



Halton-Peel Community
APHASIA PROGRAMS

March 2020 Newsletter



March is a month of expectation. ~*Emily Dickinson*

Highlights from February

H-PCAP on T.V.



Some of our aphasia program friends shared their stories and experiences on television!

A big thanks to Mark Carr, and Angelo Bentivegna, City of Burlington Counsellor, for having us on The Issue and for helping us raise aphasia awareness!


Watch the full interview online at
<https://www.youtube.com/watch?v=f-yINilmRz0&t=3s>

Highlights from February

Musical guests for our music theme!

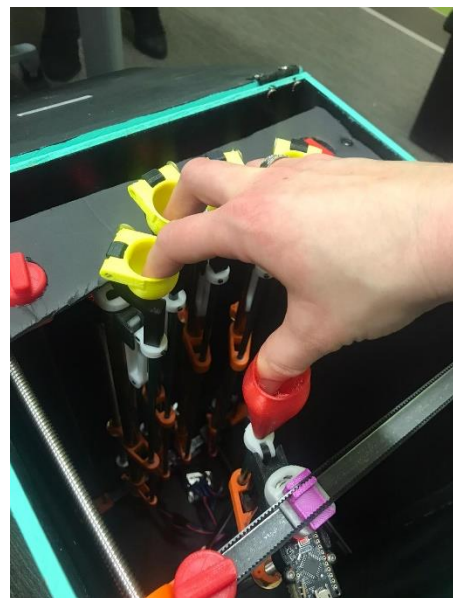


Nikki, a student on placement in our groups, wow'd our Mississauga groups with her musical talent!

 Watch our facebook page for a video of the performance.

Hand Rehabilitation Device Demonstration

A company called iRegained demonstrated a new device for hand rehabilitation for post-stroke survivors.



March Events

Caregiver Support Groups

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

When: Oakville – Tuesday, March 17th from 9:30 am – 12:00 pm

Milton – Wednesday, March 18th from 12:30 – 3:00 pm

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

Milton – Milton Legion: 21 Charles St., Milton

Topic: Tips for Talking with your Loved One with Aphasia

Please RSVP by March 13th to Paula-Jane at 289-681-4904 or e-mail pbellizzi@monarchhouse.ca

*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, March 31st from 10:00 a.m. – 12:30 p.m.

Where: Burlington Legion, 828 Legion Rd., Burlington

Located upstairs in Victory Hall

Topic: Understanding Primary Progressive Aphasia

Please RSVP by March 27th to Paula-Jane
at 289-681-4904 or pbellizzi@monarchhouse.ca



*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, March 10th, 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, March 3rd, 2020 from 6:30 pm – 9:00 pm
- Tuesday, April 7th, 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, March 25th, 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, March 26th, 2020 at 2:30 pm
- Meets the 4th Thursday of every month (except July, August, and December). Note: 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, March 25th, 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>



Upcoming Events

4th Annual Talk, Stroll, and Roll



Halton-Peel Community
APHASIA PROGRAMS

Aphasia Walkathon



Save the Date

June 20th, 2020 at 10:00 AM

E.C. Drury School, Milton

Funds raised will be used to support and enhance our aphasia programs within the community.

#talkstrollandroll #aphasia @HaltonPeelABI

Upcoming Events

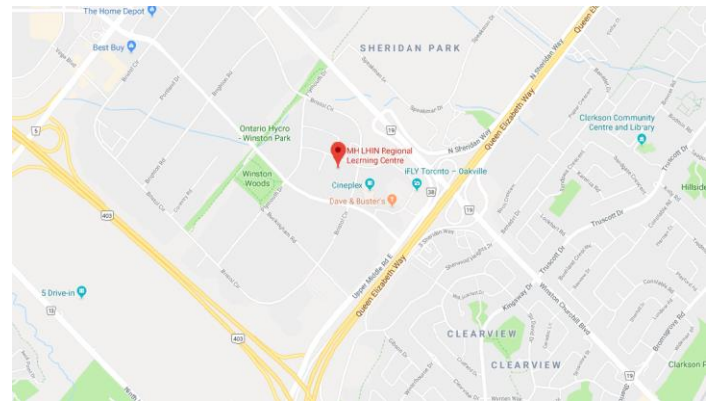
You're invited to the Halton-Peel Community Aphasia Programs'

Aphasia Information and Training Session

Join us for a half day of learning about aphasia and how to have better conversations with someone who "knows more than they can say."

When: Saturday, May 30th, 2020 from 9:00AM - 1:00PM

Where: Mississauga Halton LHIN Regional Learning Centre,
2030 Bristol Circle, Oakville ON, Room 205



Free visitor and accessible parking are located at the front entrance

Intended audience: Caregivers, family and community members, health care professionals, people with aphasia

Cost: **Donations** welcomed

You must register in advance as space is limited!

Please contact Vanessa Rotundo at VRotundo@monarchhouse.ca
or call us at (905) 875-8474.

Upcoming Events

Aphasia Friendly Online Video Chats



The graphic features a red coffee cup icon on the left. To its right, the text reads 'aphasia cafe' in a large, white, lowercase font. Below this, in a smaller white font, it says 'video chats for people with aphasia | caregivers | professionals'. The date and time 'March 11th at noon EST' are prominently displayed in white. At the bottom, the topic 'TOPIC: Tips for visits to restaurants.' is written in white. In the bottom left corner, there is a logo for the National Aphasia Association, which includes a stylized profile of a head with the letters 'NAA' inside.

The National Aphasia Association is holding a series of video chats for people with aphasia, caregivers and professionals.

Topic for March: Tips for visits to restaurants.



More information and registration at:

<https://www.aphasia.org/stories/aphasia-cafe-dining-out-at-restaurants/>

Upcoming Events

March of Dimes Day at the ROM

Enjoy a fun filled day of social engagement while exploring all the galleries and exhibitions the Royal Ontario Museum has to offer!

When: Sunday March 29th, 2020

Time: 10:30am-5:00pm

Location: Royal Ontario Museum-
100 Queen's Park, Toronto ON M5S 2C6

For: Adults (18 yrs+) living with a disability

Price: FREE

Program details:

- Limit of 4 tickets per person (Bring your friends and family!)
- Tickets can be picked up from 10:00am-11:30am on the day of the event in the front lobby of the museum. A March of Dimes representative will be there to assist you.

Application deadline: Friday March 6th, 2020 (Space is Limited)

See the link below for additional information and application forms:

<https://www.marchofdimes.ca/EN/programs/recreation/Pages/Recreation-Events-Calendar.aspx>



Opportunities to participate in research

Improving balance and walking through dance

This study is testing whether dance can improve balance and walking for people with ongoing stroke symptoms.

Participants will go to either a dance or exercise class. Before and after the classes, participants will work with the research staff and physiotherapists to complete different walking and balance tasks



To participate you need to:

- Have had your stroke more than 6 months ago
- Be able to follow up 2–3 step instructions with minimal help
- Be able to stand for 30 seconds without any support
- Be able to walk 10 metres without a cane or walker (someone can be standing by)
- Received clearance from their physician to participate in exercise



Time requirements:

- Pre-assessment and post-assessment (3 hours)
- One-hour classes, twice a week for 12 weeks

For more information contact the Dance Study Coordinator, Yashoda Sharma, 416-597-3422 x7879 yashoda.sharma@queensu.ca

Opportunities to participate in research

Primary Progressive Aphasia Research

Rare Dementia Support Impact Study

This study is looking at the impact of rare dementia support groups. The largest research project of its kind, this study is running between 2019 and 2024.

Participation can include:

- Interviews over the next 4 years discussing your experiences living with dementia, or supporting or caring for somebody with a rare dementia.
- Trying an online program to help families and supporters of people with a rare dementia to provide better support both for themselves and for the person living with dementia.
- Creative activities to describe your experiences.
- Helping develop a tool to measure resilience when living with or alongside people with a rare dementia.

Researchers would like to speak with anyone who has an experience either with or alongside somebody with a rare dementia, now and in the past. Other parts of the study will be taking place at different points over the next four years.

Contact Claire and Olivia by calling or emailing

research@raredementiasupport.org

For more information about the study, please visit our webpage:

(www.raredementiasupport.org/research)

Opportunity to Share your Story

The Heart and Stroke Society is looking for stories and experiences from people who have lived experience with heart or stroke related issues. They want to show these testimonials at the Canadian Women's Heart Health Summit in April.

The intent is to put a human face on heart and stroke related issues for women, remind those attending that the goal is to improve the lives of these women and provide an opportunity to voice insight into what made a positive difference in recovery.

They are looking for:

- Women who have experienced heart or stroke related issues
- Female caregivers for an individual who has experienced heart or stroke related issues
- Male caregivers of women who have experienced heart or stroke related issues

What they need: Digital pictures of the person and a short testimonial of 100 words or less.

Testimonials could include: Name, province, date of health event(s), personal strengths, mottos that help in your recovery, advice, or an answer to: "What is one thing members of your healthcare team did that really helped and everyone should do?"

If you prefer to express yourself visually in an artistic way, feel free to submit an image of your artwork instead of a testimonial.

Please contact engagement@heartandstroke.ca for submission and/or questions.



Donations

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