



# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta

February 2019

## Love Never Ends

### We DO! - 12.29.18

Our love story started out in a good friendship and from there we proved that love never ends. I never knew that our first **HELLO** will be the start of something different. Eighteen years ago we've met and the rest is history.

Nicolas and I, conquered and discovered the world, we're separated by distance and later on found the missing piece of our lives. God's timetable is better than mine. The in-between, the meantime, the waiting—it can all be frustrating, but it is in those moments we are refined, redesigned and realigned with God's will as He prepares us to be launched into our next chapter.

**LOVE** is sweeter the second time around ..**LOVE** is really in the air blown by **second chances** from Riyadh Saudi Arabia to British Columbia, Canada. We're engaged three years ago and finally tied the knot last 29th December 2018, the best date ever that will forever be remembered. We embraced this day, wide arms open because this is what God gave Us...even heaven gave Us a warm welcome to our journey. It is worth the wait.

Sometimes, something totally unplanned for happens and the result is **MAGIC**. This holds true for so many things, especially on our **STORMY wedding Day**.

We loved our wedding day because it taught us that despite all the time and preparation that goes into having the ideal wedding with all the perfect props, flowers and aesthetic pieces, it is not at all that matters. The people who were there to celebrate with Us and stayed through the rain, their Biggest **SMILES**, warm hugs and loud **CHEERS** are more important than anything else. It was such a fun day with everyone we loved. We wouldn't change it for anything!

Officially,

-Mrs. Liza Capila  
MARAMOT

Congratulations 



Liza and Nico



Jo Anthony is 75 years old and has been married to Ed for 55 years!! Her stroke was about 5 years ago when on Oct 31 she collapsed on her birthday. She has two sons. Her older son lives in France and has a beautiful baby girl. Art is one of Jo's passions before her stroke she did all sorts of mediums - water, colour acrylics and even oil. She continues after her stroke to be an avid participant in art at the centre and at home.

Jo worked for the BC Lions for 12 years and the Whitecaps for 10 as their public relations person. Her claim to fame is that she met Pele, the famous Brazilian soccer star while working for the Whitecaps!!! She says "I met him at least 5 times and became good friends with him. He was playing for the New York Cosmo when I met him". If you know Jo then you know she has a dynamic personality so it is not surprising that she worked as a motivational speaker in Canada and the US. Audiences were all ages and twenty some-things loved it? Why you might ask? Jo says it made people feel good, encouraged people, and definitely made them laugh. Jo shared lots from her own experiences. She loved meeting people from all around the world. Please check out this link: <https://www.nsnews.com/lifestyle/idea-lady-to-help-people-find-their-passion-1.357667> Jo has a can do attitude of acceptance for the changes that she has experienced. We are so glad to have Jo as a part of NSSRC.

~ by Sue Carabetta



*Hooray for our drivers at Handidart! We want to thank them for the hard work they do on the ground everyday to get us to our programs. Some days we know it is crazy for them to meet all the demands of what they are scheduled for but they usually always have a smile and a kind word for us and do their very best to get us where we need to go.*



*Getting Right Back Into the Thick of Things. Former NSSRC program coordinator Jocelyn Rea, came in for a surprise visit February 7, 2019. After several "hugs and hellos", Jocelyn rolled up her sleeves and got busy once again, taking blood pressures and assisting members to their exercises.*



Jasmine, her partner and Oden

### Hola from Mexico

Jasmine Cadenhead, our past art therapist at the Centre, has been in Mexico for almost 1 year now. Recently she sent some photos of her first solo show. Congratulations Jasmine!





Day 1 to Toronto

Day 2 to Rome & Greece

Day 3 on the fabulous cruise ship in Greece.

A misstep to the washroom, a major fracture and a shatter, all to the same ankle, the not good one.

Athens Hospital for 15 days after surgery, waiting for a room at Lions Gate Hospital. Her husband, Brian, stayed with her in the hospital the whole time.

A room came available at LGH. As anyone who has had an injury out of country knows, must be isolated for at least a week, when arriving home.

I saw her every week and by early November the hospital said she had to have a second surgery as it wasn't done properly in Athens (3 months had gone by).

Finally, she started marginal improvement. In December, she was let loose for a day to go to her son's wedding at Queen Elizabeth Park. Back to LGH and finally released on January 4<sup>th</sup>, 2019. To start again on her long journey. As the Beatles said "a long and winding road."

It's actually a miracle that she survived hospital food for that long, with the help of A&W Teen Burgers and Thanksgiving Dinners. Thanks to Ron & Karen Whitman (& me).

Marnie's back on track and treading more carefully and I told her don't fall again or you're doomed.

Beef dips, pizza, real food, giving you the best luck I can, we can all survive.

Love, *Barbie*



Chris Kimpton from our YSS group is always hard at work on his Bowen property building things from Chicken coops to mending fences and on and on. This Christmas he surprised us by making a

birdhouse for our Christmas Gift exchange. Members from the YSS were so impressed he then offered to make some for others from the group who wanted one for donations to the NSSRC. His latest birdhouse went to Shirley and you can see in the other picture



Tuula's birdhouse that the wildlife outside her home are loving!! Big thanks to Chris for your creative talents.

~ by *Sue Carabetta*



*Thanks to Nancy Riecken for organizing our YSS Discussion group which happens every Weds at 10:45 am. Come join us for a coffee and a chance to discuss topics of value to you. This time is followed by a YSS music therapy time facilitated by Sam from 11:30 -12:30.*





Studies have shown that stroke survivors are twice as likely to fall following a stroke and more than three times as likely as the general popula-

tion to fall multiple times. Let's discuss WHY.

The risk of falling does increase with age, however FALLS IS NOT A NORMAL PART OF AGING.

Falls can have devastating consequences. It is not all bad news you can reduce the risk ..... How?

### **DO NOT TAKE UNNECESSARY RISKS:**

Taking risks and putting yourself in unsafe situations can increase the chances of a fall. Look at daily activities to see if there are safer ways to accomplish everyday tasks. Follow the advice of your Physiotherapist and Occupational Therapist re. Walking, transfers and daily tasks.

### **CHECK YOUR FOOT WEAR:**

Make sure the footwear that you use when inside and outside the home is adequate. They should be in good condition, non-slip soles, closed back and fit properly. Velcro slippers

may be easier to put on. Take time to apply foot wear properly.

### **WALKING AIDS AND CANES:**

Walking aids should be used as recommended, maintained in good condition and measured correctly.

### **TAKE MEDICATIONS AS PRESCRIBED:**

Know what you are taking.

Use only your own medications.

**Visit your doctor & pharmacist to review all your medications periodically.**

Tell your doctor and pharmacist if your medications are making you drowsy or dizzy.

Know the common side effects of all medications taken.

You may need someone to help you with your medications?

~ by Charlene Dornan, Physiotherapist

(to be continued)

## **Announcements**



caring  
for the caregiver

**Next Caregivers' Group**

**Wed, March 13, 2019**

**Time: 10:15 a.m.**

Pls come join us to connect with other caregivers at North Shore Neighbourhood House. ~ Sue Carabetta

## **North Shore Stroke Recovery Centre**

**Phone: 778-340-5803**

**Website: [www.nssrc.org](http://www.nssrc.org)**

**Co-ordinators:** Gail Snelling (Principal Co-ordinator), Sue Carabetta, Karen Mah

**Days of Operation: Monday: 10:00 - 2:00 p.m.** - Amica Lions Gate, 701 Keith Rd, West Vancouver

**Tuesday, Wednesday & Thursday: 10:00 - 2:00 p.m.** North Shore Neighbourhood House, 225 East 2nd St, North Vancouver

**Young Stroke Survivors- Monday 10:00am-1:00pm** - Amica Edgemont Village, 3225 Highland Blvd., North Vancouver &

**Wednesday 10:30am-12:30pm** - North Shore Neighbourhood House

EDITOR'S NOTE: 1. What is in the newsletter does not necessarily reflect the opinion of NSSRC Staff or Board. It is a newsletter written by/for stroke survivors and their families. 2. Grammatical errors are not corrected by the editor unless requested. Our newsletter is part of our recovery. Restoring confidence in self expression takes precedence over grammar.