



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta, Ferdinand Vargas

June 2019

Summer Extravaganza 2019



Good News: We will be open once again on Mondays and Wednesdays in July thanks to a grant from the West Vancouver Community Foundation, the District of North Vancouver and Mt. Seymour Lions.

Mondays at Amica Lions Gate: July 8th, 15th, 22nd, & 29th 10 a.m. – 1:45 p.m.

John Cronin will serenade us on the 15th!

Mondays at Amica Edgemont (YSS Program): July 8th, 15th, & 22nd 10 a.m. – 1 p.m.

Wednesdays at N.S.N.H.: July 3rd, 10th, 17th & 24th 10 a.m. – 1:45 p.m.

Seymour Quilters Guild will drop by on the 10th!

Please let the coordinators know if you would like to attend one of the summer sessions and if you need a HandyDart ride.

Spots will be available on a first come basis but we will try to accommodate everyone's wishes.

For members wishing to attend on Monday and if it's not your regular day, arrival time at Amica Lions Gate will be 11 a.m. and return will be at 1:45 p.m.

Historically we have not charged for the summer program (it's not part of your membership fee) so we hope you will be generous with your daily drop-in donation.

All 3 locations will be closed in August. HandyDart rides will be suspended.



September 2019 Opening

We will be back at:



The North Shore Neighbourhood House on **Tuesday, September 3rd**.

Amica Lions Gate & Amica Edgemont on **Monday, September 9th**.

The coordinators will contact you in August to confirm your return to the Centre and handyDart ride requests.



I was on my way to pick up my son from work on the night of July 4, 2016 when I had my stroke. I have no memories of the next few months, but my family tells me I briefly woke up in Emergency at Lions Gate Hospital. I was moved to ICU and after a couple of days they operated on my brain for six hours. I was unconscious for several weeks, but eventually I was able to start moving my fingers and toes. My throat became infected and swollen, so they had to do a tracheal intubation.

I was eventually moved up to the Neurological ward in the Neurological Critical Care Unit and after a few more weeks they transferred me to a bed in the regular Neurological ward. After some time they started moving me out of bed with a lift and putting me in a tilt wheelchair for part of each day. They also used a machine to help me stand up and I took my first steps since my stroke while still on the ward. They determined that I wasn't ready to go to the GF Strong Rehab Hospital and moved me to Evergreen House care facility next to the hospital on October 5 of the same year, which was four days before my birthday.

Friends from my workplace raised about \$10,000 to hire a private physiotherapist to help with my recovery. She was really great and she helped me to begin transferring from my bed to my wheelchair without a lift and to do many stretching and strengthening exercises to help my affected side. She also helped me to learn to stand and walk again. At around this time, I started learning to walk in the pool in an adapted swimming class at the Karen Magnusson Pool. They would wheel me into the pool and then help me stand up and walk in the water. I also turned in my tilt wheelchair time and exchanged it for a self pro-

pelled chair. I got so good with this chair that the staff at Evergreen called me "The Flash".

In January of 2017, I began going to Stroke Club every week. We made an effort between my private physio and those in Evergreen, to get me ready for GF Strong. I began to practice on stairs with a couple of in house physiotherapists. By the time a doctor came to evaluate me in the summer of 2017, he said I was doing too well and couldn't go there. Instead he said I could go over to the hospital three times a week from Evergreen to attend the Intensive Rehab Out Patient program (IROP) for six weeks. I had a couple of seizures during that summer, but otherwise I continued to improve.

That fall, I turned in my wheelchair for a two and then a four wheeled walker and began taking my first trips home. At first they were day trips, but soon became overnight trips which lasted longer and longer. Early that winter I switched to a cane and by December 21, 2017 I was released from Evergreen to go home permanently. Freedom at last. Once home I began attending the Neurological Rehab Out Patient program at Lions Gate Hospital (NROP). This lasted for several months and as a result, I began to walk in the house without the use of any aids.

When I first got home, I could only walk to the end of my block and back. Soon I was extending this and now I can go on my own and I do several walks a day for a total of a few kilometers most days. By the summer of 2018, I stopped using the cane and started using my walking sticks. In the fall of 2018 I started attending mall walking and going to an adapted swim class at Delbrook Pool every week.

I will be starting a volunteer position at a daycare centre in August as well as attending a Watercolour painting class and a cribbage drop in group. I received a pedometer from the mall walking group last fall and on Friday June 14, 2019 my pedometer read 651 kilometers. I am thankful for all the help I've had along the way and for all the friends I've made during my journey. I'd also like to thank my family for helping me through this challenging struggle.

~ by Janet Moore



The 14th annual Strides for Strokes was a fantastic day!! Over 150 survivors of stroke, family and friends swarmed John Lawson Park and the West Vancouver Seawall raising money for NSSRC.



The weather was a little on the edge and we glanced nervously at the sky now and then. But, by lunchtime the sun was fully out and there to stay. Art, prizes, great coffee and amazing baking, auction prizes, a feisty warm-up, lunch, 50-50, merchandise to buy and new shirts and wristbands for all! Above all there was great conversation and the rich gift of such a wonderful community of people to be a part of. Vibrantly alive, walking and rolling, courageous survivors of stroke out there raising money for a cause they wholeheartedly believe in. Many thanks to all for being a part of this special day.

~ by Sue Carabetta



I want to thank our members, their family and friends for participating in our recent Strides for Strokes fundraiser. This was our most successful year and our final tally will be announced at our Summer Lunch on June 27th at Andreas Restaurant. This wouldn't be possible without the contributions of our sponsors, the dedication of our volunteers and the enthusiasm of our participants! A special thank you to the Strides for Strokes Committee: Beth, Lynn, Sarah and Will who have helped with the planning and running of the event this year. We will be looking for individuals to help with the committee next year, so if you or anyone you know would be interested, please let us know.

~ by Gail Snelling



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St. John Ambulance – First Aid attendants
Ambleside Tiddlycove Lions – barbecuing
North Shore Neighbourhood House – tables, chairs, & easels
District of West Vancouver – access to the park
Surefeet instructors – Judy Bjornson & Susan Bock Smith



Refreshments – Save-On-Foods Pemberton, Bean Around the World, Lift Bakery, Safeway (Westview), Real Canadian Superstore, Quest Food Exchange, Salvation Army (NV), Dave Burn

Prize Donations – 32 Books & Gallery, The Bakehouse (Dundarave), Brella, Browns Socialhouse, Capilano Suspension Bridge, The Cheeseman, Everything Wine, Fabulous Furnishings and Upholstery, Fresh Street Market, JJ Bean, Las Margaritas, The Lipstick Project, Long Beach Lodge Resort, Self Care Home Health Products Ltd., Shoppers Drug Mart (Dundarave), Trims, Vancouver Art Gallery, VSO, Vitasave, West Vancouver Community Centre, Wild Birds Unlimited, Zig Zag Fashions, Pat Burry, Deb Larman, Karen Mah, Dr. Katherine McKay, Erica Pang, Jane Rundle, Judy Sinnott, Deborah Stephen, Wilma Timms (Dave Lucas & Sue Marlo), Dawn Wimbles, Emily Wong, Jean-Marie Yates

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 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.