

NOTICE OF MONTHLY MEETING — STROKE RECOVERY CANADA Thunder Bay Peer Support Chapter (Stroke Recovery Network)

We would like to welcome you to our monthly series of talks and opportunities to connect with other survivors and caregivers! This month we have a special community presentation:

Aging Well: Protection from Elder Abuse

Candielya Jackson, North West Regional Consultant - Elder Abuse Ontario

Learning Objectives of this informative session:

- Understand the definitions and warning signs associated with abuse in older adults.
- Gain new tools to better support effective communication with older adults.
- Understand obligations with mandatory reporting
- Understand provincial resources that can assist with cases
- Start seeing Abuse of Older Adults as a social justice issue
- Recognize how systemic factors contribute to Abuse of Older Adults

And of course, it wouldn't be an afternoon without some light refreshments and great conversation with each other afterwards.

Date:	Tuesday, October 24th, 2017	<h3>October 2017</h3> <table border="1"> <thead> <tr> <th>SUN</th> <th>MO</th> <th>TUE</th> <th>WE</th> <th>TH</th> <th>FRI</th> <th>SAT</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> <tr> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	SUN	MO	TUE	WE	TH	FRI	SAT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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Time:	1:30 p.m. to 3:00 p.m.																																											
Location:	Thunder Bay 55+ Centre — 700 River Street (back multi-purpose room)																																											
Info:	Call Todd : 345-6595 ext. 105 <i>or</i> email tkennedy@marchofdimes.ca																																											

****Please find**** a North West Regional Stroke Network poster on the reverse side of this notice

**** enclosed poster**** Next Cooking Program Workshop taking place Wednesday, November 1st registration will be required. Limited spots available. Preference will be given to those who were unable to attend the session last May





Tell us your Stroke Story!

Stroke survivors and caregivers the Northwestern Ontario Regional Stroke Network wants to hear from you! We will be featuring a Stroke Story in our news section of the website on a regular basis. The patient's experience is the most important aspect of service.

Bringing the human element of stories into healthcare can humanize a healthcare system that is increasingly characterized by targets and checkboxes, audits and statistics. Statistics tell us the system's experience of the individual, whereas stories tell us the individual's experience of the system.



When patient stories are shared, they serve as powerful tools for bringing about constructive change.

If you are interested in telling your story, please contact Keli for details.

Become a Patient Family Advisor at Thunder Bay Regional Health Sciences Centre

- ✓ Are you a patient or patient's family member that has experienced care within the past two years?
- ✓ Are you willing to share insights, ideas and experiences?
- ✓ Are you comfortable speaking in a group & interacting with others?

YES - then join our team of Patient Family Advisors (PFAs)!

PFAs share their valuable insights and first-hand knowledge of how services impact patients. PFAs help us meet the needs and priorities of our patients, families and community. They have direct input and influence the policies, programs and practices that shape the care and services that people receive at Thunder Bay Regional Health Sciences Centre.

Contact:

Keli Cristofaro,
Stroke Community Engagement Specialist,
Northwestern Ontario Regional Stroke Network
Phone: **684-6468**
Email: cristofk@tbh.net
Website: www.nwostroke.ca



FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

ACT **F**AST BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

© Heart and Stroke Foundation of Canada, 2014

Cooking Together

A Program for Stroke Survivors and Caregivers



**A Thunder Bay Regional Health Sciences Foundation
funded program to promote a healthy diet after stroke.
Learn how to prepare and sample easy meals and snacks.
Presented by TBRHSC Dietitians: [Sheri Maltais](#) and [Nicole Strong](#)**

CONTACT TODD KENNEDY TO REGISTER:

**807.345.6595 EXT 105
SPOTS ARE LIMITED**

DATE: WED NOV 1, 2017

TIME: 1:00-3:00

LOCATION: RFDA, 570 SYNDICATE ST SOUTH

COST: FREE

PLEASE LET US KNOW OF ANY FOOD ALLERGIES

*This session is designed for stroke survivors who have the cognitive, physical and communicative abilities to participate in a group setting.
Caregivers are welcome to attend.
Future adaptive classes are being planned.*

