

Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta , Karen Mah

September 2019

Art after Stroke - YSS Exhibiting Art pieces!!

Coming up in October is the 4th annual Art after Stroke Exhibit at the Roundhouse in Vancouver. It is a celebration of incredible works of art by survivors of stroke to raise awareness and funds for important stroke recovery programs in the community. It features paintings and pieces of art created by some amazing survivors of stroke artists. This year there will be art from three of our Young Survivors of Stroke from NSSRC.

Plan to participate in a two day event on October 9th and 10th 2019. YSS member Dennis Joseph's band "Bitterly Divine" will be playing at 8:30 pm on Oct 9th at the Gala.

See <https://www.marchofdimes.ca/EN/events/special/Pages/Art-After-Stroke.aspx> for more details on how to get tickets for this event.

Dennis Joseph will also have a couple of art pieces displayed. They are entitled the "Twin Sisters" and "Harmonica". As well Chris Kimpton will display his "Dr Seuss" birdhouse. Chris has made many different individualized birdhouses for YSS members as part of his personal stroke recovery therapy. Ilza Bedis local artist, survivor of stroke and YSS member will be displaying some art as well.

Don't miss out! Come see this display depicting one of the many ways there is life after stroke!!

~ by Sue Carabetta



Many know them as the Lions, for the Squamish People we know them as The Twin Sisters. The essence of our famous story is about Brotherhood and Sisterhood. During a peace accord with one of the Northern tribes a war almost broke out. The creator intervenes and transforms Squamish Twin Sisters into mountains. To remind us to always work to get along.



Shadow box 27" x 14" built by Dennis Joseph: a Chrome harmonica Art piece with various Amplifier logos on barn wood frame.



Dr. Seuss birdhouse by Chris Kimpton





June 27th celebrations were in full swing with about 100 NSSRC family and friends gathered together. A delicious Greek lunch was had by all at local restaurant Andreas. Together we remembered another great year together of friendships, hard work, laughter and stroke rehabilitation. There were many new milestones crossed in another year at the center this past season. For the people who make the NSSRC a reality through diligence and hard work along with the courageous members, who engage in their daily journey of recovery, it was a day worth celebrating!! Thanks to all for coming out.

~ Sue Carabetta



2019 MARY THIRSK AWARD RECIPIENT FERDINAND VARGAS Volunteer & Member

It's been a decade since I had a brain stroke. The journey to recovery was so hard and very challenging that it reached the point of giving up and believing that the brain damage that I sustained during my stroke is permanent and irreversible. Nonetheless, having been given the chance to a second life, I had to find ways and means to improve my physical and health condition. That's when I came to know about the North Shore Stroke Recovery Centre. Initially I was a regular member of the program but then I became a volunteer up to this day.



SFS Top Fundraiser Award Announcement

Thank you to everyone involved in making the SFS a successful event.

SFS Results: over \$32,000! Our best year ever!

Top fundraiser award:

- 1st – **Sandy Lang** (\$2144)
- 2nd – **Marnie Hodgins**(\$1992)
- 3rd – **Gay Walker**(\$1431)
- 4th – **Yvonne & Terry Camsell** (\$1296)

Highest number of pledges:

- 1st – **Marnie Hodgins** (67)
- 2nd – **Dave Andrew** (26)
- 3rd – **Barbie Watt** (17)

Honourable Mentions – Gay Walker, Yvonne Camsell, Chris Kimpton





Envision this: A room full of people who have various levels of difficulty expressing themselves, sitting around having a lively discussion about the chapter of the book

they read last week!

Unfortunately, many people with aphasia don't get the opportunity to exchange ideas and thoughts frequently in their daily life which is why we began a Book Club using materials created by the Aphasia Center of California with the explicit goal of enhancement of life participation.



Weekly discussions are facilitated by an experienced speech-language pathologist and the materials are

"aphasia friendly" including chapter highlights, simplified vocabulary, and weekly worksheets that encourage reading and writing. Some members also use CDs or e-readers to assist with their comprehension.

Here's what our members are saying about the Book Club:

"Informative!"

"It's just so good!"

"9/10"



Books we have read:

The Five People You Meet in Heaven by Mitch Albom

My Stroke of Luck by Kirk Douglas

Please join us in the future for our next book beginning fall 2019!

~ Allison Haas, MSc, RSLP



Yvonne and her visitors from Inuvik visited the Vancouver Aquarium this summer. Pictured: Yvonne Camsell, her sister Donna, her niece Meeka and her two great nieces.



Meet Our Volunteer



My name is Priscilla and I am very excited to be volunteering here at the North Shore Stroke Recovery Center. I am planning to attend Capilano University for the fall season in 2020 for their rehabilitation assistant program and can't wait to be helping

people every single day. I am very passionate about health and fitness and in my spare time I enjoy hiking, photography, going to the gym and just being outdoors!

Special thanks to Amica Lions Gate, Amica Edgemont and to all our performers, staff and dedicated volunteers who have made our summer programming possible!

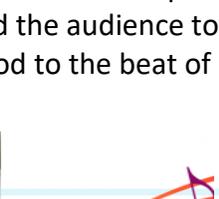
Abracadabra!

It's not every day you'd witness someone extract a 10-foot pole from a small velvet pouch or watch a stream of colorful handkerchiefs materialize from seemingly, empty hands. That's just all in a day's work for magician Peter Rooke, when he dazzled NSSRC members and Amica residents with his brand of magic in July. The audience readily participated and were mesmerized by his performance. Peter's magic show was a hit.



Music, the Universal Language

“Que Será, Será,” erupted from the lounge at Amica Lions Gate, as the audience of 60+, joyfully sang along with John Cronin while he strummed his guitar and charismatically sang into his microphone. John’s highly anticipated musical performance, motivated the audience to sing, clap, tap and nod to the beat of familiar tunes.



Music Therapy Thrives at the NSSRC

Sam King’s convincing impersonation of Louis Armstrong singing, “What a Wonderful World,” gave rise to a room full of smiles and laughter from his music therapy group. Sam’s sense of humor, his ability to connect and inspire people to sing and share their thoughts, makes him such a talented music therapist who is very well-liked by our members.



Show-Stopping Quilts

Linda Fedderson and her team from the Seymour Quilters Guild, visited the North Shore Neighborhood House to show-off their passion for quilting! Members admired the beautiful quilts styled in traditional and contemporary patterns, from the simplistic to the intricate. Some were exquisitely made by hand, others by machine. All the quilts were inspired from personal stories and a plethora of uniquely creative ideas.



Bingo, Balloons and Pie



Colorful balloon creations (courtesy of Karen Mah) awaited NSSRC members as they arrived on the last day of programming before the summer break. Members enjoyed Apple Crumble and Blueberry Pie, followed by several rounds of BINGO! The biggest winner was Janet Coons, who swept the Bingo prizes with a total of 4 wins! Gulzar Verjee and Liza Capila Maramot, Irene Shears and Mariam Moussavian with two wins. And finally, Kathy Moen and Mary Thorndycraft each with one win. While some people made off like a thief with an armful of prizes, Lady Luck took the day off for others. Either way, everyone had a fantastic time!

~ by Karen Mah



Important Dates for 2019 & 2020

Thursday, **December 19th, 2019** – Christmas Lunch at the Holiday Inn

Monday, **January 6th 2020** – first day back after the holidays

Saturday, **June 13th, 2020**– Strides for Strokes

Thursday, **June 25th 2020** – Summer Luncheon

Fall Programming



Once again we are very pleased to be able to offer the 'Surefeet' program to our members this fall with instructors Judy Bjornson and Susan Bock Smith. The program will be offered every Thursday 11 a.m. – 12 noon for 12 weeks starting September 26th at the North Shore Neighbourhood House gym. The last session will be December 12th. The cost will be \$4/session x 12 sessions = \$48 for NSSRC members. Your spot will be confirmed once you have paid the \$48.

the lipstick project

The Lipstick Project are closing their doors but manicurists, Elizabeth and Haruka will continue to volunteer at our Centre. We really appreciate the wonderful service that this organization has provided over the past 2 years.

The first manicure session will be Tuesday, September 17th and then every 2 weeks after that. If you are interested in getting a free manicure, please let one of the coordinators know.

New Faces at the Centre

We have a number of new program volunteers starting over the next month and there will be a little blurb about each of them in our Turtle Soup newsletter.

Capilano University Rehabilitation Assistant students will also be visiting the Centre every Wednesday starting in October. They will be working with Penelope supporting the speech therapy program.

We have had first year BCIT nursing students with us in the past and this fall we will meet students further along in their program. They will be doing presentations on various medical topics. Please let us know if there is a subject you'd like to hear more about.

~ 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 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.