



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

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February 2021

Barbie's Art After Stroke

"If we who have had a stroke stay home alone and worry about our aches and pains, we will shrivel and die!" says Barbie Watt, another member of the NSSRC who was highlighted in a video for Art After Stroke 2020, a gala event put on by March of Dimes, Stroke Recovery Association of BC and other sponsors to celebrate creativity, talent, diversity and strength.

Barbie Watt says she is lucky to be here and believes **attitude is everything!** She has been an artist since she was 14 years old. After the stroke, she didn't do any art for two years, but decided to start again and it's been 10 1/2 years now.

She spends her days riding her scooter, breathing fresh air, checking out new areas and people. She draws and paints when she gets the notion. She has no regimented time or place and she keeps her art supplies at hand so she can work whenever she wants to. Sometimes she can work for days and sometimes she will paint for hours! Any time is her own time that way.

Art after Stroke is not for everyone but it can be! Make it as stressless as possible. Even if you doodle and don't think you can do any kind of more real art, it can occupy time, help you focus, and revive your mind and your brain cells just like music, cooking, reading, cleaning, tending a small garden, or calling a friend or relative. Involving yourself is a way of keeping everything important.

A couple of people at the Stroke Centre finally came and joined the really cool art therapy group and they have turned out to be really good! **If you don't try something you'll never know what you can do** (as long as it's legal). This is not just for art but everything!

Barbie's Art After Stroke video can be found at: **Art after Stroke -Barbie W**

<https://youtu.be/zLGmibZx70w>

Co-authored by Barbie Watt and Yasmine Bia



Communication is Key

Hello everyone! I miss seeing everyone **in person**.

It is hard to believe that the **pandemic** has hit **month 11**.

Most of us have all been doing a **good job** of continuing therapy and staying **connected** via **Zoom** or **Facetime**.



We have had our **technology difficulties**.

Yasmine Bia, NSSRC's Communication Health Assistant (CHA) has been **trouble shooting** technology with many of you. Thank you Yasmine!



It is important to **continue** to work on **communication** and **language**.

How can I do this at home?



Talk to a friend on **Zoom**. **Join** a **conversation group** at NSSRC! **Talk** with a NSSRC trained **volunteer**!

(If you would like to **connect** with our **conversation partners**- please let us know.)



Sing to keep your **vocal cords** working and **healthy**. The **March of Dimes Canada** is offering a course **online** every week for the winter starting this month.

<https://afterstroke.marchofdimes.ca/News-and-Events/Pages/Music-Program.aspx>

Read a book. **Read** the newspaper.

Read article on the **internet**.





Play a game- crosswords, word searches, memory games. You can play **with** someone or **alone**.

Write a note-on Facebook, Instagram or an actual letter.



Andre, Tim and I came up with a list of what keeps us positive during Covid!

Tips for keeping positive:

Work out,

Go for a walk,

Talk to friends or **join** online clubs,

watch **comedies**,

learn something **new**,

watch the new **presidential** inauguration and goings on with our southern neighbours,

practice **self-compassion**,



start a new hobby,

try new food,

cook or bake something new,

listen to **music**,

practice gratitude (I am so happy to live in BC!),

grow plants (herbs, a container of flowers, a garden!)

(See the summer activity of Jane Rundle)

Be **safe**.

Be **well**.

See you this year!

~ Penelope Bacsfalvi, Speech Language Pathologist





We Will Be Meeting Once Again

When: Beginning Tuesday, February 9th we will be restarting our programming which will run every Tuesday and Thursday just like we did in the fall.

10 am – 12 noon: Survivor of Stroke Group (SSG) formerly the 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.

Who: The maximum number of members/session will be 8 so that we can maintain social distancing.

What: Programming will include conversation, mental aerobics, exercise. **Masks will be mandatory.**

Please contact Gail (778-888-4941 or gail@nssrc.org), Kathryn (604-999-4659 or kathryn@nssrc.org), Yasmine (778-288-6358 or yasmine@nssrc.org) if you would like to attend.

Our current programming via zoom will continue.



Our Young Survivor of Stroke Program Supported by Grants from the North Shore Community Foundation and the City of North Vancouver.



The Young Survivor of Stroke (YSS) peer support program was started in September 2016 in response to an increasing number of younger survivors of stroke being referred to the NSSRC program. The needs of this age group are diverse and complex as these individuals can be mid-career or nearing retirement, raising a young family or caring for aging parents. Financial stability is also a very real stress for this age group and while they share some health issues in common with the seniors' demographic, giving and receiving peer support and keeping socially connected are key contributors to recovery. Community re-integration and finding ways to become productive members of society post stroke is also a significant area of support in this age group.

We gratefully acknowledge the support of the City of North Vancouver through their Community Grant program and the North Shore Community Foundation for their continued support of this valued program, especially in a year when we were unable to hold our annual fundraiser, Strides for Strokes.

~ by Gail Snelling

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 - 2:00 p.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.