

The BEACON



Burlington Stroke Recovery Association

Celebrating 26 Years

Helping Survivors Since 1980

September 2007
Volume 26, Issue 10



Hail! to the Beacon's new editors, Marlene and David Trueman. We hope the following interview with this long-time Burlington couple will help introduce you to our new editors.

Beacon: How did you become interested in the SRA?

David: I first met Cliff Goodall and his great passion for improving the lot of the physically challenged when I was on Council in the '90s.

Marlene: I met Marge Goodall through our mutual interests in bridge and when we returned from a year teaching English in China last year, Cliff contacted us and asked if we would be interested in making a presentation to the Burlington



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(continued from page 1)it was when I watched my kids play catch with our members at summer picnics, them never noticing the one still arm or maybe it has been each year at the Christmas party when the members have laughed as they watched my girls dance as the band played on . . . wait, no, no . . . I think it has been meeting so many wonderful people, yes - definitely the people!

Beacon: On behalf of all the members of the Stroke Recovery Association of Burlington we wish you all the best.

Deborah: Hey - I am not going anywhere - I will continue to read the Beacon and come to meetings and parties and picnics when I can . . with kids in tow to delight everyone and bring a few smiles to the room !!

New Column

We invite our readers to share any **TIDBITS** they may have come across over the past while and we will try to make it a regular feature of the newsletter. Please call Dave or Marlene at

905-632-9887

or e-mail us at truemand@hotmail.com

TIDBITS:

(from the website of the Stroke Survivors Association of Ottawa
<http://www.strokesurvivors.ca/index.php?nav=tidbits>)

Tidbit # 1: What support for the person with stroke should the Caregiver not overlook?

Don't forget to provide lots of emotional support. Letting the stroke survivor know that you care and support them is very

important. Tell them how well they are doing.

However, doing too much for them, doing things for them that they can do themselves (even if it is easier to do yourself and may take them more time), and being over protective will prevent them from recovering as much as they should. Encourage them to do what they can for themselves.

Research: Glass and Maddox (1992, Social Science and Medicine) report that stroke patients with high levels of emotional support and moderate amounts of instrumental support (helping the stroke survivor do activities like dressing, eating, making meals, etc) have the highest rates of recovery.

Stroke Recovery – Burlington
460 Brant St Unit 203
905-319-1776

Monday 12pm — 4pm
Friday 12pm — 4pm

***"Be who you are and
say what you feel
because those who matter
don't mind
and those who mind
don't matter." Dr. Seuss***

Congratulations

To Dr. Alan and Louise Hebb on the birth of their 10th grandchild, Brennan Denzil Gonsalves, on August 7th, 2007.

NEW RESEARCH HOLDS HOPE FOR STROKE SURVIVORS

WASHINGTON (AP) - A weird treadmill is pushing people at a Baltimore research hospital into sloppy versions of Michael Jackson's moonwalk, in hopes of training stroke survivors and others with brain injuries to walk normally again.

The custom-built treadmill hides a split belt - one side can move one foot backward while the other moves forward, and at different speeds.

It can be a wild ride: Your brain must automatically adjust how you walk so you won't fall down.

Dr Amy Bastian at the Kennedy Krieger Institute is tapping into that unconscious adjustment, using a brief workout to jolt patients who usually limp and lurch back into a normal stride, one they retain for a few minutes after the treadmill stops.

The discovery that separate nerve networks control how each leg moves and can be retrained to change someone's innate walking patterns, at least temporarily, has very exciting possibilities for stroke survivors.

The findings offer a glimpse into the newest frontier in rehabilitation research: How to spur brain and spinal cord recovery.

Tracking that adjustment, Bastian reported in the journal, *Nature Neuroscience*, last month that there are separate neural networks to control forward walking and backward walking, and

each leg, too. That means researchers might target just the bad leg.

What about people with brain injuries? Thirteen stroke survivors who had limped for months saw some brief improvement from the treadmill test, Bastian and University of Delaware physical therapist Darcy Reisman reported in the journal, *Brain*.

This fall, Kennedy Krieger's Dr. Amy Bastian will begin a government-funded study putting at least 40 stroke survivors through longer sessions with the wacky treadmill, to see if practice helps the improvement stick.

If that proves true, then that suggests the right circuitry for good walking is lying dormant in these patients. If doctors can learn to tap it, it will be a major step forward.

Patients who try walking on their own immediately after a stroke compensate for the weak leg by developing a limping gait that the body soon adopts as its new normal. If Dr. Amy Bastian's work this fall at the Kennedy-Krieger Institute in Baltimore bears fruit, stroke survivors can look forward to overcoming that gait and have another improvement in their lives.

LAURAN NEERGAARD

The Canadian Press, August 2007

Some things to Ponder

(with apologies to George Carlin!)

Why do you press start to shut off your computer?

Where do forest rangers go "to get away from it all" ?

Member's Birthdays

Cliff Goodall	Sept 4
Marge Goodall	Sept 4
Ken Browne	Sept 8
Herbert Bluschke	Sept 12
Margaret Holditch	Sept 14
Katherine Horton	Sept 17
Len Allan	Sept 22
Margaret Gateman	Sept 28

Anniversaries

<i>Joe & Pat Adolf</i>	<i>Sept 2</i>
<i>Freida & Ed Finn</i>	<i>Sept 3</i>
<i>Ross & Doreen Pennells</i>	<i>Sept 9</i>
<i>Aline & Gerald Driscoll</i>	<i>Sept 15</i>
<i>Dr Allan & Louise Hebb</i>	<i>Sept 17</i>
<i>Barbara & Len Allen</i>	<i>Sept 20</i>
<i>Jean & Ken Nesbitt</i>	<i>Sept 27</i>

Moments for Meditation

From the September 2003 edition of the Beacon

September brings cooler weather and longer evenings and nights. We begin preparations for the winter that lies ahead even if we don't particularly enjoy it.

Amen

Arthur Dick

Food

Kale is one of the best vegetables you can eat. It packs the best antioxidant punch of all the green vegetables. A frittata is a great way to use kale since it is slightly bitter. Kale and mushrooms make a great flavour combination. Try it for brunch or dinner. Here's a recipe. Let us know how you like it!



Kale and mushroom Frittata

- Main Course -
Vegetarian

Makes 4 servings

Ingredients

- 2 tbsp (25 mL) olive oil
- 2 cups (500 mL) thinly sliced mushrooms
- 1 cup (250 mL) zucchini, thinly sliced
- 1 shallot, finely chopped
- 1 clove garlic
- 2 cups (500 mL) kale, finely shredded
- ¼ tsp (1 mL) herb mix (Italian seasonings)
- Pepper to taste
- 1/8 tsp (0.5 mL) salt
- 2 cups (500 g) liquid egg substitute

Directions

1. Preheat oven to 400° F (200° C). Lightly grease a pie or tart pan. Set aside.
2. In a large fry pan, heat oil over medium heat. Sauté mushrooms, zucchini, and shallot for about 5 minutes or until soft. Add garlic and kale and cook until kale is wilted, 10 minutes.
3. Remove from heat and add herbs, pepper and salt. Place the mixture in the pie or tart pan. Pour liquid egg over the vegetables. Bake for 50 minutes. Serve immediately.

Nutritional information

(per serving — 1/4 of pie)

Calories: 192	Fat: 10g
Dietary fibre: 2 g	Sodium: 499 mg
Potassium: 509 mg	Protein: 15 g
Carbohydrate: 12 g	Saturated fat: 2 g
Dietary cholesterol: 100 mg	

Developed by Nadine Day. ©The Heart and Stroke Foundation.
Posted August 2007 on He@lthline.

Movie of the Month

<http://www.toronto.com/movies/movie/520801>

Ratatouille



In the hilarious new animated-adventure, Ratatouille, a rat named Remy dreams of becoming a great chef despite his family's wishes and the obvious problem of being a rat in a decidedly rodent-phobic profession.

When fate places Remy in the city of Paris, he finds himself ideally situated beneath a restaurant made famous by his culinary hero, Auguste Gusteau. Despite the apparent dangers of being an unwanted visitor in the kitchen at one of Paris' most exclusive restaurants, Remy forms an unlikely partnership with Linguini, the garbage boy, who inadvertently discovers Remy's amazing talents

They strike a deal, ultimately setting into motion a hilarious and exciting chain of extraordinary events that turns the culinary world of Paris upside down. Remy finds himself torn between following his dreams or returning forever to his previous existence as a rat. He learns the truth about friendship, family and having no choice but to be who he really is, a rat who wants to be a chef.

October Potluck

The annual "feast of many dishes" is coming up. Be sure to attend – and contribute – to our potluck dinner on

Tuesday, October 23rd

at the Burlington Arts Centre.

Bring your favorite dish, your Sunday casserole or your best dessert.

Doors open at 6:00 pm and dinner will start at 6:30 pm.

Don't forget to bring your own plate, fork and knife

Don't miss this great opportunity to exchange recipes, taste some great new treats and more importantly, spend some time with your friends

the October meeting
will also feature

GARY SMITH

“The One-Man Band”

***Enjoy his rhythmic antics
and
the beat of a different drummer***

News from our Members

Two Board members, Darlene LaPierre and Gwen Benedetti were unable to attend the September Board meeting due to ill health.

Ed Regan (Dorothy's husband) can't make it out to the membership meetings, but would appreciate phone calls from all his SRA friends to say "Hi"

If you have news of a member please give Marlene or Dave Trueman a call at

905-632-9887 or send them an e-mail at
truemand@hotmail.com



Help

We need an hour of your time to help with the Christmas Cake Sale.

Call Fran @ 905-336-5479

Membership Meeting

Date: Tuesday Sept 25th, 2007

Time: 7:30pm

Venue: Burlington Arts Centre
The Shoreline Room
1333 Lakeshore Road

Board Meeting:

Date: Tues Oct 2nd, 2007

Time: 7:00pm

Venue: 460 Brant St., Unit 23

Any member wishing to attend a Board meeting as an observer is more than welcome to do so.

In Memoriam

Ellen B. Hynes died at the Markham Stouffville Hospital, in Markham, on Tuesday, August 14, 2007. Ellen (nee Shields) Hynes, formerly of Burlington, was in her 86th year. She was the beloved wife of Bill Hynes and mother of Terry Hynes of Elmira and Judi Payne of Mississauga



Marietta Foley

We were all saddened to learn of the passing of Marietta Foley on Friday, August 31, in her 86th year. She had many friends at the Burlington Stroke Recovery Association where she was an active volunteer and her delicious date squares quickly disappeared at the monthly membership meetings. She will be sadly missed by many here at the SRA. Our sympathies extend to all her family, especially our president, her nephew, Greg Makan.



Shannon Rollason introduced Dr. Freddie So at the June membership meeting.

Stroke Recovery Ass
dinner.



David: We were very
that this would be a group

accepted and were invited to the Christmas
interested parties both decided
and like to support in some volunteer capacity

Marlene: After the
interested in editing the
so we met with Greg, Cliff and Deborah and the re

Cliff called and asked if we would be
David likes writing and I like talking to people
welcomed, greatly appreciated, and should
as they say, is history

SPECIAL THANKS

Beacon: Do you plan any changes?

to Steve Rollason who helped us
redesign

Marlene: Nothing drastic

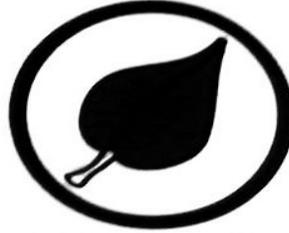
the BEACON

...and FAREWELL : to our great
editor

David or Marlene Trueman at 905-632-9887
or
truemand@hotmail.com

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