



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer(s): Kathryn Seely, Yasmine Bia, Gail Snelling

April 2021

Thinking Of You

The grant from the West Vancouver Foundation has allowed us to deliver once again a "Thinking of You" gift to all our wonderful members. Thank you to my friend Nancy, her friend Sue, and Scania Greenhouses for arranging for us to receive 100 gorgeous African Violets. The lovely artwork from Dorothy McKay and Barbie Watt decorates the front of the greeting cards which were printed by Contact Printing. Thank you to volunteer Betty for helping to prepare the packages and coordinators Kathryn and Yasmine, and directors Sarah, Valerie, and Vivian for delivering these gifts. Just in case you don't have a green thumb, I've included some key points in the care of your new house plant.

~ Gail Snelling

Caring for African Violets from Almanac.com – The Basics

- Keep the soil lightly moist and use room temperature water. Avoid overwatering.
- Water your African Violet from the bottom to avoid getting excess water on the leaves.
- Dust dirt off the leaves with a small soft brush.
- Too little and too much fertilizer can result in a lack of blossoms.
- Will bloom with lower light but medium to bright indirect light is best.
- Thrive best with daytime temperatures between 70° & 80°F and nighttime temperatures near 65° F.



Artwork by Dorothy McKay



Artwork by Barbie Watt



Best wishes,
Kathryn, Penelope, Yasmine, Gail
 North Shore Stroke Recovery Centre



To Say Thinking Of You





Thinking Of You

Thinking Of You

Thinking Of You

Thinking Of You



*Best wishes,
Kathryn, Penelope, Yasmine, Gail
North Shore Stroke Recovery Centre*

Due to new COVID-19 restrictions announced on March 29th, our in-person programming is temporarily cancelled.

As the COVID-19 vaccinations are rolling out, more and more of our members are getting their first shots. As that happens, more and more of our members are interested in coming to our in-person sessions. We are at the point now where we will need to add another session or begin a waiting list!

During these 2-hour sessions: say hi to a friend, answer some thought provoking questions, and get back in shape with a chair exercise session. COVID-19 safety measures are in place: masks are mandatory, social distancing, hand sanitizing, surface disinfecting, and daily screening. We can only have 8 participants/session so space is limited!

Please let Kathryn (604-999-4659), Yasmine (778-288-6358) or Gail (778-888-4941) know if you would like to attend one of our 2-hour programs at our new location at 113 East 3rd Street in North Vancouver. Booking is required.

~ 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, **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.