

### Holiday Greetings

May this season bring you the gifts of peace hope and joy! Thank you for all of your hard work in advancing stroke care in our region!

The West GTA Stroke Network Team



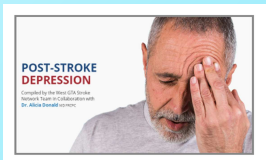
### Welcome to the Team!



The West GTA Stroke Network would like to welcome Rebecca Bowes to the position of Community Stroke Navigator. Rebecca was a Community Stroke Navigator in Sudbury for many years before leading a team of navigators across the North East Region. Welcome to the West GTA Stroke Network team Rebecca!

### Virtual Classroom

The purpose of the **Virtual Classroom** is to educate clinicians working in stroke care on topics related to stroke best practices. This web based learning format will allow you to move at your own pace and learn when it's most convenient for you! Currently, there are three live e-learning modules; Stroke and Sexual Health, Management of the Upper Extremity Post Stroke, FAST-ED and ACT-FAST.



#### Post-Stroke Depression Module AVAILABLE NOW!

This e-learning module is intended to help stroke providers better understand post-stroke depression. The module will cover common signs of depression, screening tools and the process for screening for post-stroke depression as outlined in the Canadian Stroke Best Practice Recommendations. Treatment options and strategies that teams can use to address post-stroke depression will also be discussed.

### Virtual 'Live' Education Sessions

Due to Covid-19 the West GTA stroke network had to get creative as to how we complete our in-person education workshops.



On November 12, 2020 the West GTA Stroke Network held it's first Virtual Community Stroke Partners Day event which highlighted the services currently offered by some of our community partners including the Halton-Peel Community Aphasia Programs, March of Dimes Canada, Lifemark Senior Wellness and the Central West LHIN Exercise and Falls Prevention Program. The event was a great success with 42 participants.

### Infographic Survey

The West GTA Stroke Network has been diversifying in the way that we provide education. One way is by developing and sharing infographics with our region. The purpose of these infographics is to focus on key areas related to stroke care and prepare a one page info sheet highlighting stroke best practices and available resources. These can be accessed [here](#) and printed off and posted.

We are currently seeking feedback from providers in our region whether you found these infographics to be useful. The survey can be completed at the following [link](#).

