



# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer(s): Kathryn Seely, Yasmine Bia

March 2021

## Dorothy's Art After Stroke

In Dorothy McKay's younger years she used to do caricatures including Donald Duck, Mickey and Minnie. That being said, her art has always leaned more toward flowers, landscapes, or seascapes having lived by the sea, mountains, and the Fraser Canyon. This is yet another talented member of the North Shore Stroke Recovery Centre who was highlighted in an online auction and soon-to-be-shown 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.

"It's just my form of relaxation!" she says. Although she never took art formally, she did take a few classes in acrylic, oil, and water colour, and she likes water colours the best. Since her stroke, most of her art has been through the NSSRC Art Therapy Program, but she still does a bit at home. Art is still interesting to her and she's able to go online to check out other artists and types of art.

Originally she wanted to be a Home-Ec. teacher, but because of circumstances around an accident which resulted in her father becoming paraplegic when she was 17, she took teacher training and taught Elementary school in a one-room school 10 miles north of Squamish instead where she met her future husband. She's always made pillows, drapes and Afghans too, crocheting for herself and her daughter and each of her seven grandchildren an Afghan in their colour choice. She's also sewn clothes for herself and for her daughter too. She considers them all to be art of a kind.

Four of her seven grandchildren are artistic and her youngest graduated from The Art Institute of Vancouver and now works with Netflix. However, as Dorothy says, "You're never too old to try art." A perfect example is her younger sister who never thought she was able to draw or paint, is now in her 80s and has started taking art classes in the retirement community where she lives. And for those of you who've had a stroke, Dorothy suggests joining a Stroke Centre and dabbling in art. Whether you think you are artistic or not, it is still beneficial!

~ Dorothy McKay and Yasmine Bia



## Mauro's Rome Was Not (Re-)built in a Day

Greetings, fellow stroke survivors. Hopefully this finds all well and thriving. My stroke took a gentle slice out of me four years ago, while I could walk and talk and eat, I noticed that I could no longer ride a bike, that my right side was progressively getting slower and that my capacity to read and retain fiction had disappeared. Well, the bicycle issue has since remedied, while my 25 km/h seemed like 40 km/h three years ago, now they appear to be 25 km/h. I was on the original Norco cycling team in the 1970s, and I have a garage full of bikes that are cheering.



The right side slowing down, was indeed a challenge. I had gone through several trainers and nothing seemed to work. By this past summer, even my partner Rose-Marie had noticed that I was visibly dragging my right side and this was a balancing issue as well as a walking issue. My skiing was iffy as the right leg could not keep up and my golf had also deteriorated as one arm must keep up with the other. Oddly, one day, Rose-Marie suggested that her physiologist might help, so I tried him out. Well, well, it worked out beautifully and I encourage one and all to give Mr. Ian Horne a try. He has a degree in physiology AND he was a semi-pro baseball player for awhile and he works out of West Vancouver Recreation Centre. Some of my past trainers were very fixated on specific parts of the body. Ian has worked on everything, starting with the weakest first. My orthopedic surgeon, who had once assessed my right side as 40% of my healthy left side, is now radiantly happy with its current 85%, and is encouraging me to keep it up, which I am.



And now it is onto reading and retaining fiction. Sadly, by the time I get to page 10, I have forgotten what page 1 said. Oh, well, Rome was not built in a day.



~ by Mauro Chiesa

We often have some fun with our online Coffee Time group and decided to survey the ones who were there on Friday, January 20. Not everyone comes every time and we sometimes have different people, but the participants this time were (left to right) Yasmine, Sheila S., Janet C., Gay, Anita, Deb, Emily, Kathryn, Yvonne, Dorothy, Tricia, and Terry. Lots of people were calling out their own answers so it was a bit difficult to figure out who said what. Do you agree with any of the following? Perhaps you have your own ideas...



1. **Favourite holidays:** Hawaii, Maui, New Zealand, Turkey and Greece, Mexico, Portugal, Florida, Tasmania, Italy, UK, Scotland, Indonesia
2. **Cataracts done:** 3 people
3. **Hoping to get them done:** 4 people
4. **Favourite ice cream:** chocolate mint chip, raspberry, strawberry, Jamoca Almond Fudge, french vanilla, all kinds
5. **Great books:** Where the Crawdad Sings, Kane and Abel, Becoming by Michelle Obama, Catherine Cookson books
6. **Favourite days of the week:** Fridays, don't have one, busy days, every day I wake up
7. **Right age to marry:** 30, 35, 25 to 30, some felt it was better to be settled first. Some had married at 20 or 21 and are happy to know their great grandchildren as someone who marries at 35 or older may be missing out.
8. **Sheets tucked in or pulled out:** equal numbers preferred: tucked in, pulled out, both- start tucked in, then pulled out
9. **Cake or pie:** equal numbers
10. **Favourite Disney movies:** Cinderella, Beauty and the Beast, The Lion King
11. **Favourite sounds:** phone ringing, piano, seagulls, birds, ocean, waves crashing on the shore, pure, rich voices that sound like an instrument
12. **Things to watch:** News, Jeopardy, The Chase (British style Jeopardy), Prodigal Son, Coronation Street, A Place to Call Home (Australian), The Sound of Music



Zoom Group  
Wednesday  
January  
20/21

**THANK YOU TO THE WEST VANCOUVER FOUNDATION**  
for providing a grant to support our Survivor of Stroke Wellness Program with funds from their North Shore COVID-19 Response fund.



These funds went towards 2 wellness initiatives:



### Keeping In Touch:

In February we surprised our members with a Valentine's Day gift bag filled with some yummy goodies and something to challenge them mentally. We made approximately 95 packages which were delivered around the North Shore and as far as Whistler. For those living a little farther afield we sent a Valentine's Day card with good wishes.



### Exercise Equipment:

We have recently started meeting in-person on Tuesdays and Thursdays at our new location at 113 East 3<sup>rd</sup> Street. To augment our exercise sessions, we have put together exercise kits for each person who attends. These kits contain bean bags (made by Pat Burry) and a theraband. We have also purchased balls and weights and we hope to add some balance cushions in the near future

## THANK YOU CEDAR SPRINGS PARC & AMICA EDMONT VILLAGE

In December we reached out to the members of the North Shore Stroke Recovery Centre with holiday gift bags. We are very grateful to Cedar Spring PARC and Amica Edgemont Village for their contributions to these bags. Cedar Spring PARC also donated therabands for our exercise kits and some personal hand sanitizers for our Valentine's Day gift bags.



These contributions help us as we work to stay connected to all of our members during these challenging times.

~ by Gail Snelling

## North Shore Stroke Recovery Centre

Phone: 778-340-5803 Website: [www.nssrc.org](http://www.nssrc.org)

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

Speech Language Pathologists: Penelope Bacsfalvi, Allison Haas, SLP Assistant: Yasmine Bia

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.