



# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta , Karen Mah

December 2019

## A Warm, Heartfelt Thank You to Amica Lions Gate and Amica Edgemont!

We express our sincere gratitude for the generosity we receive from Amica Lions Gate. Amica Lions Gate provides the NSSRC, a cozy tea room and a spacious lounge where we facilitate our Monday programs every week. We are grateful for the coffee, tea, and perfectly plated pastries and fresh fruit provided for our members. Your staff is always hospitable and considerate of our needs.

Monday's at Amica Lions Gate is adapted for Older Survivors of Stroke (OSS) over 65, with mobility constraints due to stroke or natural aging. The program addresses physical health, peer socializing and improving communication skills. The NSSRC maintains a comfortable, non-judgmental environment where people feel safe. Members arrive by HandyDART at 10:00am and engage in friendly conversations over coffee and refreshments. A stimulating game of mental aerobics in a group setting follows. Crosswords and a range of other brain game activities are sure to get the neurons firing.

Exercise therapist Sue Dogan, runs an upbeat morning exercise program at 11:00am. Sue leads members through a physical routine with music that gets hearts pumping and bodies moving. Members take part in trivia, engage in a lively discussion of current events or play chess in the afternoon. Music therapy, speech and art are also offered on a daily basis throughout the week and included in the annual membership. Contact Karen Mah for details.

**Thanks again Amica Lions Gate, for all you've generously given us. The North Shore Stroke Recovery Centre, members, and their families are grateful beyond words. Season's Greetings and Happy New Year!**

~ Karen Mah



**Amica Edgemont you are a gift to us....**



We wish a very Merry Christmas to Edgemont Amica and all the Staff! Our heartfelt thanks and gratitude from the Young Survivors of Stroke from NSSRC go out to you. Each week Amica gives back to the community providing space, hot drinks and goodies to this group. Our group has grown and flourished in this fabulous space. Every Monday there is lots of laughs and comradery in the challenging journey of working hard to re-gain confidence and independence after a massive unexpected life changing event. Amica Edgemont you are making a vital difference to all of us.

~ Sue Carabetta



This fall the North Shore Stroke Recovery Centre's Speech Language Pathology Department partnered with the Rehabilitation Assistant (R.A.) programme at Capilano University.

Penelope Bacsfalvi, together with a few of our members mentored two R.A. students: Caitlin and Alecia. I am sure many of you have met these lovely young women participating in the programming on Wednesday mornings. These students came every Wednesday to our North Shore Neighbourhood House location and spent half a day for two months.



They attended a 45-minute tutorial each week with Dr. Bacsfalvi, and then they worked with our members for the rest

of the morning.

This pilot project has been a win-win experience. The students have learned a lot from everybody at NSSRC. As these students are first year students, they benefitted from our experienced Augmentative and Alternative Communication (AAC) users demonstrating how well they can use different forms of communication tools. Our members mentored the students in AAC through the use of communication books, the TouchChat App on their iPads, gesture, pen/paper and drawing. Alecia and Caitlin were exposed to various forms of communication that can work for people who have lost full or partial spoken communication. They also worked on increasing their skills at becoming more proficient communication partners for persons with aphasia\*.

We have enjoyed having Alecia and Caitlin at the NSSRC and hope they will come back and visit us or volunteer with us in the future. Good luck in your future studies.

[\*Aphasia is a condition that robs you of the ability

to communicate. It can affect your ability to speak, write and understand language, both verbal and written. **Aphasia** typically occurs suddenly after a stroke or a head injury. It is very important that all communication partners learn to become proficient facilitative communicators when talking to someone with aphasia.]

~ Penelope Bacsfalvi, PhD, RSLP

**Recycle Reuse at NSSRC!!**

Cutting and tying and making something new from something old. Very in vogue!! Art therapist Erica Pang and Volunteer Betty Third have been working with the Art Group to re-fashion old t-shirts from the center into useful re-useable shopping bags. They are a great advertisement for the NSSRC and make excellent gifts and stocking stuffers. These fabulous bags are available for sale at our Christmas Lunch this year.

On Sunday December 1st the NSSRC was invited to do an interview on Global TV for their Charity Feature "**A Month of Giving Back**". Survivor of Stroke and NSSRC member Janet Moore along with Coordinator Sue Carabetta met early in the morning at the Global studio for the live interview on the Morning News Program. The segment is sponsored by Accent Inns so on top of the exposure from the interview we received a \$500 donation!!

See the following link to the interview, also available on our website: <https://globalnews.ca/video/6241042/month-of-giving-back-north-shore-stroke-recovery-centre>



For 23 years, the Eastside Culture Crawl hosts a 4-day visual arts festival in Vancouver's eastside. Artists of all kinds (painters, jewellers, sculptors, potters, furniture makers, etc.) open up their studio doors to the public. This year, I was lucky enough to be one of 500 artists to participate! I worked tirelessly the past few months and created a new painting series to share. My work is inspired by my journey of life, the hard lessons I had to learn this year and the beautiful teachings I gained. I intuitively paint what I feel, not what I think and al-



ways try to surrender to the process. What came about in this series are bolder colours and brushstrokes, something that is reflective of my growth as a woman.

My studio is located in Vancouver's Chinatown and holds a very special place in my heart. With a desire to live a better life, my grandpa jumped off a ship from Hong Kong and settled a block away from where my studio is located. He only had 40 cents in his pocket. Without his bravery, I would not be able to pursue my dream career of being an artist. I am grateful everyday for it!



As an Art Therapist, I knew I had to create an interactive art project for people coming through the studio. I created an art station with an array of art supplies, a bare tree and leaf shaped cutouts. I asked everyone to "help the tree grow" and within 4 days, the tree bloomed more than I could ever imagine!

*"Art washes away from the soul the dust of everyday life." To see more of Erica's work visit: [www.ericapang.com](http://www.ericapang.com)*

~ Erica Pang



## Live from the CBC at the Quay

Yvonne Kisoun-Camsell watched a live radio broadcast in September at Lonsdale Quay of CBC News: The World at Six. Yvonne, her son Victor, and daughter Ria spoke to the reporters about Yvonne's career with the CBC. Yvonne travelled and reported from all over Canada and Alaska.



Laura Carlin, Producer; Susan Bonner, Host; Yvonne Kisoun-Camsell; and Mark Gryski, Operations Producer for CBC Vancouver are pictured left to right.



Bert Eriksson started coming to the Stroke Center a few months ago. Originally from Bucharest Bert loves to paint. Ninety years young Bert has a great sense of humour and is fun to have around! One little known fact is that Bert loved competing in target shooting and has won many medals and prizes at this sport. Welcome Bert!!

Happy 80th birthday, Wolfgang!  
Here pictured with his granddaughter and a lovely cake.



Let's sing along!



Thursday November 28th Gail and Sue attended a reception to receive a generous cheque for \$5000 from the North Shore Community Foundation towards Young Survivor of Stroke programs. This Foundation works hard to accumulate and responsibly administer funds to directly benefit residents of the North Shore. We want to express our grateful thanks to all who work hard to make this Foundation such a vital organization in our midst. Our Young Survivor of Stroke group has quadrupled in size over the past 3 years and it is the resources you give that allow it to continue to offer the full range of programs to impact recovery and maximize quality of life for those from our very own North Shore Community.

*Thank You!*

**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.