

Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta , Karen Mah

January 2020

SureFeet Balance Program 2020!



It's 2020 and we know, you all can't wait to **LACE UP THOSE SHOES** and **GET YOUR SWEAT ON!** The ever-popular **SureFeet Balance Program** is revving-up to start **February 6, 2020!** This program is offered every Thursday at the North Shore Neighborhood House.

The focus of the program helps members improve balance and mobility to reduce the risk of falls. Participants gain stability, build core body strength and develop self-confidence. Skills acquired in class aid in reducing falls and enable participants to regain their independence.



Instructors Judy Bjornson and Susan Bock Smith, return to challenge your flexibility and stamina with squats, leg lifts and kicks! Classes are charged with high-octane enthusiasm and zeal, against the backdrop of pop and rock n' roll music!

Where: Gym at North Shore Neighbourhood House

When: Every Thursday beginning February 6th until June 18th (20 sessions)

Time: 11 a.m. – 12 noon

Cost: \$4 per session



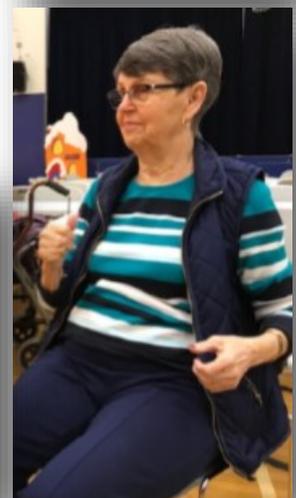
Your spot will be confirmed once you've paid the fee: **\$4/sessions x 20 sessions = \$80.** Cheques can be made out to N.S.S.R.C. Contact one of the coordinators if you want to find out more.

Get registered, get fit! We hope to see you there!



Karen Mah

Gail Snelling



Christmas Extravaganza with NSSRC!

The date was Thursday Dec 19th, the place was the Holiday Inn, the mood was decidedly festive and North Shore Stroke Recovery Centre family, friends and supporters were out in the masses!

Turkey lunch with all the trimmings was enjoyed by all. Prizes abounded, washcloths and recycled shirt bags were sold out for stocking stuffers, and the enjoyment over lunch was palpable. The SongShine Group Choir led by Penelope and Yasmine was really phenomenal. The group has accomplished so much this fall season. The comradery was so evident when we were all invited to join in the singing. What a fine celebration of all that the Stroke Centre is about. All different members of the Stroke Recovery family including those from the board who volunteer their time to vision and lead the organization, Mary Thirsk who was one of the founding members, staff, program volunteers and lots and lots of members with their families were present. Once again, we were thankful for a year of great programs, stories and courageous full journeys of those working hard everyday to recover from a stroke. Here's to 2020!!

~ Sue Carabetta



The Young Survivor of Stroke group engaged in our second annual Secret Santa gift exchange. Treasure of all shapes and sizes abounded across the table that fun Monday in December. There was stealing and trading and a ton of laughter. Deb and Derrick each blessed us with home made goodies. Dale was an amazing "elf" with Chocolate ornaments and Bailey's chocolates for us all (especially for Dave's coffee!!) What a great way to end our season together and begin the holidays.



Next Steps Celebrates the season!

Our walking group “Next Steps” wound up for the season on December 20th with lunch for all courtesy of March of Dimes Canada (sponsor of this popular program). This group meets every Friday at 9:30 am at Capilano Mall. We spread out across the mall for an hour with volunteers assisting people as needed to practice walking, stairs, running errands, picking up groceries... then we meet back for coffee time together in the food court winding up at 11:30 am. Ask a coordinator at the Stroke Centre for more details if you are interested in this beneficial program.

~ Sue Carabetta



Winter at our Art Table



Manicure

Every second Tuesday at the Centre is full of hustle and bustle as members arrive sparkly eyed and excited about the opportunity to have their nails cared for. Our two faithful manicurists, Elizabeth and Haruka join us volunteering their time to do free nail care, manicures and hand/arm massage. To be cared for in this way is an amazing lift for ones spirit. What a gift it is to our members who all look greatly forward to these times. At Christmas time we reflect on many things we are grateful for in our lives and we want to take a moment to offer our deep appreciation for these two warm and talented ladies. Many thanks!



Board Treasurer, Mark Adams, recently unveiled the 2020 budget for the North Shore Stroke Recovery Centre. As with all non-profits, raising the funds to cover the budget can be a daunting task and this year it's almost \$195,000! Revenue comes from a variety of sources: government agencies, municipalities, foundations, service clubs, individual donations, corporate sponsorship and membership and program fees. There are a number of local agencies that have recognized the value of our programs and have provided financial/in-kind support. Their assistance makes a huge difference in maintaining our current programming but we still need additional funding sources.

If you have any suggestions for corporate or individual sponsorship, please let us know!

For 2019 we gratefully acknowledge the financial support of the following funders:

Vancouver Coastal Health
District of North Vancouver Community Grants
City of North Vancouver Community Grants
District of West Vancouver Community Grants
North Shore Community Foundation
West Vancouver Community Foundation
B2Gold
BlueShore Financial
Music Heals

The Co-operators
Colin Melnyk Agency Ltd.
Loving Home Care Services
Amica West Vancouver & Amica Edgemont
Davies Home Health
Penderfund Capital Management
RBC
Mt. Seymour Lions
The Soroptimists of North & West Vancouver
Accent Inns
Rockridge Secondary
Retire-at-Home
Burrard Lodge No. 50



For 2019 we gratefully acknowledge the in-kind support of:

Amica Lions Gate, Amica Edgemont, Contact Printing, The Lipstick Project

Many individuals – friends and families, former employees and members of the community – made generous donations throughout the year and still more made in-kind donations of goods and services which allowed us to stretch our dollars even further. Without the financial assistance of our generous funders the important work of NSSRC could not continue in its current format. Thank you to all of them!

A stylized, handwritten-style 'Thank You' message in black ink, with the words 'Thank' and 'You' stacked and written in a cursive, flowing script.

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.