



# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta , Karen Mah

November 2019

## 2019 Art After Stroke Gala Event

What an incredible evening it was at the Art After Stroke Gala Event! Impressive and inspirational artworks created by survivors of stroke, adorned the walls at the Roundhouse Community Center in Vancouver.

A cornucopia of visual and performance art including, displays, music, comedy, poetry and storytelling filled the festive evening. People mingled, tables of delectable hors d'oeuvres and spirits overflowed, and a monstrous-sized cake was served to commemorate SRABC's 40th Anniversary.

On stage, Dennis Joseph kicked off the event with a First Nations welcome speech. This was followed by a song he sang with spirit-filled vocals accompanied with beats from a traditional, ceremonial drum. The room combusted with applause and cheers as Rock and Blues band "Bitterly Divine," brought the house down with their electrified performance. Dennis played skillfully alongside his band, and when he "freestyled" with his harmonica, he slayed it... like a BOSS.

Congratulations to Chris Kimpton, Dennis Joseph, and Ilze Bebris, on a successful exhibition that impressed a crowd of discerning art critics. Chris's bright red birdhouse presented a bold, whimsical focal point within the gallery space. Ilze's mixed media paintings explored the complexities of composition, colors, shapes and textures. Dennis's Chrome Harmonica artwork was visually striking, as a bioluminescent-like glow, lit up the piece from within the confines of the shadow box.

To see more of Ilze's art visit: <http://www.ilzebebris.com>

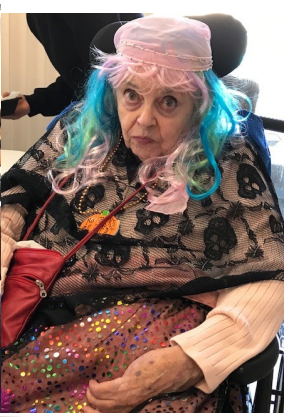
To learn more about Dennis's band Bitterly Divine visit:

<https://www.bitterlydivine.ca/>

~ Karen Mah



# What a Spooky Day!



“Your body needs you to look after it better. It is time to do more yoga.” This self-talk finally came home to roost when the residue of numerous sports injuries gave me a definitive nudge to pay attention. After several years of flirting with yoga, I finally took the plunge. It started as a regular physical practice that made me feel whole and more body aware and quickly evolved to a deep curiosity about the esoteric healing and spiritual side of yoga practice.

I am currently enrolled in Yoga Therapy International's Certified Yoga Therapist (CYT) 1000 Diploma Program and have completed term 1 of the three terms. I have earned 500-hour level yoga plus Yin and Ysculpt teaching certifications from YYoga Teachers College and have done trainings and workshops in many disciplines (therapeutic yoga, tensegrity, seasonal sadhanas, mythology, ayurvedics). Always passionate about education, I completed a Master's in Edu-



health benefits of yoga. The practice entices me with a spirit of inquiry, openness, and opportunity.

I practice and teach yoga because every time I experience new body / mind / spirit awareness, integration and peace.

I teach from a place of nurturing a safe, supportive, pure movement based practice, inclusive of individual levels and needs. I love to share my knowledge in a creative, therapeutic and authentic practice in Therapeutic, Restorative, Hatha, Flow and Yin yoga style classes. Come connect to the breath, move and feel alive!

I am currently teaching Adaptive Yoga Classes for Young Stroke Survivors with the North Shore Stroke Recovery Program which I love. Such a fabulous, supportive group!

You can also find me in my yoga studio in Lions Bay. Contact me for details [carolyoga@shaw.ca](mailto:carolyoga@shaw.ca)

~ Carol Brien



cation at UBC and have taught nursing and clinical informatics.

My clinical background as a nurse has inspired my interest and study of the therapeutic and

## Announcements

### Next Caregivers' Group



**When:** Thursday, December 5th

**Where:** Andrews on 8<sup>th</sup> (279 East 8<sup>th</sup> Street, North Van.) **Time:** 10:15 a.m.

**Group Facilitator:** Sue Carabetta (email: [sue@nssrc.org](mailto:sue@nssrc.org); cell: 778-233-0566) **Join us for an informal time of friendship and sharing the journey of caregiving.**

**Christmas Lunch is happening soon. Please mark your calendars!**



**When:** Thursday, December 19<sup>th</sup>

**Where:** Holiday Inn, 700 Old Lillooet Road, North Vancouver

**Price:** \$25/person  
**R.S.V.P. by December 10<sup>th</sup>!**



Every Friday you will see a contingent of folks in the journey of recovery from strokes down at Capilano Mall enjoying some good socializing, a time to get some walking in as well as a chance to independently run some errands, grab a haircut or some groceries.

This free program sponsored by March of Dimes Canada is run by Karen Mah and Sue Carabetta along with some stellar volunteers. We meet Fridays at the food court at about 9:30 am and head out walking just before ten. Eleven o'clock we are back at the food court for coffee time and a wind up before returning home at about 11:30.

Handidart drops off and picks up those members who need a ride. It is remarkable to see many people continuing their rehabilitation in this great natural setting where they can accomplish many things they are wanting to get back to with just a little support.

Many different transitions occur during this time with some moving from wheelchair to walker, walk-

er to canes... some doing sets of stairs... and we are happy to support in whatever way we can.

Talk to us at the NSSRC center to find out more about how you can be a part of this either as a volunteer or a member. ~ Sue Carabetta



**Last program day before Christmas is Wednesday, December 18<sup>th</sup>.**

**Centre reopens Monday, January 6<sup>th</sup> at Amica Lions Gate and Amica Edgemont**

**Tuesday, January 7<sup>th</sup> at the North Shore Neighbourhood House**

## 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.