

# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

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May 2019

## Volunteer Appreciation Week

During the last week of April everyday was a celebration to appreciate the volunteering work of so many! In both North and West Vancouver thanks were given to those who spend their time and talents to help make the center a welcoming place for our members. Our volunteers perform a wide variety of tasks spending their time and talents to bless our members. Some stay for years or even decades!! The members wished to express their sincere appreciation and handcrafted amazing framed pictures for each volunteer complete with a sweet treat! We also want to invite every volunteer to join us for a complimentary seat at the table at our upcoming end of June luncheon at Andreas. Speak to one of our coordinators for more details and to book your spot. The success of the centre simply would not be possible with out our volunteers. Grateful thanks from all of us to each of you.

~ Sue Carabetta

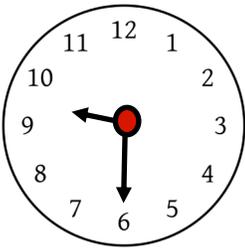


thank you!





# The Early-Bird Gets the Prize



It's Friday morning 9:15am. The members gather at the food court tables and reset their pedometers to zero. 9:30am... mall lights flick on... the sound of shop gates BUST OPEN and suddenly, THEY'RE

OFF! Walkers, wheelchairs and grocery carts squeal and crash through the mall. Leading the charge heading toward the east end of Capilano Mall is artiste extraordinaire, Jo Anthony, followed by a teal streak of light AKA, Janet Coons, trailing closely behind. Irene Shears pushes her grocery cart, flanking and overcoming Dorothy McKay and Mary Thorndycraft, but don't underestimate their ability to rally back... they kick butts! The *Fast and Furious Five*, rush by the lottery counter leaving a whirlwind of dust circling through the air like a cyclone.

You may ask, where are they going? What's the urgency? What are you, perhaps, missing out on? My friends... they are on a weekly hunt for the elusive DOLLAR TREE RAISIN BREAD. It's popular, it's rare and if you don't get there early enough, IT'S GONE. Early-birds rifle through the bread racks in the isle like Black Friday Shoppers at a Door Crash Sale event, leaving bread crumbs in their wake. Paying \$5.00 for raisin bread at Walmart JUST AIN'T WORTH IT to these savvy shoppers, because the Dollar Tree offers it for the low, low price of only a **DOLLAR TWENTY-FIVE!** Hence, its popularity and rarity.

The **Mall Walk Program** at **Capilano Mall**, is operated by **March of Dimes Canada** every Friday from 9:15am-12pm. With all joking aside, no actual race ever takes place and the Black Friday melee doesn't happen. Rather, the Mall Walk is a friendly and fun walking group program designed to help survivors of stroke stay active, recover and reintegrate into the community. Members are given pedometers to track their steps as they



walk at their own pace at a safe distance and in a safe, monitored environment. Members set personal goals on their individual walks and participate in other daily activities.

Amyr Sunderji changes gears from walking laps around the mall, to enjoying an indulgent massage, manicure and pedicure underneath the palm fronds at the *TJ Nail Spa*. Fresh from the barber shop and looking like a silver-fox, Wolfgang England sports a new cut as he and dedicated volunteer Paul Xu carefully walk to Walmart. Local fashionista Kathy Moen, checks out the latest couture styles at *Northern Reflections* while Dennis Joseph kicks back and enjoys a cup-a-joe in front of *Starbucks*. Janet Moore grips her trekking poles and marches on with determination after tackling 3 flights of stairs with always-smiling volunteer, Anne Kim. And finally, Liza Capila Maramot gently helps Gulzar Verjee from her wheelchair and encourages her to walk a comfortable distance.

At 11:00am members return to the food court for snacks and conversation. The morning excursion amasses 20 TONS of groceries piled on walkers, jars of pickles, ladies tights, greeting cards, art supplies, Voortman cookies and of course, RAISIN BREAD. The program ends with pedometer steps logged and errands out of the way. It's always a satisfyingly good time. Come join us on a Mall Walk!

Contact Sue Carabetta or Karen Mah for more details.

-Karen Mah

I am writing to express my thoughts and gratitude for the Music Therapy available through the NSSRC and lead by Sam (and previously by Salley).



On the recommendation of the Lions Gate Hospital, Neuro Rehab team, I joined NSSRC in 2017 and soon after was introduced to the music therapy group. I didn't know much about music therapy and was apprehensive despite my love for music. I could not have imagined how a group of people, with the guidance of a great leader (thank you Sam), could make such an impact.

We share our experiences, ongoing struggles, and celebrate achievements. It is amazing how our group of survivors struggle with short term memory yet can recall songs, song writers, and remember what we were doing decades ago, by listening to a song. Sam will come up with a theme for the session and we all get our brains working to retrieve songs that has been tucked away in our minds for years. Some of us have difficulty with speech yet, when singing, the words come out loud and clear. We witness miracles every week.

We cover a wide range of music: some soothing and meditative to reduce stress and anxiety, often triggering feelings (goosebumps) and emotions. We laugh together, we may shed a tear or two (especially when Dennis sings); we support each other through our shared passion for music.



Music therapy continues to be healing for me: mentally, emotionally and spiritually. We are blessed to have Sam share his knowledge and talent with us. He rocks our world with his beautiful voice and guitar playing... and guaranteed we are going to have a heck of a lot of fun each time.

Music with Sam reminds us of What a Wonderful World it is.

~ Tuula

## Announcements

**May 20, 2019 Victoria Day**, the centre is CLOSED



**May 23, 2019 Annual General Meeting**  
at 12:15 pm , North Shore Neighbourhood House, North Vancouver, Inman Room



**June 8, 2019 Strides for Strokes**  
9:30 am—12:30 pm John Lawson Park, West Van.



**June 27, 2019 June Luncheon** at  
12:00pm Andreas Restaurant.



### Summer Break

We will be open once again on Mondays and Wednesdays in July thanks to another grant from the West Vancouver Community Foundation.

Our **Monday meetings** will be at Amica Lions Gate & Amica Edgemont & our **Wednesday meetings at N.S.N.H.** More details to follow.

All locations will be closed in August.

## Winners of the Easter Egg Count



*Congratulations to Eshrat Fatemi and Joyce Davies for guessing the closest number of chocolate eggs and Smarties contained in the glass jar last April. The total amount was 73. First prize was awarded to Eshrat with her guess of 75 eggs. Interestingly enough, Eshrat was about to change her amount in the middle of the day, fortunately she decided against it and stayed with her original count. Good decision Eshrat! Second prize went to Joyce with her guess of 86 eggs.*



“Don’t sit too close to the television, it will ruin your eyes!” How many of us have balked at this comment bestowed upon us by our mother at some point in our life? Moms just wouldn’t be moms, without their constant worries and the sacrifices they make for our own good. That’s what makes them special. So, to commemorate Mother’s Day, NSSRC Members reminisced and brainstormed the most memorable advice they received from their moms. Here’s what they came up with:

- Don’t eat yellow snow.
- Never take your panties off; wear a chastity belt.
- Don’t stay out too late tonight.
- Don’t drink and drive.
- Be careful what you say because you can’t take it back.
- Look after your teeth, they are the first things to go when you’re alive and the last things to go after you die.
- Clean behind your ears.
- Be honest.
- Watch your manners.
- Elbows off the table.
- Watch your language.
- Don’t make me ashamed of you.
- What will people think, if you go out looking like that.
- Don’t be so greedy.
- Don’t sleep with your hair wet.
- Don’t come home pregnant; do things in the right order, marriage before the baby.
- Remember every girl is someone’s sister; treat her with respect as you do your sister.
- Always say please and thank you.



**To all the mothers, grandmothers and soon to be mothers out there, thank you and Happy Mother’s Day.**

*-Karen Mah*



## 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 - 2:00p.m.** North Shore Neighbourhood House, 225 East 2nd St, North Vancouver

**Young Survivors of Stroke- 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.