



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta, Karen Mah

October 2020

Re-Opening Plans—October 2020

When: Starting **Tuesday, October 13th, 2020.** !

For the month of October, we will offer two-2 hour sessions every Tuesday. In November, we would like to offer 2 program days: Tuesdays and Thursdays with two-2 hour sessions each day for a total of 4 sessions each week.



10 am – 12 noon: Older Survivor of Stroke Group (OSS)

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

Where: **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 have offered to rent us this alternative location.

Who Can Come:

We can have a maximum of 8 members/session.

Priority will be given for those members who don't have access to internet.

Booking for each session will begin at 10 am the Wednesday before.

Call, text or email Gail for the morning OSS 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

If you are on the waitlist for one Tuesday session, you will automatically be eligible for the next Tuesday session.



Transportation:

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

Covid-19 Safety Precautions for each visit:

Masks are mandatory during the sessions. We will provide you with one if you don't have one.

Please keep 2 metres apart while you wait to enter the building and after you enter.

You must hand sanitize your hands at the door.

You will be asked Covid-19 screening questions at the door. This document will be dated and signed by the individual.

Remember to wash/sanitize your hands frequently and avoid touching your face.

Centre Responsibilities:

Tables and chairs and other touch surfaces including the bathroom will be disinfected prior to each session. The bathroom will be disinfected after each use. All staff/volunteers will be wearing masks.

No refreshments will be served.

Hand sanitizer will be available at 3 locations in the room and on the tables.



~ Gail Snelling

What have you been doing during Covid-19?



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Elizabeth Cove

Elizabeth lives close to Park Royal so has been able to meet some of her Young Survivor of Stroke friends at the Mall or pick up a few groceries at T&T and Shopper's Drug Mart. If zoom is working for her, you can sometimes catch her exercising with Judy & Susan or participating in a conversation group. Otherwise, right after breakfast she watches Mass at the Manila Cathedral in the Philippines on YouTube. Always a competitive word puzzle person, she plays Word Blitz on the internet with friends around the world: The Philippines, the Middle East, the US and right here on the North Shore with our own member, Gay Walker.



Raymond Yates

Raymond and his wife, Jean Marie, have been enjoying a weekly visit to one of the local Tim Hortons Restaurants. Some of you may know that Raymond likes his coffee a special way with lots of cream and sugar! Raymond has been experiencing some long standing back pain that has affected his mobility. Physiotherapy has been unsuccessful but recently he has been seeing a physician who specializes in pain management and Raymond is hopeful that she may provide the answer. Jean Marie says that on good days Raymond can be very helpful around the house but a little nap now and then can be rejuvenating!



Markus Dunner

Markus lives on Bowen Island but has recently started making trips to the North Shore every couple of weeks meeting Gail for a coffee and some banana bread at Shipyard Coffee at Lonsdale Quay. A good time to pick up some favourite goodies as well. On the Island he makes daily trips to the community mailbox, checks out his nonexistent garden or chops some firewood. Markus loves movies and will often stay up until 3 am watching another DVD. Every year he heads off in late summer to Switzerland to visit his mom and other family members and friends. Unfortunately, his trip is cancelled this year which means he won't be bringing us back a box of yummy Swiss chocolates in October!



Gay Walker

For the past 10 years Gay has been visiting the Music Therapy class at Capilano University in September. This is her opportunity to educate students about stroke. On Friday, September 18th she met with this year's class but not in person but via zoom! I'm sure Gay had lots to share with the students.

When Gay isn't busy educating, she has been attending NSSRC zoom conversation and speech therapy groups. She has met up with some of her young survivor of stroke friends at Cleveland Dam or Lonsdale Quay over the summer or with her sister at the Shipyards. If she has any spare time, there's always games on the iPad!

In the September Turtle Soup, Karen Mah let you know that “COVID Lockdown is a Thief”. It robbed her of the opportunity to say farewell to all her friends at the Centre as she moves on to another career opportunity. We will all miss her positive and encouraging attitude, her fun and creative mental aerobic activities, and if you were at Amica Lions Gate last summer, her balloon animals! Good luck Karen with your future endeavours and thank you for being part of our team at the Centre.

With Karen moving on, it has left a big hole to fill and fortunate for us, Yasmine Bia, speech language pathology assistant, put her hand up and offered to help out. For the past few summers Yasmine has been working as a coordinator in July so it was an easy transition for her to step into the role although the job description is dramatically different from what it used to be. Zoom is definitely our friend these days and we are grateful that Yasmine has been able to take over the Wednesday and Friday conversation groups, the weekly email to members, phone calls, and the ongoing technology support.

Some of you may know that Sue Carabetta works not only for us but for North Shore Community Resources (NSCR) as well. Her work at NSCR has been quite demanding during the current pandemic so she has had fewer hours for our program. Recently I hired Kathryn Seely to help out with the workload so that we can continue to stay connected to all of you. You will see Kathryn at our zoom meetings over the next few weeks, at our in-person meetings in October and she will be taking over the social media (FaceBook, Instagram, website) role once she's up to speed.

~ by Gail Snelling



Kathryn is a former nurse and lawyer, and present community engagement specialist, having worked in the non-profit sector since 2003, when her daughter was born. Kathryn specializes in helping people navigate the healthcare system, and providing information, referral, advocacy and programming services to residents of the North shore, and their families, where Kathryn continues to live and raise her children.

Resources in your community. Do you know about...

The Better at Home program operating at North Shore Community Resources offers non-medical services to seniors and those with disabilities. Services provided includes minor home repairs, gardening and lawn care, housekeeping and transportation to medical appointments. In addition to these there is services provided in response to the current COVID-19 crisis. The program currently offers at no charge grocery shopping and delivery, prescription pick-up and delivery, prepared meal pick-up and delivery, and friendly phone call check ins. The other services are available at a sliding scale cost based on income. There is also a full caregiver support program including workshops. In addition, help is provided for any questions you may have about services for seniors in the community. Call our Seniors Resource specialist Kathy Jarvis at 604-982-3302 to let her know you would like to get some help with general information or to get connected to any of these programs.

~ by Sue Carabetta



Colin Lewis

Colin is well and in good spirits at Lynn Valley Care Centre. Despite the Covid-19 outbreak earlier this year at the care facility, Colin was able to stay healthy. His wife, Joyce, was only recently allowed to visit and they celebrated his birthday together on September 4th. Happy Belated Birthday Colin!



Sheila King

Sheila has been keeping quite close to home but reports she is very busy with her iPad, solving puzzles or checking out Instagram. Sheila is skilled at solving puzzles especially the Rebus/picture ones. Every week her daughter, Janice, takes her on a road trip to Ambleside Beach, or Cates or Panorama Parks in Deep Cove, stopping at the drive through at Timmy's for some yummy refreshments. Sheila's apartment building is surrounded by a lovely garden which is a great place to walk on a sunny day.



Marnie Hodgins

Marnie has taken advantage of the lovely summer weather and has headed down to Deep Cove to the boat launch, to Roche Point or over to Parkgate Mall on her scooter. Marnie reports that everyone is super friendly wherever she goes. Each week she meets up with Barbie Watt at Park Royal or Capilano Mall. When at home she is busy with emails, sometimes the zoom exercise and conversation groups or there's always something to check out on TV. Marnie's photo was taken on Jane Rundle's patio where they met with Gail for some coffee and scones from Bean Around the World. Masks, social distancing, hand sanitizer and disinfectant wipes were all part of the experience as well!

This shot captures a white sun trying to break through the dense, chemically toxic air, which holds us hostage. Smoke is a result of forest fires from Washington state. Advisory to keep windows shut, stay indoors, like Covid all over again, except we can see the culprit. Something so dangerous yet it affords an opportunity for our imaginations to journey to another place, temporarily.. I almost wrote a breathtaking photo.. too ironic...since smoke is challenging everyone's breathing.

Celebrate each breath, which you are able to take! God bless Vancouver's homeless, forest firefighters and those persons caught in states where fires are. Peace, Jane Rundle



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.