



# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

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Photographer: Sue Carabetta, Karen Mah

August 2020

## Summer Is Here!

...and the Stroke Centre has plans ready to roll! For the first time we will continue to offer programming throughout July and August! We will also keep in touch via emails, phone calls, weekly mailouts for those without internet and the occasional in-person meeting in the community. Hope you enjoy our first ever August edition of Turtle Soup!

### Summer Schedule



- ⇒ **Mondays** (except August 3): 11:00 am - **Exercise** via zoom with Judy & Susan  
3:00 pm – **YSS Coffee Time** via zoom with Sue
- ⇒ **Tuesdays:** 1-1 speech therapy, Memory group, Supported Conversation group with Penelope (SLP)/Yasmine (SLP assistant). Speak to Gail (778-888-4941) if you are interested in some speech and memory support.
- ⇒ **Wednesdays:** 11:00 am - **Exercise** via zoom with Judy & Susan  
2:00 pm – **Coffee Time for all** via zoom with Karen/Yasmine  
Speech therapy, Conversation group with Penelope (SLP).



- ⇒ **Thursdays:** Speech therapy with Yasmine (SLP assistant).
- ⇒ **Fridays:** 11:00 am – **Chair Yoga** via zoom with Angie Howden-Duke  
2:00 pm – **Coffee Time for all** via zoom with Yasmine/Gail

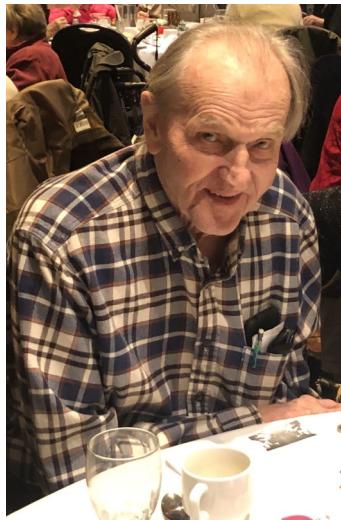
Let us know if you are interested in some of our in-person meetings in the community.

~ Gail Snelling



## Adventures of Peter

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Peter Neudorf joined us at NSSRC last October. The first connection that we figured out was that he had been a neighbour of Janet Coons for many years. Janet describes him as a wonderful neighbour always ready to lend a hand.

Peter was originally from Manitoba (with Dutch roots in his family tree) and his wife from an area near Winnipeg (with Ukrainian family roots). Together they raised 4 children (2 boys and 2 girls). Peter describes his family as close and very supportive; his eyes shine with pride when he talks about each one. Peter sadly lost his wife in March of 2019 after 58 happy years of marriage. During his career Peter worked over 30 years for IBM, planning sites. His work territory covered Western Canada and beyond. His IBM adventures took him all the way from Beaufort up North to the Bahama's down South!

Peter likes to do many things, but his number one passion is translation. His love for this began when his wife's sister asked him to translate her mother's diaries from Gothic Script German to English. The Gothic Script German that he had learned in grade school in Southern Manitoba was put to great use. He carried on translating 65 letters his wife's grandfather had written to his brothers. His translation projects have continued over the years to the present and still carry on now. The work is broad and meaningful, much of it carried out for the Mennonite Historical Society. When I reached Peter on the phone the other day, he had just finished translating a personal letter from 1946 and recently a biography of a man born in 1877!! I think it must be incredibly interesting to translate someone's diary.

Over the past 6 months I got to know Peter at the Centre. Always friendly, and grateful for any assistance. I have also learned that Peter is one determined guy. We laughed about how we call that characteristic stubbornness in our children but determination in ourselves! I watched this great character trait in action in Peter as he pushed himself to the max in the exercise classes and was all about working on his best recovery. It has been a pleasure to get to know you at the Stroke Centre!

~ Sue Carabetta

### Our Summer Meet Ups

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There's virtual coffee times, games, discussions, exercise and yoga, speech, memory groups.... the list goes on and on and we have become very "Zoomie"!!

And...there is more.





Deb's cruise to New Zealand, Hobbiton in Matamata where the Hobbit movies were partially filmed. Tasmanian Devil in Tasmania 2015.



Gulzar in the U.S.



Jane in Venice, Italy with the artisan who made the mask



Richard in the sand dunes in Oregon



Dennis in California, Redondo Beach 2019

Shirley with her grandson Mike in Manzanillo, Mexico 1999



Sue with Terry in Mexico



Dorothy and Joseph McKay at Edinburgh castle in Scotland in 1973



Janet in Greece



Jack at the Shangri-La Hotel in Paris



Gail and her family at Kauai, Hawaii. in 1985

# Emergency Community Support Fund

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## EMERGENCY COMMUNITY SUPPORT FUND

Recently, NSSRC was successful in receiving funding to help in "Mitigating the Negative Impact of Covid-19 on Survivors of Stroke". Specifically, the grant helps us continue to offer programming in July and August when our Centre is primarily closed as well as support our next phase of session planning and implementation. We are very grateful to the Government of Canada and the West Vancouver Foundation.

~ Gail Snelling



## Our Summer Meet Ups

Zoom is amazing but it is nice to be able to have some small meet ups every now and then. We have the arsenal of hand sanitizer, masks, gloves, lysol wipes.... with us. Check out the pictures from a few lovely meet ups with small groups well spaced out in the community that have been happening!! Let us know if you would like to be part of one. ~ Sue Carabetta

## 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.*