

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

We would like to invite you to our monthly series of talks and opportunities to connect with other survivors and caregivers! This month's topic:

Winter is Coming! Let's Stay Active in our Community!

Presented by: Debbie Ward, Community Health Worker
& Karen Greenfield, Community Health Nurse
NorWest Community Health Centre

Join us for an afternoon with Debbie and Karen as they highlight some great ways and community resources/programs for staying active during the winter months. Being active and participating in some social activities around town will help put some fun into your cold, dark and snowy days ahead!

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

Date:	Tuesday, November 28th, 2017	<h3>November 2017</h3> <table border="1"> <thead> <tr> <th>SUN</th> <th>MON</th> <th>TUE</th> <th>WED</th> <th>THU</th> <th>FRI</th> <th>SAT</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>	SUN	MON	TUE	WED	THU	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		
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Time:	1:30 p.m. to 3:00 p.m.																																											
Location:	Thunder Bay 55+ Centre — 700 River Street (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**** Information on our annual **Christmas luncheon** taking place on **Saturday, December 2nd**. RSVP is required.

****NOTE**** Beginning in January, our monthly meetings will be taking place on the **fourth Thursday** of the month in the afternoon. We will have a larger room that is located much closer to the Centre's entrance.





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?
SPEECH 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.

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Stroke Recovery Network and Post Polio Chapter Christmas Social



You and a guest are cordially invited to attend the Stroke Recovery Peer Support Group & Post Polio Chapter annual festive luncheon. Join us for an afternoon of wonderful food and conversation.

When: Saturday, Dec. 2nd, 2017 **Time:** 1 pm to 3 pm

Menu: Roasted Chicken
English Styled Beef
Mashed potatoes & gravy
Salads, Vegetable Medley Refreshments and Dessert
(meal begins at 1 p.m.)

Where: Victoria Inn — Regency Room
555 West Arthur Street

Cost: \$15 per person (a \$25 value!)

If anyone would like to donate a small item for a door prize please give Todd a call.

****Limited Seating! Once we are filled we are filled****

Please call Todd at 345-6595 ext. 105
by November 29th to let us know if you and a guest
will attend.

