

Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta

January 2019

Start the New Year Strong



These SUPER 7 exercises are an excellent way to keep up a daily fitness routine. Place yourself between a wall (your back will face the wall) and a sturdy chair that will not slide or move

when you place your weight on it. Make sure the wall behind you is clear of furniture or objects. Leave just enough room between the chair and the wall so that you can extend your foot behind you. Or you may also place another chair against the wall which will give you the opportunity to sit down if you feel the need to do so.

Now, you may begin doing your seven exercises starting with 10 repetitions of each. As you progress, you can add on more repetitions. These specific 7 exercises are developed to improve strength and balance.

Have fun!!

Ariyanna Pascuzzi



Surefeet¹ SUPER 7 Support chair in front 5x each...gradually increase to 10x

EXERCISE	DEMO	TARGET AREA
SIDE LEG LIFTS <ul style="list-style-type: none"> Completely straight leg Knee & toes face forward entire time though they want to turn to the side Low lift is OK, more important that leg is straight and knee and toes are forward 		Gluteals & Piriformis
HIGH KNEE LIFTS <ul style="list-style-type: none"> Lift to hip height (maximum) Keep knee joint at a 90 degree angle Foot directly below the knee Bellybutton slightly pulled in towards your spine 		Hip Flexors: Iliopsoas, Rectus Femoris
BACK LEG LIFTS <ul style="list-style-type: none"> Straight leg slides back, complete extension of the leg. Lead with heel Slight lift of leg from hip and a lift of foot upwards so foot does not drag along floor 		Buttock & hamstring (back of thigh) of same side <i>This should NOT hurt your low back</i>
SQUATS like sitting down in an imaginary chair <ul style="list-style-type: none"> Shift your weight into your heels slightly Stick your bottom out towards the wall behind you as you bend your knees. Knees do not bend forward of your toes when in the squat position 		Quadriceps...big thigh muscles
RISE UP ON TOES <ul style="list-style-type: none"> Rise up quickly onto toes/balls of feet then come back down slowly Body moves UP only not forward Do not move core forward, distance btw body & support chair in front of you remains the same 		Gastrocnemius, Soleus Calf muscles <i>Increases flexibility in feet which is extremely helpful for an efficient gait pattern</i>
WIDE LEG SQUATS <ul style="list-style-type: none"> Move feet WIDE apart....approx 25" turn toes outwards Charlie Chaplin style, lower body down keeping torso upright. Pull belly button in towards spine 		Adductors Inner thigh muscles
BACK KICKS <ul style="list-style-type: none"> Heel kicks back, bend at knee Knee of active leg strives to move back behind other knee...NOT forward of it 		Hamstrings Back of thigh muscles



December Highlight

Tuesday December 18th was our annual Christmas Luncheon at the Holiday Inn. Once again it was a December highlight with just under a hundred of us from the North Shore Stroke Recovery members, families and friends in attendance for an amazing turkey lunch with all the trimmings. There was abundant consumption!! , games, singing, and lots of laughter around the tables not to mention prizes galore!! Thanks to everyone for coming out to celebrate the season with us.

~ by Sue Carabetta.

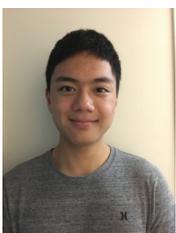


A Special Visitor

On a recent Thursday morning at the Stroke Centre, we had a very special visitor. Volunteer, Nicole, and her dog Truffles came by to say hi to the members. *Julia with Truffles and Nicole*



Truffles is a 3-year-old lab/poodle/spaniel mix. She loves visiting everyone and getting a lot of pats! She has figured out that if she leans against you and puts her head under your hand that she will get more attention. Funny fact about Truffles: she doesn't shed and her fur and eye-lashes need to be trimmed every few months – just like a sheep! Maybe for Halloween you will see her with a "Lion" haircut. Thanks to everyone for being so nice to her – she definitely wants to visit again. *~by Nicole Estes*



Paul Xu is a third year Psychology student studying at the University of British Columbia, and is interested in pursuing Occupational Therapy. He started volunteering with Young Stroke Survivors at the start of the new year and is eager to help out wherever he can!



Wednesday, February 13, 2019

Next Caregiver's Groups

Time: 10:15 a.m.

Pls come join us to connect with other caregivers at North Shore Neighbourhood House

the lipstick project

The lipstick project is back with us for 2019!

Monday Feb 25th 10:00 -12:00 at YSS Edgemont Amica, and **Tuesday Feb 13 and 27th** at North Shore Neighborhood house



Vancouver Coastal Health stroke research presentation

When: **February 11th, 2019** at 10:30—11:30

Where: YSS Edgemont Amica



Surefeet Balance Program

Where: Gym at North Shore Neighbourhood House

When: Every Thursday beginning **February 7th** until June 20th (20 sessions) **Time:** 11 a.m. – 12 noon

Cost: \$4/session **Instructors:** Judy Bjornson & Susan Bock Smith

Your spot will be confirmed once you've paid the fee: \$4/sessions x 20 sessions = \$80. Cheques can be made out to N.S.S.R.C. Contact one of the coordinators if you want to find out more.

Thank You

Huge thanks go out to David Sykora and Rockridge High school. David is one of our Turtle soup editors along with his mother Hana. In the fall David invited us to come and speak to the student council at Rockridge Highschool, where he attends, to share with them about our organization and what we do. In December this dynamic Rockridge Student Council raised \$320 for the NSSRC through a Santa's Breakfast for students. Many thanks Rockridge and David for your amazing community work.

~ by Sue Carabetta

Fundraising is essential to the operation of all Not-For-Profit organizations and the North Shore Stroke Recovery Centre is no different. In 2018, NSSRC was the grateful recipient of a number of grants and donations which supported the important programs, activities and therapies available to you at the centre.

We received funding from:

Vancouver Coastal Health
The City of North Vancouver
The District of North Vancouver
The District of West Vancouver
North Shore Community Foundation
Music Heals Charitable Foundation
Mt. Seymour Lions
Ambleside Tiddley Cove Lions
Neptune Terminals
RBC
The Soroptimists of North and West Vancouver
Retire-At-Home
Burrard Lodge No. 50
In-kind Donations – Amica Lions Gate, Amica at Edgemont,
Contact Printing, The Lipstick Project
Plus, private donations

Grants received directly supported NSSRC program and operating costs:

General Operation of the centre was supported by North Van District and City, RBC, Retire-at-Home and Burrard Lodge No. 50

Peer Support – the coffee and conversation time, the informal groups that meet to play Scrabble or Jenga and the mental aerobics activi-

ties, for example – was supported by all 3 North Shore municipalities

Art Therapy - was also supported by all 3 North Shore municipalities and the Soroptimists

Music Therapy – a new funding source: Music Heals Charitable Foundation

Speech Therapy Assistant – was funded by all 3 North Shore municipalities

Summer Program – was funded by all 3 North Shore municipalities and Mt Seymour and Ambleside Tiddley Cove Lions

Young Stroke Survivor group – supported by the North Shore Community Foundation and the North Van City

Strides for Strokes Merchandise – Neptune Terminals

Vancouver Coastal Health was our main funder and these dollars went primarily towards the operating costs of the centre – facility rentals, wages, program development and supplies. **Many individuals** – friends and families, former employees and members of the community – made generous donations throughout the year and still more made in-kind donations of goods and services which allowed us to stretch our dollars even further. Without the financial assistance of our generous funders the important work of NSSRC could not continue in its current format.

Thank you to all of them!

~ updated by Gail Snelling

North Shore Stroke Recovery Centre

Phone: 778-340-5803 Website: 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 - 2:00p.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.