



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta

November 2020

Centre Reopening News

The North Shore Stroke Recovery Centre re-opened at a new location on October 13th. We were able to offer two-2 hour sessions each Tuesday, to a maximum of 8 members/session.

Location: The new Centre is located at 113 East 3rd Street in North Vancouver, 2 doors east of Subway. The space at North Shore Neighbourhood House is not available at this time but they offered to rent us this alternative location.

The in-person sessions have been well received and well attended. In Deb's words, "it's like old home week. The visit is short but it does so much for us". And Janet added, "I am so happy that this new Centre has opened. It is so nice to come back and to see people in person and socialize and exercise. I also really like our Zoom meetings as I am getting to know specific things about people over the many sessions".



What is happening in November?



In November, we plan to offer the following two program days, on **Tuesdays and Thursdays** with two-2 hour sessions each day for a total of 4 sessions each week, so that 16 people have the chance to attend. The times are:

10 am – 12 noon for the Survivor of Stroke Group (SSG) formerly known as the Older Survivor of Stroke Group (OSS) **and**

1 pm – 3 pm for the Younger Survivor of Stroke Group (YSS)



Each session will include mental aerobics and exercise and the opportunity to catch up with everyone! We have already heard from many of you and we are hoping to assign people to either a Tuesday or Thursday, morning or afternoon group. If you would like to participate, and we haven't heard from you, please contact Gail or Sue. We can only book 8 people/session so you might have to be on a waitlist.

Call, text or email Gail for the morning SSG session; 778-888-4941 or gail@nssrc.org



Call, text or email Sue for the afternoon YSS session; 778-233-0566 or sue@nssrc.org

Transportation:

You are responsible for booking or cancelling Handy Dart, if needed, once you have been confirmed a space at the next Tuesday or Thursday session. Please let us know if you are having difficulties in arranging.

COVID-19 Safety Precautions remain in effect for each visit. If you are sick, you must stay home. Please contact Gail or Sue if you will not be coming.

Flu Shot: We can arrange for you to have a flu shot when you visit the Centre. Please let us know if you would like one. Why get a flu shot? Now more than ever, getting a flu shot is an important step to protect yourself and those around you. A flu shot can reduce your chance of developing symptoms that resemble COVID-19 which would require you to get tested and self-isolate. Also, you can get COVID-19 and the flu at the same time, and a recent study showed people who had COVID-19 and the flu were sicker than those who had COVID-19 alone.



~ by Kathryn Seely



Photographers: Gail Snelling, Yasmine Bia, Kathryn Seely



TELL US

What have you been doing during Covid-19?



By Yasmine Bia



Irene Shears

Irene tries to go out every day if it's not pouring rain! She also reads books and likes keeping up with the North Shore News. In the evening, you may find her in front of the TV. She still drives and goes to IGA and Shoppers but her favourite place to go is Park Royal because it's closer to where she lives. Sometimes friends come for tea and she observes the protocols much as possible. The Friday meetings are good as it's so nice to see other people in small groups. She misses the people at the Stroke Centre in West Van as well as the group who used to come to the Friday March of Dimes Mall Walking.



Janet Coons

These days, Janet enjoys going on Zoom doing online groups and exercise classes. She has a group of friends from a former in person exercise group and they now go for socially distanced coffee in the park. She has also been walking on the boulevard. She's glad the Centre has started up again and looks forward to the Friday meetups at Cap Mall.



Barbie Watt

Barbie has been spending these past months scooting the length and breadth of North Van. She's also been visiting family members as often as she can. When she's not out and about, she's painting and drawing and cooking various things making up her own recipes such as her salmon corn chowder or hot crab and artichoke dip and the occasional apple or peach pie.

North Shore Stroke Recovery Centre

Phone: 778-340-5803 Website: www.nssrc.org

Co-ordinators: Gail Snelling (Executive Director), Sue Carabetta, Yasmine Bia, Kathryn Seely

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.