

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CONTACT NUMBERS</b></p> <p>Community Neurorehab Services (CNS) 403-215-1500</p> <p>Southern Alberta Brain Injury Society (SABIS) 403-521-5212</p> <p>Family Caregiver Support Group 403-303-6027</p> <p>Access Calgary 403-537-7777</p> <p>Calgary Health Link 403-943-5465</p> <p>Stroke Recovery Canada 1-888-540-6666</p> <p>Association for the Rehabilitation of the Brain Injured (ARBI) 403-242-7116</p>	1	2	3	4	5	6	7
	Happy New Year		10am Swim	9am Swim	10am Swim	9am Swim	
	8	9	10	11	12	13	14
		9am Swim 1:30p Chat Aphasics	10am Swim 11:30 South Luncheon	9am Swim 11:30 North Luncheon	10am Swim	9am Swim	
	15	16	17	18	19	20	21
		9am Swim 1:30p Chat Aphasics	10am Swim 7:00 pm Annual General meeting	9am Swim	10am Swim	9am Swim	
	22	23	24	25	26	27	28
		9am Swim 1:30p Chat Aphasics	10am Swim	9am Swim Bobby Burns Birthday	10am Swim	9am Swim	
	29	30	31				
		9am Swim 1:30p Chat Aphasics	10am Swim				

## Stroke changes your life - It doesn't end it

When it occurs, a Stroke can have devastating effects on the patient and his or her loved ones.

Who knows how to survive, cope, and excel with a Stroke more than the individuals themselves who lived through it?

The journey of recovery for Stroke survivors and those that care for them is a life-changing experience

### Stroke Recovery Web Sites

The SRAA web site is at [www.strokealberta.com](http://www.strokealberta.com).

Please have a look. If you have any comments, suggestions, updates etc. please tell Erin Palashniuk, phone 403-249-7215 or e-mail her at [epalash@live.ca](mailto:epalash@live.ca)

The local Calgary version of SRAA is the SRAC and you can contact this web site at [www.sracalgary.com](http://www.sracalgary.com)

### Stroke Recovery Monthly Meeting

Don't forget our monthly meeting is held on the 3<sup>rd</sup> Tuesday each month. This month it will be **Tuesday, Jan 17<sup>th</sup>** at **7:00 pm** and will be held at :

**Good Companions Community Center**  
2609, 19<sup>th</sup> Ave. S.W.

These meetings are your chance to get out and meet some other folks who are "Stroke survivors".

Mostly we have a guest speaker dealing with a subject of interest to everyone who is a stroke survivor and caretaker, but **January 17<sup>th</sup>** is our **Annual General Meeting**

Hope to see you at the next meeting.

Come on out and enjoy the great camaraderie as well as some great refreshments and a great pot luck supper !!

**SRAC Directors** would like your suggestions as to what you want the association to set up for activities and functions to keep us all active and enjoying whatever things we like to do everyday and things that we are able to participate in.

If there is something we should be doing, let us know.

If there is something we are doing that you would like changed, let us know. Contact any of the following with your suggestions.

Vic & Marieta Davies -----[nandavcalg@shaw.ca](mailto:nandavcalg@shaw.ca)  
Leigh Frizzell -----[leighfri@gmail.com](mailto:leighfri@gmail.com)  
Vicky Jones -----[vicky.jones@shaw.ca](mailto:vicky.jones@shaw.ca)  
Bob & Herma Luckhart -----[luckhart@shaw.ca](mailto:luckhart@shaw.ca)  
Janel Nadeau -----[janeln@hotmail.com](mailto:janeln@hotmail.com)  
Roxanne Nadeau -----[roxnadeau@hotmail.com](mailto:roxnadeau@hotmail.com)  
Lorna Sales -----[lornsal@aol.com](mailto:lornsal@aol.com)  
Enid & Gary McVeigh -----[ehmcveigh@gmail.com](mailto:ehmcveigh@gmail.com)  
Bert & Larry Jarrett -----[bertjar@telus.net](mailto:bertjar@telus.net)  
Margaret Symington, & Gordon McAthey-----[bmcathey@shaw.ca](mailto:bmcathey@shaw.ca)

**Hearth And Home** - fireplaces, custom mantels and stone hearths and patio furniture, pergolas, gas barbecues, gazebos, specialty products with your design or ours. We also customize your home for wheelchair access. Call Lanny at 403-258-3732 or 1-800-204-4199 or visit [www.hearthandhomefireplace.com](http://www.hearthandhomefireplace.com)

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No job too small, reasonable rates  
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**Lace-amatic** <sup>tm</sup>  
Need help untying or tying your shoes???  
Try lace-amatic. <sup>tm</sup>  
It helps to tie and untie your shoe laces instantly with the wave of a finger or even hands free. It leaves your shoes open to step in or out of each time it's deactivated. **Lace-amatic** <sup>tm</sup> is now available in Calgary. Contact Leigh at [leighfri@gmail.com](mailto:leighfri@gmail.com)  
or phone :  
403-293-4201

## Rabbie Burns, Scotland's favourite son

**Robert Burns** (25 January 1759 – 21 July 1796) also known as **Rabbie Burns, Scotland's favourite son**, the **Ploughman Poet**, **Robden of Solway Firth**, the **Bard of Ayrshire** and in Scotland simply as **The Bard**, was a Scottish poet and a lyricist. He is widely regarded as the national poet of Scotland, and is celebrated worldwide. He is the best known of the poets who have written in the Scots language, although much of his writing is also in English and a "light" Scots dialect, accessible to an audience beyond Scotland. He also wrote in standard English, and in these pieces, his political or civil commentary is often at its most blunt.

He is regarded as a pioneer of the Romantic movement, and after his death he became a great source of inspiration to the founders of both liberalism and socialism. A cultural icon in Scotland and among the Scottish Diaspora around the world, celebration of his life and work became almost a national charismatic cult during the 19th and 20th centuries, and his influence has long been strong on Scottish literature.

## Burns suppers

**Burns Night**, effectively a second national day in Scotland is celebrated on January 25 with Burns suppers around the world, and is still more widely observed than the official national day, *Saint Andrew's Day*.

The first Burns supper in *The Mother Club* in Greenock was held on what they thought was his birthday on 29 January 1802, but in 1803 they discovered from the Ayr parish records that the correct date was 25 January 1759.

The format of Burns suppers has not changed since.

The basic format starts with a general welcome and announcements, followed with *the Selkirk Grace*. After the grace, comes the piping and cutting of the *haggis*, where Burns' famous *Address To A Haggis* is read and the haggis is cut open. The event usually allows for people to start eating just after the haggis is presented. This is when the reading called the "immortal memory", an overview of Burns' life and work, is given; the event usually concludes with the singing of *Auld Lang Syne*.

## The Greatest Scot

In 2009, *STV* ran a television series and public vote to decide who should be named as being the Greatest Scot. On St Andrew's day, *STV* revealed the results of the public vote, and *Robert Burns* was voted as being officially the Greatest Scot of all time, narrowly beating *William Wallace*, Scottish Patriot and Independence campaigner, for the title.

Adapted from Wikipedia

JANUARY MMXII

What's Up Doc ?

STROKE

RECOVERY

ASSOCIATION

CALGARY

Phone

(403)-827-7520

Or visit our web-site  
[www.sracalgary.com](http://www.sracalgary.com)

Caregivers are most important !

Please, remember to be thankful for them every day !

Remember them in our prayers every day !

We are in their thoughts and prayers every day !

[Continued from page 5]

- Forty-one per cent of respondents say healthy meals take too long to prepare.
- More than half (51%) say too many fast food outlets in their community lack healthy choices.
- Seven in 10 say restaurants don't have enough fruit and vegetable options.

"The challenge of finding time is a reality for most working Canadians, or those with competing obligations," says Dr. Abramson. "But tackling the time dilemma is absolutely critical. The disturbing statistics tell the tale: One in three Canadian deaths is from heart disease and stroke, and it is the number one killer of women. We must make the effort to find time now to do the things that will give us the greatest health benefits."

**1. Lack of time:** Almost half (46%) of survey respondents say they don't have enough time to squeeze exercise into a busy day, and that healthy meals take too long to prepare, with 31% of employed people blaming commute times.

"I'm one of the lucky ones," says real estate agent Arul Myles Mylvaganam. "My diagnosis of heart disease was the wake-up call I needed to make time for my health. I know how difficult it is to find time to be active, but I'm finding simple solutions that are making a difference. I believe that prevention is the best medicine."

[Continued on page 8]

## Heart and Stroke Foundation warns: Time crunch is stealing healthy years from Canadians

### *A mix of real and perceived barriers contribute to shortened lifespan*

**Ottawa – November 29, 2011.** Canadians are so focused on the here and now that they are losing out on the opportunity to live a full and healthy life, warns the Heart and Stroke Foundation (HSF). Its new survey of more than 2,000 adults found that even though Canadians know how to protect their heart health, the majority can't or won't commit the time to do so.

"Eight out of 10 Canadians know that heart disease and stroke can be prevented, postponed or treated by making healthy lifestyle choices but they are focusing on the barriers rather than the opportunities," says David Sculthorpe, CEO, Heart and Stroke Foundation of Canada.

"Three-quarters said they would be more active and over half said they would eat healthier meals if they could. And one of the leading barriers that keeps them from following through? Time," Sculthorpe said.

- Almost half of Canadians (46%) cite long work days and lack of time as a reason for not getting active on a regular basis.
- Between work, family and other obligations, 44% say they have no time for regular physical activity.
- And, almost a third of respondents (31%) say the time they would like to spend being physically active, they instead spend commuting.

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[Continued from page 6]

The Foundation has set an ambitious goal to reduce death from heart disease and stroke by 25 per cent by 2020. "That's a big goal, and we're only going to get there by championing a movement to get Canadians to act and be their own health advocates," says David Sculthorpe, CEO of HSFC. "As we approach our 60th anniversary, we are taking stock. For six decades we have supported Canadians in living longer, healthier lives. But, with one in three Canadian deaths due to heart disease and stroke, our work is clearly not done. And we're committed to reducing the toll of these diseases on Canadians' lives."

The [Heart and Stroke Foundation](#), a volunteer-based health charity, leads in eliminating heart disease and stroke, reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy.

Adapted from [Heart and Stroke Foundation](#),

**The Barnyard Philosopher says :**

TODAY IS THE OLDEST YOU'VE EVER BEEN,  
YET, THE YOUNGEST YOU'LL EVER BE,  
SO ENJOY THIS DAY WHILE IT LASTS !

**NOTICE---SOUTH & NORTH LUNCHEONS**

The schedule for 2012 South Luncheons may be found elsewhere in this issue of your Newsletter. The schedule for the North Luncheons will continue on the 2nd week of each month during 2012.

However, please note that some of the arrangements have altered for the month of January only as follows:

South Lunch - Picking up where we left off in December, the Tuesday date for January falls on the 3rd of the month. Since this is the day immediately following the New Year holiday, we are convening the lunch at the Carriage House on January 10th. We will pick up on the usual schedule again in February.

North Lunch - In January only we are convening the lunch at the Kensington Legion since the Chapelhow Legion is not holding a Senior's Lunch during January.

Please note the location change to:

North Calgary Branch #264 Royal Canadian Legion,  
1910 Kensington Road NW,

Wednesday January 11th, 11:30 am, Cost \$15:00 ea.

Watch for arrangements for the February Lunch in the next issue of the Newsletter

**South Luncheon Schedule for 2012**

Tuesday, January 10, 2012	Wednesday, February 1, 2012
Thursday, March 1, 2012	Friday, April 13, 2012
Monday, May 7, 2012	Tuesday, June 5, 2012
Wednesday, July 4, 2012	Thursday, August 9, 2012
Friday, September 7, 2012	Monday, October 1, 2012
Tuesday, November 6, 2012	Wednesday, December 5, 2012

## Welcome to new stroke survivors

Each year in Calgary, over a thousand people suffer a stroke. Many of these people are discharged back into the community and suffer from emotional stress and/or speech and physical defects.

The Stroke Recovery Association of Calgary was formed in 1980 and is comprised of stroke survivors and their families in Calgary and surrounding areas. As a volunteer organization, we address the specific needs of stroke survivors in dealing with their new lifestyle and help care givers deal with stroke survivors. Further information can be obtained by phoning **403-827-7520** or visit [www.sracalgary.com](http://www.sracalgary.com)

## **Aqua Care Swimming**

Four times a week at the VRRRI (Vocational Rehabilitation Research Institute) located at 3304-33 Street NW, we attend Aqua Care classes.

These classes are at 10am on Tue. & Thur. and 8pm on Mon. & Wed.

People of all ages and disabilities attend. There are wheelchairs available to take you in the water and caregivers are welcome to go with you.

The cost is \$6.50 (drop in) & is tax deductible as a medical expense.

If you wish to come and watch first, there is a viewing area where you can watch the entire class. The benefits are well worth the time and trouble.

Access Calgary and Handibus attend there all of the time.

If you need more information, call Vicky at **403-827-7520**. See you there!

## **Monthly luncheons** – SRAC has two luncheons each month.

One is held on the first week of the month on a rotating day basis at the “**Carriage House Inn**” at **9030 MacLeod Trail SE.** – see calendar for this month’s date

The other is held this month at **Chapelow Legion 606 – 38th Avenue NE Calgary** on the 2<sup>nd</sup> Wednesday, this month, on Jan. 11th at 11:30 am.

Tons of fun and comraderie. These luncheons are a great way to socialize with other stroke survivors just like you.

Let the coordinator know, at least two days in advance if attending

South coordinator: Ruth ---- email: [donelson@shaw.ca](mailto:donelson@shaw.ca)

North coordinator: Leigh — email: [leighfri@gmail.com](mailto:leighfri@gmail.com)

## **New Voices Aphasics Chat**

Advanced Chat for recovering aphasics is held every Monday at 1:30 p.m. at the offices of **The Heart & Stroke Foundation** located at

**119 14th St. NW**, Calgary. Please see calendar for this month’s dates.

Call Gordon Mathezer at 403-289-7520 for more information.

## The Barnyard Philosopher says :

The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore,

Your spouse is always counting on you to remember things that you unfortunately don't remember.

It's Not What You Gather, But What You Scatter That Tells What Kind Of Life You Have.

Old is good in some things: Old songs, Old movies, and best of all, OLD FRIENDS.

Not every flower can say love, but a rose can.

Not every plant survives thirst, but a cactus can.

Nothing sucks more than that moment during an argument when you realize you are wrong.

I'm always slightly terrified when I exit out of **\*\*\*Microsoft Word\*\*\*** and it asks me if I want to save any changes to my ten-page technical report that I swear I did not make any changes to. ??????????

I`d rather have roses on my table than diamonds on my neck.

~ Emma Goldman ~

Don't forget to take your 'SRAC Survey Form' with you to the AGM.

You can give it to the Greeter or any of the Directors.

\* \* *Happy New Year!* \* \*