

# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

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Photographer: Sue Carabetta , Karen Mah

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## Invasion of the Little People



The NSSRC recently experienced **Close Encounters of the Daycare Kind**. According to eyewitness accounts, an invasion of a half-dozen little people timidly filed into the Centre, on a mission to make **FIRST CONTACT** with our members. They were approximately 3ft in stature, hands were small as was their feet. They had high-pitched, squeaky voices and all seemed curious by nature.



Music therapist Johann McBee, deployed his signature steel tongue drum, in an attempt to communicate with the curious beings. The little people appeared tentative at first as they examined the strange, "saucer-shaped" instrument from a safe distance. Johann tapped the drum gently and urged them to respond. Almost immediately, the haunting tones and melodic chimes the drum produced were too irresistible for their inquisitive nature. Feeling more at ease, they became rambunctious and even began **SLAPPING AWAY** at that **EXPENSIVE DRUM** with **GREAT FERVOR** under Johann's uneasy gaze. Members were thoroughly amused and much to their delight, the little people eagerly stayed to sing songs with them.

The children from the Neighborhood House Daycare joined music therapy with our members one afternoon. Johann fired-up his guitar and the group happily sang songs about "creepy spiders and noisy farm animals." Additionally, members were pleasantly entertained as they watched the children boldly experiment with the steel tongue drum.

Intergenerational programs bring together different generations to enhance social interaction, cooperation, and exchange between older adults and children in mutually beneficial activities. These activities may involve music, arts/crafts, pen pal clubs, mentoring/tutoring, baking, or storytelling.

### Benefits of intergenerational activities:

1. Increase self-esteem and provide older adults and children a sense of purpose when sharing skills, knowledge, and experiences.

2. Decrease isolation and depression, especially in older adults.
3. Mutually learn about one another (share laughter, pass along history/wisdom, create friendships and bonds).
4. Gain positive attitudes and understanding of aging (dispel myths/stereotypes).
5. Children acquire higher scores in their studies and are less likely to skip school.
6. Build stronger communities.

Intergenerational programs will enrich and enhance the lives of our members and the daycare children from the Neighborhood House. **Monthly visits** from the daycare will occur **every third week on Thursday's at the NSSRC**. See you there!

~ Karen Mah



Last month, Chinese New Year Celebrated the year of the Rat. Ilona, Sheila, Barbie, Birgit and Jo handmade colorful Chinese lanterns in Art Therapy with Erica. They look quite lovely don't you think?



Second year nursing students Kathleen So and Lisa Roswell from BCIT, dropped by the Neighborhood House to give a presentation on Memory Loss. Effective techniques and tools were discussed to help NSSRC members improve their memory and regain confidence in themselves on their stroke recovery. Here are some helpful tips:

**Memory problems differ from person to person. It is common after a stroke, you're not alone.**

## Memory Loss Signs and Symptoms

- Confusion
- Problems with short-term memory
- Difficulties following instructions
- Wandering or getting lost in familiar places

## Strengthening memory

1. Word Searches/Crossword Puzzle

These activities stimulate our brain by working on our perceptual skills and attention.

2. Playing Scrabble

This game uses a variety of skills. Adding scores uses simple math and thinking of words requires cognitive flexibility.

3. Gardening/Dancing/Walking

It is a great hobby that also provides exercise, improves stamina, balance and coordination.

## Memory Tools

1. Have a Place for Everything

For example, hang keys on a hook by the door and place things where they belong.

2. Have a Routine

Stick to a daily and weekly time table.

3. Keep a Notebook Handy

Have it organized into sections such as appointments, medications and phone numbers or other important information.

4. Use Memory Cues

Connecting information or a task to something meaningful such as an image or familiar song helps you remember it.

5. Use a Calendar

Write down daily activities and special events on a large calendar.

## To Learn More Visit:

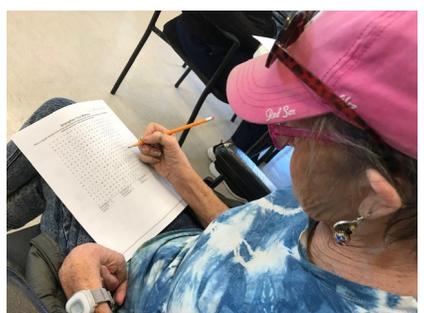
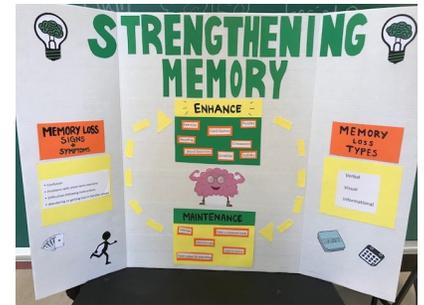
[www.stroke.org](http://www.stroke.org)

<https://www.saebo.com/35-fun-rehab-activities-stroke-patients/>

[www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

North Shore Stroke Recovery Center: Connect with Gail

~ Handout provided by Kathleen So and Lisa Roswell





My name is Callahan, I'm a new volunteer at the North Shore Stoke Recover Centre! I recently moved back to Vancouver after finishing a Bio-Mechanical Engineering degree at Queen's University. I feel very lucky to have been given the opportunity to become a part of this wonderful program. I'm always looking forward to Tuesday's crossword! I am currently an Assistant Ice Hockey Coach and in my spare time I like to walk my Black Lab named Scout.



Hello everyone, my name is Bianca and I have newly joined the volunteer team at the North Shore Stroke Recovery Centre on Tuesdays. I recently graduated with my degree in Anatomy and Cell Biology at McGill University. During my summer breaks, I volunteered with the Healthy Hearts Program at Burnaby Hospital. After returning home from my education in Montreal, I was hoping to continue and extend my experience supporting survivors of stroke in a setting closer to home. I am excited to become more involved in this amazing community and am truly enjoying my experience so far.

## SFS Together - we can accomplish a lot- what can you do?



This walk which takes place with all the NSSRC community on the West Vancouver seawall in June each year is our main and vitally important fundraiser for the centre to be able to run all of its program. We would love everyone to start thinking now so we can expand this to its full potential. Do you have any companies or organizations you are connected to who might consider their support? Perhaps you have been banking at the same place for years, maybe you worked for a company for years and years. Whoever you can help connect us to for sponsorships, donations and prizes —we would love to hear your thoughts!! We are excited in getting rolling early this year in planning this popular event!! ~ by Sue Cabaretta

## 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.