



# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

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Photographer: Sue Carabetta , Karen Mah

September 2020

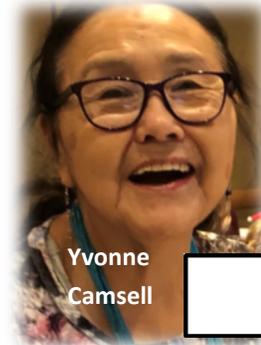
## YSS in the Park

Who would have thought that Cleveland Dam alongside zoom would become the "home site" of our program this summer? With Covid-19 many changes have come. YSS has adapted and the park has become our new home: beautiful scenery, wheelchair friendly paths, a great Handi-dart drop off spot and lots of sunshine (okay and a little ice cream:!) have made this park an idyllic spot. Together we have shared the journey of navigating these times and being supportive community to each other.

~ Sue Carabetta



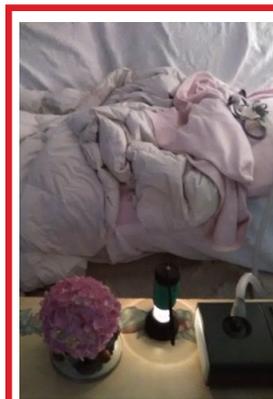
# "The Younger Me" Matching Game



Find the matching picture and write the number in a box



( Answer Key on page 4 )



## SUMMER ACTIVITIES

*I desperately needed to get away this summer... No car... So I went , "camping" on my living room couch!! I loved it! I really felt that I had gone somewhere! Desperate measures!! I lasted 2 nights. From lack of sleep, I became so cranky after 2 nights that I had to "return home". I just loved my holiday!!*

~ Jane Rundle



*We will start bringing updates on what some of our members have been doing during Covid-19. See for Mary and Wolfgang on the next page from the pen of Gail. Others will follow next month. You can share your very own story too!*





I went to Queen's University for my BA and MBA. I worked for six years as a logger outside of Ucluelet. I returned to Toronto where I received my CA with Price Waterhouse. I worked for Mercantile Bank, Sprott Securities, Nova Bancorp, StrategicNova and Cogency Group. For over thirty years, I was married to my wife Karen. We enjoyed spending time in the south of France and Tofino.

Two years ago I had an ischemic stroke with residual expressive aphasia. I was a week in St. Paul's Hospital and a month in Holy Family Hospital. For the past two years, I've been to UBC Aphasia Mentors, Shaughnessy Stroke Recovery, Strive Living Centre, Holy Family and Watson Group. ~ **Jack Muir** (new YSS member)



## Mary Thorndyraft

As many of you know, Mary had vascular surgery at VGH a few weeks to improve the circulation in her legs. She's getting stronger everyday and has started taking short walks outside. Her daughter, Tina, gets her groceries, and her son visits everyday. Mary is always busy, even when she's resting at home: iPad games, washcloth knitting, adult colouring and lots of word searches. Get your money ready for a washcloth sale when we get together again!



## Wolfgang England

Wolfgang can be seen frequently motoring around the community on his scooter. A favourite spot is the Lonsdale Quay where he grabs a cup of coffee and some yummy sushi. One week he even made it as far as Capilano Mall to meet some of our members in the Food Court with the appropriate social distancing. Wolfgang has a caregiver visit him 4 times/day to help with meals and his daily needs. Family visits and birthday celebrations are welcomed activities as well as catching a Canucks game on the television. Go Canucks!

## COVID Lockdown Is A Thief Because...

**It has ROBBED my OPPORTUNITY TO SAY FAREWELL IN-PERSON!**

I have enjoyed my time at the North Shore Stroke Recovery Centre. To the members (and families), thank you for allowing me to be a part of your journey. I have learned so much and will remember the challenges, triumphs, personal stories, and moments we shared. Stay positive and keep persevering. Remember: *"Sometimes the smallest step in the right direction ends up being the biggest step of your life"*-anonymous. There's an unfinished book to write with your name on it, so grab a quill pen and continue with the next Chapter.

Special thanks to my colleagues and volunteers for their support and encouragement. It's been a pleasure to work with a selfless and compassionate team immensely dedicated to enhancing the well-being of others. I'll fondly reflect upon my time and the memories made here at the Centre.

I wish the NSSRC all the best and continued success in the future.



This has been a year like no other. With the cancellation of our annual fundraiser, Strides for Strokes in June, the board of directors and staff were concerned about our financial stability. Thankfully, as reported in our July and August Turtle Soups, we have been successful in receiving the Covid-19 Community Response Grant, financial support from the Emergency Community Support Fund and some wage subsidies through the Canadian government which has helped to mitigate the loss of funds from our cancelled event. We are grateful as well to some of our members, their families and friends who have stepped in and donated, even though Strides for Strokes was cancelled. Thank you!

Strides for Strokes is only one part of our annual fundraising plan. Every January we apply to the District of West Vancouver, the City and District of North Vancouver for funds from the Community Grant program. This summer we received confirmation of their continued support in the areas of operations and speech language pathology.

*We gratefully acknowledge the support of the City and District of North Vancouver and the District of West Vancouver through their Community Grant program.*

~ Gail Snelling



## Announcements

### What's Next at the Centre?

The North Shore Neighbourhood House will not be available to us in the fall but **good news**, they have offered us some space at a location on 3<sup>rd</sup> near Lonsdale, 2 doors away from Subway. Nothing has been confirmed yet but we're looking at the possibility of some 2-hour sessions beginning in October. The maximum number of members/session would be 8 so that we can maintain social distancing. Programming would include conversation, mental aerobics, exercise and possibly art, music, and speech therapy sessions. Masks will be mandatory.

Please let Gail know if you are interested. Please note that our current programming via zoom will continue in the fall with the hope of reinstating yoga on Fridays.

~ Gail Snelling

**Answer Key for the "Younger Me" Matching Game on page 2—from the top left to the right**

2, 5, 3

8, 1, 6

4, 7



## 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.