



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Gail Snelling, Yasmine Bia

January 2021

Jo's Art After Stroke

Jo Anthony is a vibrant member of our Stroke Club. She was highlighted in a video for Art After Stroke 2020. In non-pandemic times, the art show is a fantastic one day gala event at an art gallery put on by March of Dimes, Stroke Recovery Association of BC and other sponsors to celebrate creativity, talent, diversity and strength. This year the event had to go through a transformation. Some artists submitted art for an online auction and some made video interviews to showcase their art and their journeys.

Jo's varied working life has included organizations such as the North Shore News, BC Lions, Vancouver Whitecaps and owning her own business in advertising, typesetting and design for more than 20 years. She was also a life coach and consulted for many groups and did numerous presentations. She could officiate at weddings and burials and held idea parties for entrepreneurs. She's a loving wife, mother, grandmother and more and still devotes time for daily meditation.

Jo expresses herself in many ways; two methods she uses to communicate are through her painting and an AAC (Alternative and Augmentative Communication) device in this case, an iPad. She has worked persistently on improving her speech, language and communication with speech and language therapy.

Having been an artist for over 25 years, it was natural for her to continue on. After the stroke affected her right hand, she found that painting helped to improve strength and accuracy in her left hand. She is still creating many beautiful works of art and her positivity and resiliency are an inspiration to all.

Jo's Art After Stroke video is available to watch online at <https://youtu.be/WJ0HZAk3VY>

As of December 29, she has had well over 200 views on YouTube.

~ by Yasmine Bia, Coordinator, Speech Language Pathology Assistant



Best Kept Health Secret

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Some Words from the Surefeet ladies: Judy Bjornson and Susan Bock Smith



From your heart to your immune system, the health benefits of humour extend far beyond a good mood. Amazing things happen to your body when you laugh. In addition to releasing mood-elevating chemicals like serotonin and endorphins, the typical giggle fit can trigger an immediate physiological response: Your heart rate increases, your blood vessels expand, and you take in more oxygen. This increases blood flow, relaxes muscles and regulates blood pressure. In fact your body's response when you laugh can even help reduce tension and relieve pain. Of course laughter is also a powerful relationship tool. When people laugh it puts others at ease and helps make everyone feel more tolerant and less irritable. At the end of the day there is nothing like a good belly laugh to reduce stress. Bring more humour to your life by booking a date with your funniest friend (we all have one!) or watching a silly television show or video on YouTube.and never underestimate the power of poking fun at yourself.

Do you recognize these ladies?



Good News! Surefeet classes available online in 2021!

Judy and Susan have done an amazing job throughout the pandemic offering their Surefeet exercise classes online and for many months – free of charge.

The next series of 12 classes begins on January 4th and runs every Monday and Wednesday until February 10th. The cost is \$10/class but if you are a member of NSSRC, then we will pay half.

If you would like to check it out and you have the technology, contact Gail at 778-888-4941 or email gail@nssrc.org. If technology is a challenge, we may be able to help.

~ Gail Snelling



Tribute to Sue

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thank you!

 Sue Carabetta has been an amazing coordinator at NSSRC since 2016. She has made a huge difference supporting members as they navigate the challenges of life after stroke. We will miss her but wish her well in her new life adventures. Gail

 Every time I wear my sunglasses, I'll think of you. Best of luck! Barbie

 When I started with YSS I was a mess both emotionally and physically.
The group and you Sue were my lifesaver, you helped me grow into the new, slightly different - Me.
Monday's became something to really look forward to.
Through laughter, tough times and everything in between, we were a support system like no other, and I thank you for that. Deb

 I will miss her warmth and charisma that could light up the room instantly, and also the Jeopardy games! Sue has a special gift with people and makes you feel that you are important and special. Her shoes will be hard to fill. Thank you for all the fun times, Sue, especially at the dollar store! You always found my raisin bread! I wish you well in your future endeavours. Good luck and thank you! Janet

 Dear Sue, I wish much happiness in your job. I will miss your sunny smile and happy face. You always helped me with my groceries and were very willing to assist me. Love Irene Shears

 I'll miss you Sue. From Janet Moore

 I had a very nice walk with Sue, about two months ago. We walked from Capilano Mall, up to Edgemont Village. We talked and laughed a lot. From Andre Fex

 Sue. I first met you at Lions Gate Hospital. Amyn was my roommate. You gave us a briefing about what the Stroke Recovery Centre does. You always made me feel welcome. The work you've done and are doing ... I'm grateful for. I love that. I'll never forget that. Upward and onward, to you, Sue". From Dennis Joseph

 Sue, given the fact that the pandemic is going to go into next year ... I'm so glad I joined online. This group has given me so much. Thank you thank you very much. From Jack Muir

 I've enjoyed how she made everything fun and interesting like the puzzles and games, especially the commonyms, and I liked her attitude. Mary T.



My Dear Richard, I will miss you!

I first met Richard approximately 25 years ago as his Caregiver after he had a stroke at the age of 67. Jane, his wife, was still working at the time. I would venture to their home 3 days a week where I would take him to the North Shore Stroke Recovery Centre meetings as well as various other outings.

Our days were filled with; playing chess, reading books, going to the library, having lunch at Horseshoe Bay. His favourite restaurant was the 'Oyster Bar'. He enjoyed talking about his past and we enjoyed watching TV together. Our favourite show was, 'Mr. Bean'. That gave us many laughs, to say the least.

After a few years, as his Caregiver, Richard convinced me to be a Coordinator at the Stroke Centre, which I did for approximately 10 years. Our friendship continued. I do believe that the Stroke Centre gave Richard a purpose in life. He was very committed to the Centre, to his companions and to the staff. Richard was always eager to participate in every way, from being a Board President to our yearly event; 'Strides For Strokes'. He was determined to 'roll in' come rain or shine.

There are no words that can express the loss that I feel!

Richard, you will be missed by your friends, family and colleagues and by the staff, volunteers, companions of the 'North Shore Stroke Recovery Centre'.

Always loved,

Karen Blyth
Former Coordinator North Shore Stroke Recovery Centre



Richard Brandt

Feb. 5, 1929 - Dec 8, 2020



North Shore Stroke Recovery Centre

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

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

Speech Language Pathologists: Penelope Bacsfalvi, Allison Haas

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.

Notice: Due to the new Covid-19 restrictions, our regular programming has been suspended until further notice.