



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer(s): Gail Snelling

October 2021

BACK AT THE STROKE CENTRE!

In September, staff were thrilled to welcome members back to the North Shore Neighbourhood House, Amica West Vancouver, and Amica Edgemont Village. Our family has grown during the pandemic, and we will be introducing some new members and volunteers in the next few issues of Turtle Soup. As we celebrate Thanksgiving, we are grateful that we can once again be together and support each other in our life journey.

GREAT NEWS!

New programming will begin on Wednesday, October 6th at 113 East 3rd Street, between Subway and the alley on the south side of the street. This is the same location we used for our small intermittent gatherings over the past year. The session will run every Wednesday from 10 am – 12:30 pm. Please let us know if you would like to attend because space is limited.

NEW VOLUNTEERS

We are thankful for some new volunteers who have come on-board for our in-person sessions. They all have different life experiences and skill sets and the time they share with us makes our Stroke Recovery Centre that much better.

HANDYDART UPDATE

You can now ask for subscription rides with HandyDart. When you call to book a ride, you can request that the ride be scheduled on an ongoing basis. Once that has been confirmed, you won't need to call in each week unless you need to cancel.

~ Gail Snelling





Hello everyone,
My name is Helen, and I am a new volunteer at the North Shore Stroke Recovery Centre.

I am a mom of two nearly grown children. When not doing mom duties, I work as a caregiver for seniors. Many of my clients have suffered from a stroke and I know that it's important for them to stay physically and mentally active. This is why I'm so happy to volunteer at this wonderful organisation.

~ Helen Waterson



I was born and raised in England. At a very early age, my parents instilled in me a strong sense of community spirit and compassion for assisting others. After a fast-paced career in Hong Kong, I moved to Lions Bay in 2012, and became very involved in the Village and, in particular,

Lions Bay Fire Rescue.

I feel very fortunate, and it is my absolute pleasure to spend the next phase of my life giving back to my community, and non-profit organizations.

~ Simon Waterson



Truth be told, it's not possible for one to completely describe feelings that come from the heart.

Being kind and helping people have always been the things which give me a lot of joy and pleasure. Therefore, it was my heart that moved me to volunteer.

One of the highlights in my life has been donating my time to be kind and help people. I'm really thankful for having this privilege.

~ Bijan Alamdaran



My name is Jane, and I am volunteering on Tuesday mornings at the North Shore Stroke Recovery Centre. I wanted to do some volunteering in the community and a friend helped get me involved with this great program. I work as the accountant for our family construction company and in my free time I enjoy hiking, skiing and sewing.

~ Jane Eyford





Denis was born in Sherbrooke, Quebec and comes from a very large French-Canadian family – lots of cousins. He has had many adventures on his Harley motorcycle and has hitch hiked across Canada 5 times! Denis has worked at several manual labour jobs over the years: tree cutting, roofing, painting. His neighbours call him Dr. Doolittle because he loves all animals. Currently he has twin tuxedo cats, Maggie, and Harley. Denis had his stroke in 2020 and has been part of the Stroke Centre since spring 2021.

~ Denis Dubois



Susan was born in Kamloops and grew up in Victoria. She married David in 1974 and they have 2 sons and 3 grandsons. The family moved to North Vancouver in 1986. Susan ran daycare centres at a number of

different universities in Canada and worked as a special education aid for the North Vancouver School District for 10-15 years. Susan and David have travelled to many destinations but 2 of Susan's favourite places is their summer cottage in Point Roberts and Whistler. They have a Russian Blue cat named, Luna and Susan enjoys cooking, sewing, reading and spending time with family. ~Susan McInnes



Ksenija came to Canada with her husband many years ago from Croatia. Since her stroke last year, they moved in with their older son, daughter-in-law, 3 grandchildren, and dog, Sprocket. When she was young, Ksenija was passionate about skating indoors and outdoors with her club and taking classes in figure skating. As time moved on, she stopped skating and then once tried to teach her granddaughter at Karen Magnussen, but was shocked by what she'd forgotten. She was also a wonderful cook and baker but instead this past year or so, you might find her staying up at night to catch the exciting world of tennis!

~ Ksenija Svetelj



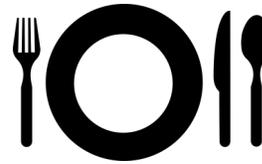
I was born in Winnipeg, then moved to Calgary and in 1990 moved to Vancouver.

One of my favourite things is music, especially writing songs. I enjoy making new friends and being out in nature. My favourite animals besides dogs are ducks and geese. I am very proud of my Indigenous heritage and being part of the Metis nation. ~ Mickey Holloway

We will be gathering at Lonsdale Quay from 12:30 to 2:30 p.m. on Friday October 8th, 15th, 22nd and 29th. During this time, we will be partnering with Cycling Without Age, North Shore to offer Trishaw rides for those who are able to and wish to ride in one.

The Trishaws can take two people at a time, for a twenty minute ride along the North Shore Spirit Trail. The opportunity to sign up and become oriented to the Trishaw will be available on-site, at Lonsdale Quay, beginning Friday October 8th, weather permitting. Below is a picture of the Trishaw. Now, let's hope for good weather!

~ Kathryn Seely



SHARE YOUR FAVOURITE RECIPE

MEAT LOAF

- 1 & 1/2 lb. Lean ground beef
- 1/2 Cup Skim Milk Powder
- 1 Med. Onion - minced
- 1 Cup Low Sodium Beef Broth
- 1 Lg. Celery Rib- minced
- 1 tsp. Thyme
- 1 Lg. Carrot-grated
- 1/2 tsp. each -Sage,Pepper,Dry Mustard
- 3/4 Cup Quick Oats
- 1 Pinch Allspice

Mix meat, onion,celery,carrot, oats & milk powder well.
Add spices & 1/2 of Stock and mix.

Put in a 8x4 Loaf pan.

Bake at 350 for 30 min.

Pour remaining Stock over loaf and bake another 45 min. Let sit 10 min.then serve.

FREEZES WELL

~ DEB LARMAN



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 Baesfalvi **SLP Assistant:** Yasmine Bia

Days of Operation: **Monday: 10:00 - 2:00 p.m.** - Amica West Van, 659 Clyde Ave., West Vancouver

Tuesday&Thursday: 10:00 - 2:00 p.m. North Shore Neighbourhood House, 225 East 2nd St, North Vancouver

Wednesday: 10:00 a.m. - 12:30 p.m. 113 East 3rd Street, North Vancouver

Young Survivors of Stroke– Monday: 10:00 a.m. - 1:00 p.m. -Amica Edgemont Village, 3225 Highland Blvd, North Vancouver

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.