

Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta

October 2019

Attitude of Gratitude



We have recently celebrated Thanksgiving, a special time to pause and to reflect upon our blessings. For what are we grateful? Do we have that attitude of gratitude?

High on my gratitude list are the persons, whom I know through our NSSRC. The other day, I arrived feeling discouraged from ongoing issues from my whiplash injury. I talked and laughed with friends. I listened to their stories. Each person has so much resilience, hope and even joy! They deal the best they can with the new, different lives, post stroke. I went home feeling more hopeful, more grateful and in communion with my friends, who face so many challenges.

I think we take turns with each other some days, my fellow survivors of stroke are bright stars of hope, of resiliency, of joy in my dark night sky. Hopefully, I am a shining star for some other persons, who are in a temporary dark night sky.

This past summer, I practiced gratitude every day. Due to injuries from a vehicle accident, there were days when all I could do was sit on my patio as the dizziness was so severe. One day, for over 2 hours, I watched a bird on my patio. I was grateful that I could see the bird, hear the bird and have the patience to appreciate the bird. I was also grateful for my beautiful patio.

Another day, I was grateful to be able to cut my hydrangeas and create this beautiful centerpiece (photo above). Of interest, Hydrangeas vary in their colour according to the soil's acidity. A bit spectacular that all of these colours came from the same plant in the same soil!

And then, there is my new neighbour, the black bear! Some persons thought that this was the same bear as had visited 3 days prior? Really? How can one tell the difference between bears?



So, I am trying to come up with my attitude of gratitude about my new bear neighbor. I admit, I was not smart but I was thrilled to video the bear when it was up in the tree. Did I mention that he had walked right by my patio? Yikes! In my wildest dreams, when I lived in New York, the thought of seeing a live bear or of sharing real estate with a bear never crossed my mind.

OK! I have got it! I am grateful for a real bear in my neighborhood because it makes me pray! I pray that the bear will go back into the woods, thus remain "wild". I pray that my neighbours and I stay safe. See? Wait long enough and we find that in every event there is a blessing!

The gift of nurturing an attitude of gratitude, I find, is that I see the blessings sooner.

Peace, Jane Rundle

Happy Thanksgiving!



As we celebrate Thanksgiving, we reflect on how thankful we are for the many new volunteers at the center. All come with different backgrounds, stories and skill sets and make our Stroke Recovery Center that much richer. Here are just a few of the people who have come to share their time with us. We are grateful!



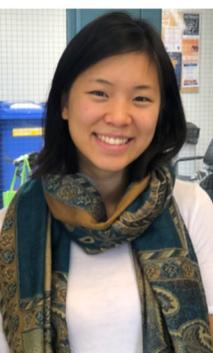
My name is Alanna and I am happy to be spending Thursday mornings volunteering at the North Shore Stroke Recovery Centre! I am a recent kinesiology graduate and my current day job involves assisting youth with disabilities on the North Shore as a support worker. I hope to pursue a career in occupational therapy in the near future and have a positive impact on the lives of others. In my spare time, I enjoy staying active in the outdoors, going to yoga classes, and travelling to new places!



My name is Maria, and the reason I became a volunteer at the North Shore Stroke Recovery Center is because my father had suffered a major stroke. It took away his speech, and his friends stopped coming to see him after that. He also had a hard time moving around and had double vision, so was very limited in what he could do. I really enjoy my job at the Center. It's a very positive environment and I always have the feeling that everyone is really happy to be there. No one should have to go through life alone, and I'm grateful that I can be a part of this great community.



Hello! My name is Yasmin and I am a new volunteer at the North Shore Stroke Recovery Centre. I am interested in Occupational Therapy and I am very excited to be volunteering with this great organization! The members, other volunteers and staff are so friendly, supportive and it really feels like a tight knit community. In my spare time I like to workout, cook, learn languages and spend time with family and friends.



Hi everyone, my name is Lauren and I'm really looking forward to working with the North Shore Stroke Recovery Centre again this year! I am currently in my final year of a Bachelors degree in Linguistics and Psychology at Simon Fraser University. My passion and field of interest is speech-language pathology, so my next step will hopefully be acceptance to a Masters program at the University of Queensland, Australia. In my spare time I enjoy hiking, kickboxing, reading, and spending time with my dog and the people I love.



Mariam Moussavian

Mariam Moussavian passed away unexpectedly on September 18, 2019. She was a beloved mother, daughter, grandmother, sister, aunt, niece, friend, colleague, and mentor. She is survived by her children, Moe (Michelle) and Hannah (Steve); her mother, Pari; her grandson, Justin; her sisters, Narguess (Jean-Pierre) and Leila (Rainer); and her brother Madjid (Cathy)

Mariam will always be remembered for her profound kindness and sense of compassion, along with her unwavering commitment to social justice. She touched hundreds of lives with her open heart, particularly in her work as a translator/interpreter (she was fluent in Farsi, French, Spanish and English), support worker, and advocate, and modeled an unparalleled humility and wisdom throughout her life.

She will be fondly remembered as an ideal mother for her children, an exceptionally caring and attentive daughter to her parents, a loving friend and confidante to anyone fortunate enough to know her, and a champion of human rights to her community. ~ The North Shore News (2019, October 9), Mariam Moussavian.

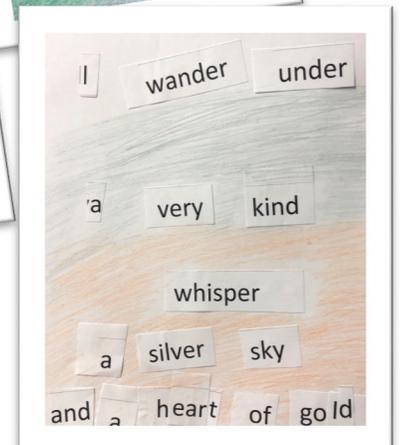
Retrieved from www.legacy.com/obituaries/nsnews/obituary.aspx?n=mariam-moussavian&pid=194112569

Mariam was an active member and proud supporter of the North Shore Stroke Recovery Centre. She looked forward to attending the programs at the NSSRC and seldom declined to participate in any activities. To everyone at the Centre, her graciously warm and optimistic personality was contagious. Often one of the first to enthusiastically provide answers during mental aerobics and cross-words, Mariam was always knowledgeable, quick to answer and rarely thrown off her game. She faithfully attended exercises because staying fit was important to her and art therapy provided Mariam a sanctuary, where she could express herself by creating beautiful, meaningful art. Mariam's presence will be greatly missed.

~ Karen Mah

Mariam was fairly quiet in our music therapy group - often receiving the music with closed eyes, moving her head to the music or mouthing the words to familiar songs. Much of the music she was familiar with was not in English and so her novel song suggestions for listening were welcomed by the group. Despite her being quiet, she would share a lot when prompted. During one session in particular, she was asked about how she knew the words to a certain Spanish song that was requested for listening. She shared that she used to teach Spanish and French, and that her first language was Farsi. She spoke of learning language in an organic way as in one must 'live' the language rather than simply 'learn' it. This wise sentiment stuck with me and I think it says a lot about what it means to speak a language - including the language of music.

~ Sam King



Thank You for the Financial Support

As a non-profit society, we rely upon grants, fundraising, fees and the financial support of individuals, corporations and community groups. Donations are tax deductible.

The Board of Directors on behalf of its members wish to thank all of the following for their valuable support in 2018.

<p>Corporate Donors</p> <p>\$30,000+ Vancouver Coastal Health Authority</p> <p>\$15,000 Anonymous</p> <p>\$6,000+ City of North Vancouver District of North Vancouver</p> <p>\$4,000+ District of West Vancouver</p> <p>\$2,500+ Music Heals North Shore Community Foundation</p> <p>Others Ambleside Tiddlycove Lions Burrard Lodge No. 50 Mount Seymour Lions Neptune Terminals RBC Retire-At-Home Services Soroptimist International of North & West Vancouver Telus</p> <p>Individual Donors To protect privacy we have not published individual names but wish to express our deepest thanks for your continued support of the Centre.</p> <p>We would also like to thank all of our staff, volunteers and caregivers for their countless hours of service. Without you the Centre could not provide the extensive therapy and activities to our members.</p> <p>Our Generous Service Providers Throughout the year, many businesses and other organizations contribute services and goods to ensure the Centre can continue to meet the needs of its members. We thank you for your support.</p> <p>Ambleside Tiddlycove Lions Amica Edgemont Village Amica Lions Gate</p>	<p>Bean Around the World – West Vancouver Brown's Social House Canada Helps Donations Cheshire Cheese Restaurant & Bar Contact Printing & Mailing Ltd. Deep Cove Stage Society Fresh Street Market Freyja Barnwell, graphic designer Giftworks JJ Bean Coffee Roasters JKC Group Las Margaritas Restaurant Limelight Flowers North Shore Neighbourhood House North Shore News Old Spaghetti Factory Only the Oldies Presentation House Theatre Quest Foods Real Canadian Superstore Red Lion Bar & Grill Running Room Safeway – Parkgate Safeway – Westview Salvation Army SelfCare Home Health Products Ltd. Shopper's Drug Mart – Dundarave St. John's Ambulance Stitch & Bobbin Surefeet The Bakehouse – Dundarave The Cheeseman The Harvest Project The Latest Scoop The Lipstick Project Trims Vancouver Art Gallery VSO West Vancouver Community Centre Wild Birds Unlimited Zig Zag Fashions</p> <p>We apologize if we have missed anyone.</p>
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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.