



Turtle Soup

Vol. 5 No. 4

NORTH SHORE STROKE RECOVERY CENTRE

Turtle Soup Team Jane Rundle, Shirley Gibson, Sue Chalmers

April 2011



Jane Rundle

You are all invited! Mark your calendars

I think that I shall throw a surprise party for myself on July 11th. This day marks my 25th "Stroke Anniversary". My silver anniversary. Imagine!! I remember that my siblings and I bought a silver candelabra for my parent's 25th wedding anniversary. So..shall I buy a sterling silver cane or walker? What does one buy for a 25th Stroke Anniversary?

A Delphic Oracle or Sage, I am not; however, over the last 25 years, I have been blessed with insights, from both successes and..learning experiences. If any of my thoughts serve a purpose for your journey, they are yours to use. Please. Put them into your own post stroke basketful of wisdom.

I recently invited someone to submit his writing to our newsletter. He said: "when my writing is up to my standards, I will." The phrase, "up to my standards..." caught my attention. I understand the setting of goals and diligently striving to return to our pre stroke performance levels. For years, I spent a lot of energy trying to "get back" to where I was pre stroke. With lots of prayer and emotional support and my commitment to improve, I have done well.

By trying to "get back" however, I lost sight of the present, and, my vision of my future. What I could be and do with what gifts, skills, abilities, which I had remaining post stroke did not enter into my thinking as much as "getting

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Christine Alexander

Co-Ordinator's Corner

STRIDES FOR STROKES

Spring is in full swing & that means that Strides for Strokes is just around the corner!

Registration & pledge forms will be available in May. If you are a new member to the North Shore Stroke Recovery Centre and this is your first Strides for Strokes event here is the information you need to know:

WHO PARTICIPATES? Stroke Survivors & their family & friends.

WHY DO WE DO THIS? To raise \$\$ that helps pay for many aspects of our program.

HOW DO WE DO THIS? Request \$\$ pledges from family, friends, co-workers, etc.

WHEN IS IT? June 25th, 2011 10am-1pm

WHAT EXACTLY IS STRIDES FOR STROKES?

A 4 km walk, run or wheel event.

WHERE IS IT HELD? John Lawson park in West Vancouver to Dundarave & back!

IS IT FUN? Absolutely!!! There is music, entertainment, food, & prizes!

Prizes awarded for the top 3 pledges!

Young Stroke Survivors

Did you know that in addition to our NSSRC, we also sponsor a group for those persons, generally, 60 years and younger? They meet on Monday, Wednesday and Friday. Areas addressed include: social, speech and music. A walking group meets on Wednesday @ 1:00 pm. For more info, contact Christine Alexander at pc@nssrc.org or (778)-340-5803. Thanks, Gordon!

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back" to my baseline. With our strokes, we become bigger hearted human beings. We are given another shot at life. Carpe Diem.

Dare risk to write for your newsletter. Have the courage to try a previous activity, without your previous standards, as excess baggage. Be bold and try something new. Be gentle with yourself. Allow hope into your life. Expect miracles! Consider my invitation to you to flourish during this season of Spring and a new Springtime of our lives!

Peace begins with a smile,
Jane Rundle

Time for a Laugh - sent by my brother, Hugh
A little silver haired lady calls her neighbor and says, "Please come over and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks: "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment; then he looks at the box, then turns to her and says: "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says: "Secondly, I want you to relax. Let's have a nice cup of tea, and then, he said with a deep sigh.....

"Let's put all the Corn Flakes back into the box."

LENSIN ZUPPA *from Christine*

In response to the article on lentils published in the last edition of Turtle Soup, the Raasch family recommends the classic German recipe called "Lensin Zuppa". Of course there are many variations, however, if the following ingredients are used, the Zuppa is destined to be both nutritious & delicious!

INGREDIENTS:

- 1 lb lentils (any kind will work)
- 2 large carrots
- 1 large onion 1 large stalk celery, or 1 cup loosely packed celery leaves.
- 12 cups chicken or vegetable stock
- 2 teaspoons Worcestershire sauce
- 2 Tbs butter
- 1/2 tsp ground Cloves
- 1 bay leaf
- 1/2 tsp ground nutmeg
- Salt, Pepper, Marjoram & Thyme (to taste)
- 1 soup bone or ham hock

DIRECTIONS:

- In a large pot, soak the lentils in water over night to soften them.
- Saute onion, carrots and celery, or celery leaves, about 5 minutes in butter.
- Place drained lentils in large pot & add the stock, soup bone, sautéed vegetables, salt, pepper, cloves, Worcestershire sauce and bay leaf.
- Add salt, pepper, marjoram & thyme to taste.
- Bring to a boil.
- Reduce heat and allow mixture to simmer for 1 1/2 - 2 hours.

ENJOY!!!



ST PAT'S AND PERCUSSION *by Sue Chalmers*



Enos with tone chimes. A person with the use of only one hand, can achieve the goal of shaking it and creating beautiful sounds.

Departures



Jean Haddaway

September 6th, 1927 – February 28th, 2011

Jean attended the N.S.S.R.C. for a number of years, faithfully transported to and from the Centre by her late husband Peter. Jean had a wonderful sense of humour and you would always find her with a big smile on her face, sometimes because of a trick she and Grace had played on Jane Rundle. Jean was born in Victoria and later on trained to become a nurse. Jean and Peter ran a florist shop in Edgemont Village for over 30 years. Jean will be sadly missed by her daughter, Allison, Kelvin and her grandson Thomas and her many friends at the Stroke Centre

Doreen Alexander

We had the pleasure of knowing Doreen indirectly as she was our Gail Snelling's mother. We think that Gail is a gift to us so her Mum must have been terrific to have raised such a caring and funny daughter. Doreen was born on April 4, 1921 and died on March 3, 2011.

In Gail's words, "She was a wonderful lady, very giving and caring and smart too. She always handled her own finances and income tax. She drove until October of last year!! At that time, she gave two of my sons her 1992 Toyota Camry, which only had 60,000 kilometers. Since she died a few days short of her 90th birthday, I bought her favourite birthday cake, a Black Forest Cake and we celebrated in Mum's honour."

Gail, we know that you were very close to your Mum and that you will miss her dearly. We hope that your memories sustain you and that with each sunrise, your grief lessens.

Some thoughts on Falling

Sue Chalmers and I were working on an extensive article on how to get up, IF you fall down. What we learned was that we could not really pursue this story. Sue took many photos of Judy, our fitness leader, of her step by step movements of: how to roll over to position yourself moving from where you fell, to pulling yourself over to a chair and how to pull yourself up. I took notes and we were on our way with a helpful story for you.

Sue went home and tried the step by step and she could not get up. Sue has use of both sides of her body. Judy agreed that it would not work for a stroker, with a paralyzed side. Judy will be taking a course at G.F. Strong this summer on how stroke persons can get up from a fall. I have to say it. I sure hope that the experts at GF Strong consult with real stroke persons. We might just provide A LOT of insight!! In addition, the Neuro-Physiotherapist, who is supervising our Balance Program told Gail that the method for getting up is almost completely individualized for each stroke person. It depends upon the challenges/deficits with which the stroke person has to deal, i.e., partial paralysis, balance issues, upper body strength to name a few.

Having said all of that, we can at least use this checklist. Let's PREVENT our falls by studying this checklist. What changes do you need to make? Pat yourself on the back for what you are already doing to care for yourself. Consider purchasing the emergency alert button and if you have this device, for heaven's sake, USE IT!!

A certain friend, who shall remain anonymous, fell recently. She often talks about her fall a few years ago and how she loved it when the handsome firefighters came to help her. So.... Did she press the button for emergency help? No. Her husband called a strong grandson, who came over and capably picked up his grandma.

So why call the handsome firefighters when your handsome grandson can get you up? This person's head took a blow on the ground. The medics and firefighters could have assessed her for a concussion, bleeds, or if the fall was indicative of something more serious down the road, like another stroke.

I think that sometimes that we just do not want any bad news so we almost go into denial. I know that I am guilty of that. Please. Read the checklist, Prevent falls. Have an agreed plan of action with your family or friends in case you do fall. Better safe than sorry. Call in those good looking firefighters!!

CHECKLIST TO MINIMIZE FALL RISK

(Courtesy of Philips Lifeline)

Outside your home

Paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.

Paint outside stairs with a mixture of sand and paint for better traction. Keep outdoor walkways clear & well-lit.

Clear snow and ice from entrances and sidewalks.

Inside your home

Remove all extraneous clutter in your house.

Keep telephone and electrical cords out of pathways,

Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip, or attach nonslip backing.

Ensure that carpets are firmly attached to the stairs.

Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.

Keep a well-lit home

Have a lamp or light switch that you can easily reach without getting out of bed.

Use night lights in the bedroom, bathroom and hallways.

Keep a flashlight handy.

Have light switches at both ends of stairs and halls.

Install handrails on both sides of stairs.

Turn on the lights when you go into the house at night.

Bathroom tips

Add grab bars in shower, tub and toilet areas.

Use nonslip adhesive strips or a mat in shower or tub.

Consider sitting on a bench or stool in the shower.

Consider using an elevated toilet seat.

Use care walking

Use helping devices, such as canes, as directed by your healthcare provider.

Wear nonslip, low-heeled shoes or slippers that fit snugly. Avoid walking in stocking feet.

And don't forget...

Review medications with your doctor or pharmacist. Some drugs, including over-the-counter drugs, can make you drowsy, dizzy and unsteady.

Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.

Discuss safe amounts of alcohol intake with your physician.

Exercise regularly to improve muscle flexibility, strength, and balance. Talk to your healthcare provider about exercise programs that are right for you.

If you feel dizzy or lightheaded, sit down or stay seated until your head clears. Stand up slowly to avoid unsteadiness.

LIONS GATE HOSPITAL WELL WISHES:

You can now keep in touch with family and friends when they are in the hospital. Send your wishes by email. You may send them Monday-Friday. Please include the patient's

full first and last name. These Well Wishes are delivered in confidence by a Vancouver Coastal Health volunteer.

Email to: **WELLWISHESLGH@VCH.CA**

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
