



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta , Karen Mah

July 2020

YSS Zooming

I had never heard of you other than as the dictionary defines you : to close in as in camera use or to go fast as in driving .

Guess what? That's exactly what you do as a Website.

You bring the members of the YSS close together and quickly as well. It's been something to look forward to at 3pm on Mondays. Semi-isolation can be very tough, especially when you live alone. TV and music can get tiresome.

Seeing people one by one as they log on, getting updated & finding out what's keeping each one of us sane is fun. Beside that, you get a peek inside their home. The jokes and little tidbits of life " lighten the load " so to say, and that is really nice.

It's not the same as being together in real life but until we can do that, as Martha Stewart says "it's a good thing".

~ Deb Larman

Thank you so much for the Zoom gatherings
It allows for catch up in our lives . And so good to actually see everyone's faces. Always a challenge to facilitate a Zoom session and you all do a great job looking after us. It can be like herding cats at times I'm sure.

I continue to work on my recording booth and have finishing touches to do. I also have some lyrics done and have completed recording a couple more songs during this time. Chores, chores, chores. I'm loving spending family time too. Until next time be safe,

~ Dennis



From



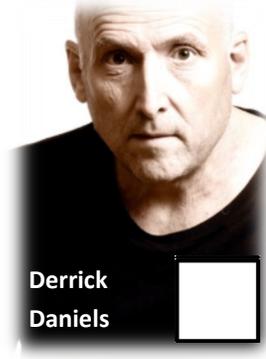
To



I am so delighted to be able to attend our exercises and coffee club via Zoom. It has been a mental and physical life saver for me. I have enjoyed getting to know more people who struggle like me in their stroke recovery. Because of this I do not feel alone!!! (Even though the technology is a challenge for me!) I have also found the group so welcoming and accepting of me even with my speech difficulties. The group has been so patient, kind and caring that it helps me to feel more accepting of my own limitations. Who knew that this Covid-19 crisis would be turned around into such a positive situation!!

Sincerely, Mickey Holloway

Can You Find the Match?



Find the matching picture and write the number in a box



(Answer Key on page 4)

For those of you who haven't been to Strides for Strokes before - it is an amazing event that takes place on the West Vancouver Seawall in June and is our main fundraiser. Unfortunately, we were not able to run this important event this year.

Even though our locations are closed, we are still working hard to ensure everyone stays connected so donations are still needed to support this ongoing programming.

For some, because of the current situation, this won't be possible, and we totally understand. However, if you, your friends, family, or business connections have a few dollars to spare, we would appreciate your support. We have already received over \$1400 in donations!



Strides for Strokes fundraiser cancelled

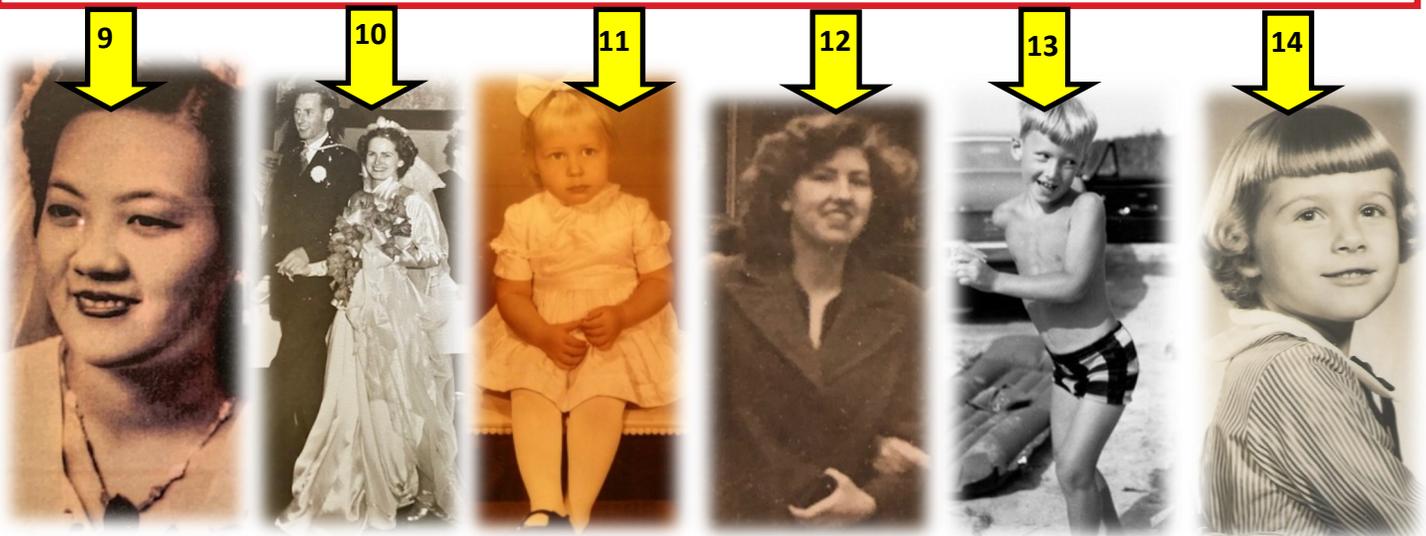
June 13th, 2020 would have been the date of our 15th Strides for Strokes at John Lawson Park in West Vancouver. This annual event is key to raising funds to support programming for survivors of stroke. Although the event is cancelled, we hope that members, friends, family and community residents will still consider making a donation to our cause. Thanks for your support!

www.nssrc.org/donate



Donate via our website at www.nssrc.org/donate, e-transfer to gail@nssrc.org or mail a cheque to NSSRC c/o 2464 Berton Place, North Vancouver, B.C. V7H 2W8

By Karen Mah, Sue Carabetta and Gail Snelling



If you haven't had a chance, send a picture of your 'younger' self to sue@nssrc.org to be in a future edition!



We are MONUMENTALLY THANKFUL for the generosity we received from the Vancouver Foundation, Vancity Credit Union, United Way Lower Mainland, and the City of Vancouver. The NSSRC was recently awarded the Community Response Fund operating grant, to support communities through the COVID-19 pandemic.



With the cancellation of our major Strides for Strokes fundraising event in June, your financial donation provides the NSSRC with funding to continue the essential support and services our members need during their road to recovery, especially at this challenging time. Virtual programming, emails, mail-outs and phone calls keep our members connected, helping to alleviate the effects of social isolation. Many thanks again for your generosity!



~ Gail Snelling, Karen Mah



Answer Key: from the top left to the right

4, 1, 5

13, 2, 7

6, 14, 11

10, 9, 8

12, 3

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.