

# Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographers: Gail Snelling, Kathryn Seely, Yasmine Bia



December 2021

## WORKING TOWARDS YOUR GOAL



Kresimir Kiro says he has been a photographer for at least 10 years. Since his stroke 3 years ago he has largely relied on his Samsung S21Ultra phone to capture striking photographs of family, friends, and nature.

Kresimir arrived in Canada from Croatia at 9 years of age. He grew up in Canada and returns to Croatia once or twice a year to visit

family and friends.

Working towards his goal of becoming a commercial pilot, Kresimir obtained his pilot's license. He has flown small planes and worked within the aviation industry as a ground handler at YVR (Vancouver Airport) for 24 years.

Kresimir describes photography saying that "it is fun, it's relaxing—you learn new things." He has taken courses on photography, adding to his skills since his stroke. His favourite subjects include his family, friends, and city scapes.

~ by Betty Third



### DATES TO REMEMBER

Last program day before Christmas is Wednesday, December 15th

Centre reopens:      Tuesday, January 4th & Thursday, January 6<sup>th</sup> at the North Shore Neighbourhood House  
                                  Wednesday, January 5<sup>th</sup> at 113 East 3<sup>rd</sup> Street, North Vancouver  
                                  Monday, January 10<sup>th</sup> at Amica West Vancouver and Amica Edgemont Village

**Wishing everyone a very Happy Holiday & the very best in 2022!**

*Gail Snelling, Kathryn Seely, Penelope Bacsfalvi, Yasmine Bia*





Although Scott Mayson was born in Calgary, Alberta, his ancestors came from France. They were French Protestants, Huguenots, who, in the 17<sup>th</sup> century, persecuted by France's French Catholic government, fled first to England and then to Canada. Along the way, the family name changed from Maison to Mayson. Scott often has to spell his last name. He also often has to explain that

he does not use his first name, William, but rather his middle name, Scott.

Scott moved from Calgary to Vancouver when he was 5 years old and grew up in BC. Prior to his stroke in 2020, Scott worked at a wide variety of factory jobs: at a box factory, a bread "factory", at a Coca Cola plant. He also worked at a car rental agency, for Pacific Press and as a custodian. For several years he worked for a golf course.

Scott has travelled mostly in BC. Prince Rupert is his favourite city, in part because it's a large port, there's a lot going on. The Salvation Army has played an important part in his life.

Scott is a musician; he played the bass as well as acoustic guitar. A creative person, he also writes poetry and short stories. Scott began to attend the North Vancouver Stroke Recovery programs because "my friends go here."



Nicole is a fourth year Behavioural Neuroscience student at UBC. She loves working with people and she hopes to combine her passion for people and science to pursue a career in healthcare one day. She especially loves working with older adults and the elderly, as she enjoys their wisdom, kindness, and stories from their lives. When she is not in school, Nicole can be found bouldering, running, or singing and playing the piano.



Bernice Chu has practised music therapy for the last 11 years specialising in care for adults. She moved to Vancouver in January. Outside of the NSSRC, Bernice works with adults in burns, trauma, acute and mental health settings.

Originally from Ontario, Bernice studied music therapy at Wilfrid Laurier University and completed her internship at the Hospital for Sick Children in Toronto. Following this, she completed a Masters in music therapy with distinction at Anglia Ruskin University in England. She specialized in working with adults in neurorehabilitation for over nine years in London, UK. She has clinically supervised national and international students, interns, and music therapists working in neurorehabilitation settings. She has really enjoyed getting to know the NSRRC Community!



Susan Freeborn began as a fitness instructor with BCRPA at NVRC in 1992 and has taught an array of fitness levels from high impact to step and double step classes as well as dance fitness. By early 2000 old knee injuries made it difficult to continue to instruct on land as Susan needed a double knee replacement.

Susan began to pursue water fitness education with a passion and currently holds many certifications for both land and water rehabilitation (experiencing her own knee rehab) for both personal and group training through Waterart and Surefeet.

Susan's interest with Parkinson's clients has kept her busy through the closures and she is now involved in our stroke recovery programs. This fun filled group training is extremely beneficial by implementing safe sit to stand along with exercises to help activities of daily living, and range of motion, cognitive training, balance and mobility, and core strengthening and stabilization. The repetitiveness of moves helps impact the muscle memory, preventing falls and injuries in our stroke participants.

Dave Andrew- My mom's bedroom was messy everywhere, and so she thought it was a great place to hide my Christmas present in there. One year I went in there and discovered a present for me. It was a tape recorder and I started using it, so on Christmas I opened my present and pressed play. I'd recorded a bunch of silly jokes on the whole tape already so my mother was really surprised and then we laughed about it!



Scott Mayson- One Christmas when I was 16, I was a ski racer on Grouse Mountain and a girl said "hello" to me! I couldn't believe my good luck!



Janet Moore- One Christmas morning, we went downstairs to meet the family together and someone had opened all the presents! There were eight of us and no one confessed! We still aren't sure...

Kresimir Kiro- We always enjoyed gathering with family, going to church and having our no meat but fish dinner on Christmas Eve. On Christmas Day we were together going out for coffee, watching a Christmas movie and also eating our turkey or prime rib dinner!

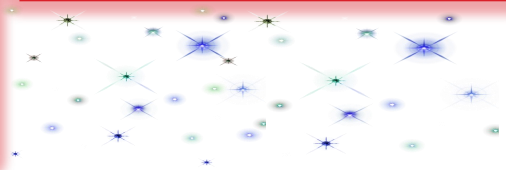
Gay Walker- When Gay was little, about 5, on Xmas Eve, when everyone was in bed asleep, Gay would tiptoe to the living room and open up all the gifts. She would re-wrap them carefully and return to bed. She did this until she was eight years old. When Gay was nine, her grandparents were visiting. Her father was sleeping on the living room couch. When she went to the Xmas tree, her father said 'get back to bed'. She never opened up the presents again. She got away with this for a few years. She promises she did not alter the name tags!

Dorothy McKay- I was thinking of a package of my dad's things and a Christmas card I'd made for him when I was 10 that he had saved! We lived on the Sunshine Coast with no electricity, plumbing or running water, 10 miles away from a grocery store so we made everything. We'd go out and get our own Christmas tree in the woods. It was decorated with chain link garland - coloured paper - red and green or whatever we had. Any saved silver paper we could find, like cigarette packet liners, made our star ornament, as there was no tin foil or lights like now! There was also lace, crochet, angels made of ribbon and decorated cones put on. It was very special.



Jane Rundle- A precious Christmas memory.. I was 10. As newlyweds, my sister, Paula, and her husband Bob, were living on a shoestring budget- full time university, full time work, a baby on the way... so I was surprised that they had sent me a gift. I opened Paula's gift, a red, green and white plaid, woolen handmade scarf. I wept. I wept because I realized that for Paula to make me this scarf, she had to have cut up her favourite bermuda shorts.. a gift from her heart!

Don Montgomery- We often skated on the pond before Christmas dinner and one year in Kelowna, all of us kids were out and I fell through the ice! There were lots of people around so they got me out quickly, drove me away in a truck, stripped me down and put me in a hot tub!





November was a very busy birthday month. *Mary Thorndycraft* brought in a delicious tuxedo cake to celebrate her special day on November 7<sup>th</sup>. Sharing that birthdate are past volunteers Betty Duralia and Nancy Reicken.

## Birthdays for November:

November 2 – *Tuula Seppanen*

November 3 – *Mary Althorp, Jill Guerin, Otto Larisch*

November 9 – *Andre Fex*

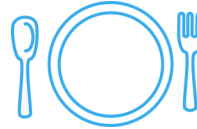
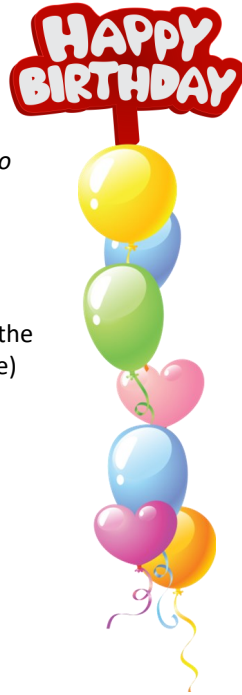
November 11- *Elizabeth McDonald* (one of the manicurists that provided excellent nail care)

November 15 – *Tony Cavallo*

November 19 - *Simon Waterson*

November 26 – *Wolfgang England*

November 30 – *Kaitlyn Vandervelden* (new online speech volunteer)



## SHARE YOUR FAVOURITE RECIPE

### PAVLOVA

4 egg whites  
1 cup white sugar  
1/2 tsp vanilla  
1 tsp vinegar  
2 cups whippings cream  
Fresh fruit: kiwi, blueberry & strawberry are perfect  
1/2 cup toasted silvered almonds

Beat egg whites until soft peaks form.  
Continue beating while adding sugar slowly, 1 tbsp at a time.  
Add vanilla, vinegar.  
Beat until very stiff.  
Place waxed or brown paper on a cookie sheet and spread mixture slightly smaller than desired size.  
Bake 1 hour at 275°F.  
Turn oven off and leave meringue in the oven overnight to dry. Cover with whipped cream, fresh fruit, and toasted almonds. Enjoy.  
~ *Marnie*

## HOPE YOU CAN JOIN US AT OUR CHRISTMAS LUNCHEON!

Thursday December 16<sup>th</sup>  
12:00 p.m. – 2:00 pm  
HOLIDAY INN, 700 Old Lillooet Road  
\$28/per person  
**Please R.S.V.P. by December 9<sup>th</sup>**



## 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 **SLP Assistant:** Yasmine Bia

Days of Operation: **Monday: 10:00 a.m. - 12:00 noon** - 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.