion, 828 Legion Rd., Burlington

Topic: Open Discussion – What individuals living with PPA are doing that helps – sharing thoughts and ideas

Please RSVP by February 21st to Paula-Jane at 289-681-4904 or pbellizzi@monarchhouse.ca

Thank you!

*Please note that these sessions are meant only for the person living with Primary Progressive Aphasia (not caregivers or family members).

Community Stroke Support Groups

Milton

Milton Stroke Support Club

- Tuesday, February 11th, 2020 from 7:00 pm – 8:30 pm
- Meets the 2nd Tuesday of every month
- Allendale Long Term Care Centre in the Adult Day Program Room
- Contact: Jessica Knot at 416-420-7843 or jknot@marchofdimes.ca

Mississauga & Brampton (Peel Region)

Peel Stroke Recovery Canada Chapter

- Tuesday, February 4th, 2020 from 6:30 pm – 9:00 pm
- Meets the 1st Tuesday of each month (except for July and August)
- Sunrise Senior Living, 1279 Burnhamthorpe Rd. E, Mississauga
- Contact: Angie Montagnese at 416-425-3463 ext.7715
or peelsrc@marchofdimes.ca

Brampton

William Osler Health System Brampton After Stroke Group

- Wednesday, February 26th, 2020 from 2:30 pm - 4:00 pm
- Meets the last Wednesday of every month
- Brampton Civic Hospital, Auditorium (1st floor across from Rexall)
- Contact: Jessica Knot at 416-420-7843 or jknot@marchofdimes.ca

Community Stroke Support Groups

Burlington & Oakville (Halton Region)

Halton Stroke Fellowship Stroke Recovery Chapter

- Thursday, February 27th, 2020 at 2:30 pm
- Meets the 4th Thursday of every month (except July, August, and December). Timing varies from January to April at 2:30 pm and May to November at 7:00 pm
- Columbus Hall, 2400 Industrial St., Burlington
- Contact: Brian Mather at 905-634-3591 or matherbw@gmail.com
- Website: <http://search.hipinfo.info/record/BTN4841>

Stroke Recovery Canada – Burlington Chapter

- Wednesday, February 26th, 2020 from 7:00 pm – 9:00 pm
- Meets the 4th Wednesday of each month (except July and August)
- Lions Club, 471 Pearl St., Burlington
- Contact: Andy Westcott at 289-834-3933
or srcburlington@gmail.com
- Website: <http://www.srcburlington.net/>

For more information about After Stroke groups, visit:

<https://afterstroke.marchofdimes.ca/stroke-recovery/stroke-survivors>





Community Partners



Rainbow Lake | Camp Trillium, Waterford, ON



Aphasia Camp is a **social**, recreational, educational and **supportive weekend** for **adults with aphasia** and their **families/friends**

Activities include: adapted yoga, adapted fishing, gardening, archery, painting and much more!

PLEASE CONTACT :

Mara Manzato, Camp Coordinator | 416-571-0467 | mmanzato@marchofdimes.ca

March of Dimes Canada | 10 Overlea Boulevard, Toronto, Ontario M4H 1A4



[@marchofdimesca](https://www.instagram.com/marchofdimesca)

1-800-263-3463

www.marchofdimes.ca

Story of a Stroke Survivor

Wallet Card



I was in a car accident. I got hit in a car. Cop says, "What's wrong with you?". I said nothing. He said "Sounds like you are drunk or something", I gave him the card and he said "No problem." I gave the card to the ambulance too. Good thing I had that card.

I had a stroke. I have **aphasia** and find it difficult to **understand, speak, read and write.**

Ways you can help me:

- Speak slowly; use simple sentences
- Repeat / rephrase what you said
- Write down the main words
- Give me time to understand and respond

Thank you for your patience!

Name:

Address:

Phone #:

Emergency Contact:



If you would like a custom wallet card let your program staff know or email carlywoods@monarchhouse.ca

Story of a Stroke Survivor

Managing Emotions After a Stroke

"I was watching a Christmas movie and I started crying. I was wondering what is wrong with me. I never used to cry watching movies. I wasn't even that sad."

- H-PCAP member



Did you know?



Stroke and progressive disorders can impact how you show your emotions. This is called Emotional Lability or Pseudobulbar Affect. Emotional lability is a neurological condition thought to be caused by damage to the areas of the brain that regulate and control emotional behaviour and feelings.

- Symptoms:
 - Fast, often exaggerated, changes in mood
 - Difficulty controlling or managing emotions or emotional behaviour
 - Displays of strong emotions or feelings
 - uncontrollable laughing or crying, or heightened irritability or temper
 - feelings may be disproportionate to the situation or not reflect how the person actually feels
- Often mistaken for depression, resulting in underdiagnoses and under-treatment or inappropriate treatment.

National Stroke Association posted a video on Pseudobulbar Affect/Emotional Lability.

Pseudobulbar Affect: An Emotional Mismatch:

https://www.youtube.com/watch?time_continue=6&v=YAC0zDZ_ERg&feature=emb_logo

Interested in learning more? Reference information available by request

Donations

As year-end approaches, please consider giving to the Halton-Peel Community Aphasia Programs as your chosen charity.



All donations go to improving the lives of individuals living with aphasia.

How to donate:

- Online: <http://www.h-pcap.com/donations.html>
- Cheque or money order:
 - **Halton-Peel Community Aphasia Programs**
c/o Monarch House
1405 North Service Rd. E., Unit 103
Oakville, ON, L6H 1A7

A charitable donation tax receipt will be returned to all Canadian addresses for donations \$20 or greater.

Thank you for your support and generosity

For more information on any resources in this newsletter, please feel free to call us at (905) 875-8474 or email us at info@h-pcap.com



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Past editions of our newsletter are available on our website at www.h-pcap.com