



Turtle Soup

Vol. 6 No. 1

NORTH SHORE STROKE RECOVERY CENTRE

Turtle Soup Team Jane Rundle, Shirley Gibson, Sue Chalmers

January 2012



Co-Ordinator's Corner

December was a busy month at the North Shore Stroke Recovery Centre!

- Tone Chime concert at Capilano Mall was featured in the North Shore news on December 24th!
- Barrel Organ demonstration by Christians Larson's son, Dean
- Hummingbirds performance at West Vancouver location
- Mike's Critters
- Christmas Luncheon



Christian Larson's son Dean demonstrated an instrument he had hand-made called a Barrel Organ. It plays beautiful music!



Santa came to our Christmas luncheon! Here is Elonna Mitchell (another AMAZING volunteer) posing with Richard Beer, whoops I mean Santa!!



Mike's Critters came to visit. Shirley Carter is actually touching the Tarantula that Mike has in his hand! Way to go Shirley for trying something new!!



The Hummingbirds performed for members at our West Vancouver location. Our wonderful Wednesday volunteer, David Grace, performed a solo! Way to go David!!

I am pleased to announce that 2012 is shaping up to be an exciting year! New additions to our program will include:

- A Musical Production
- Technology update with ipads
- A Caregiver Program (Spring)

Cheers to an exciting 2012!

Warmly,
Christine

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"Lisa" AARONS

AARONS, Elizabeth (Lisa) 1928 - 2011
Lisa passed away peacefully on November 28, 2011 at Evergreen House in North Vancouver. She will be forever missed by her sister, Marija (Martin), son John (Stephanie), daughter Sandra (Tony) and her grandchildren Austin, Nicole and Gregory as well as many friends. Lisa was predeceased by her husband John, her mother Matilda and her sister Mida. A special thanks to the entire team at Evergreen 3 South. No service will be held. In lieu of flowers, donations can be made in memory of Lisa Aarons to the North Shore Stroke Recovery Centre at www.canadahelps.org/Home.aspx

Published in Vancouver Sun and/or The Province on December 4, 2011

Lisa was a quiet, lovely lady with a lot of spirit. She attended the Centre every Thursday for over 2 years. She usually had a ride but occasionally she attempted the trek from her place on West 4th to our location on East 2nd with her trusty walker. She was a regular member of Brenda's ladies' group and all the members enjoyed her presence very much. She would often put her hand over her mouth and say she couldn't do a task but usually managed it with help and encouragement from the other members. Lisa enjoyed her one to one sessions in the cupboard with Brenda where they talked about her life in her home country (Slovenia) and in Australia and Canada. Her family and her work were favourite subjects but she also practiced reading and answering questions with Brenda. She lived independently as long as she could and then moved without complaint to a care home, then to Lions Gate Hospital and lastly to Evergreen. Lisa had a most beautiful smile.
Gail and Brenda



Jane Rundle

Happy New Year to you!!

Did you "Find Your Voice" beautifully wrapped in a special box beneath the Christmas tree or the Hanukah bush? Do you recollect my inviting you to find your voice in the December 2011 newsletter? With the exciting events planned for 2012 at our centre, you will have plenty of opportunities.

Before I head into the future, allow me to backtrack to Christmas. Yes, Virginia, there is a Santa Claus. Sitting on the Handydart at the Holiday Inn, in December, I looked down at the taxi to our left. Guess who was in the front seat? SANTA. Oh my gosh, I thought. No more sleigh, Santa travels by cab!! When Santa got out of the cab, he had a cane. Wow!! Even Santa can have a stroke. Santa and his helper came to our Christmas luncheon. Don't let Santa know that I told you but he is far more handsome than I remember as a child.

If that was not enough excitement at our luncheon, Shirley Gibson, our newsletter co-editor, became very ill. Handsome firefighters and ambulance drivers whisked Shirley off to Lions Gate Hospital, where she received a seriously needed pace maker!! Shirley. You always add to the drama!! And her Christmas wish came true... Shirley LOVES to be cared for by those handsome firefighters.

Kidding aside, we wish you a speedy recovery as you become accustomed to your new pacemaker. We miss your quips at the centre. We also send big hugs and get better wishes to our newsletter photographer, Sue Chalmers, who is also working hard on her healing journey.

We miss you as well!!

HELP, I NEED SOMEBODY

Help, I need somebody. Help, not just anybody...I am asking for HELP and it can be ANYBODY (no insult intended). With both Shirley and Sue mending their bodies, I am the sole person in the newsroom!! Working on our newsletter was terrifying at first for me. In addition to my love for writing, working on the newsletter has increased my problem solving, thinking skills, and my confidence.

PLEASE. Give thought to finding your voice by becoming involved with your newsletter, Turtle Soup!! Become involved with our February Turtle Soup Project.

FEBRUARY TURTLE SOUP PROJECT

What do you love?

Select a photo, which tells what you love. Ideas include: singing, eating, playing with grandchildren, travelling, napping, playing computer games, attending your stroke centre, etc.

Scan the photo into a jpg format in your computer and send to me. If you have no one to help you at home to scan the photo, bring it into the stroke centre. Oh Martin.....

Include your name and a minimum of 1 word or a maximum of 3 sentences with your photo.

Deadline: email to: janefrundle@yahoo.com by February 10.

I spent Christmas with my sister, Paula and her daughter, Karen, in Dallas, Texas. Wow. Is it ever flat there!! It had been over 20 years since I had celebrated Christmas with them. It was a treat. Thanks to technology, similar to Skype but on Mac computers, I was able to visit with Paula's other children, Rob and his great family in Minnesota and Heather and her cute little boys in England. In addition, I visited the Sixth Floor Museum, the warehouse, from where Lee Harvey Oswald shot John F. Kennedy.

And you know what? It took me right back to being a young child. I got physically sick to

my stomach, anxious, scared. Some would call this body memories. A very powerful experience, indeed. On a lighter note, Karen took us to a marvelous French restaurant, where I enjoyed artichokes, crab soufflé and pumpkin and chocolate soufflés for dessert.

What a great break from my black bean vegetable soup. And the most enjoyable part was that we went to this restaurant in our pajamas!! In Dallas, it is a tradition to receive new PJ's for Christmas and wear them out for brunch on Dec. 26. Paula bought us matching PJ's. When we first arrived, guess who were the only ones with PJ's on?? Yep. US!

Fortunately, as the hour passed, more adults in cozy PJ's showed up. Soo... do you think that we should have a pajama day at our Stroke Recovery Centre?

Peace begins with a smile,

Jane Rundle

Expensive Tooth Joke: from Mac Yi in Korea

The patient asks, "How much to pull this tooth?"

The dentist answers, "\$100"

Surprised, the patient questions, "\$100 for just a few minutes work?"

"Well, I can extract it very slowly if you'd like."

Seen On Signs

On a typesetter's wall: THIMK

Outside a Baptist Church: "Adam blamed Eve. Eve blamed the snake and the snake didn't have a leg to stand on."

More church signs: "To be almost saved is to be totally lost."

"Whoever is praying for snow, please stop." (sign almost dwarfed in snow).

"Keep using my name in vain I'll make rush hour longer " – God.

RED FILE FOLDER PROJECT

Remember that new red file folder, which you took home last June? We were going to put our final wishes for our funeral service, donations to our centre in lieu of flowers, preparing what you would like mentioned in your obituary?? Well, we are back on track. In February or March, at the centre, we will work on the funeral service page. In the meantime, please talk with your family / friends / yourself (no one to disagree with you there) about the following:

Do you want a service? Where? Special religious person or friend to lead the celebration?

What Songs or Hymns? Specific persons to sing?

What Readings? From Quoran, Bible, Poetry, other literature, your own writing?

Who Reads, Who do you want to give remembrances?

YOUR PERSONAL THOUGHTS

Cremation or Burial? Where?

I invite you to work on these ideas at home. IF you can bring a "working copy" of your thoughts into the centre, it will help us to help you to complete this form.

Our Co-Ordinators will let you know upon which days we will work on this.

Please remember, If you do not want to have a red file folder, that is your choice. It is OK.

VOLUNTEERS will be needed to help members to fill out forms. I am sure that there are some persons, who would like to volunteer with us but cannot commit to a weekly schedule. Here is your opportunity to help out, have some laughs, (We had some great titles for our folders, for example "the Dead Letter Office".) Contact me, Jane Rundle @604-929-4409 or my email or one of our trusty, smiling, co-ordinators. Thanks in advance!!

Dogs Need Jobs

A sheep rancher in Australia owned a blue-ribbon sheep dog he named Shep. Energetic, intelligent and eager to please, Shep was the ideal dog to help run the big outfit and keep the large number of sheep under control. He happily worked with the rancher for many years. Then Shep got old and the rancher decided to retire him.

With nothing to do but hang around, the dog sank into a deep depression. The rancher did all he could to get his hard-working dog back to his happy, eager self. Nothing worked. Then it came to him!

He put Shep in charge of the chickens. The dog loved it! And Shep became the best chicken herder in the land.

North Shore Stroke Recovery Centre

225 East 2nd Street, North Vancouver, B.C. V7L 1C4 Phone: 778-340-5803

Website: www.nssrc.org

Co-ordinators: Christine Alexander (Principal Co-ordinator), Barb Brander, Gail Snelling

Days of Operation

Monday: 10:00 - 2:00 p.m. - St. Stephen's Anglican Church, West Vancouver

Tuesday, Wednesday & Thursday: 10:00 - 2:00 p.m.

North Shore Neighbourhood House, 225 East 2nd Street, North Vancouver V7L 1C4