



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographers: Kathryn Seely, Yasmine Bia

January 2022

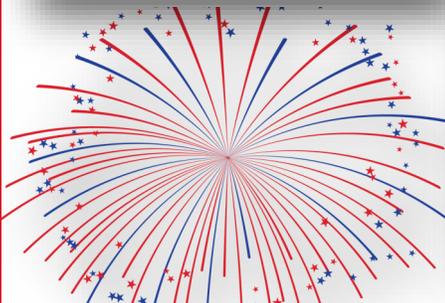
WELCOME BACK

On December 13th, the Younger Survivors of Stroke group welcomed Diane van Egmond back to the fold, after two years away due to medical procedures.

It was so nice to meet Diane, and to observe how happy everyone was to see her again. No one could believe that two years had passed! Diane said that she loved being back with the group, and realized how much she had missed everyone, and how good the group is for her physical and mental well-being.



Kathryn Seely



In-person programming is on hold due to the current COVID situation but we will be reassessing on a weekly basis and will keep everyone informed. Please let us know if you would like to join one of our online groups.

Gail Snelling



TOGETHER AGAIN



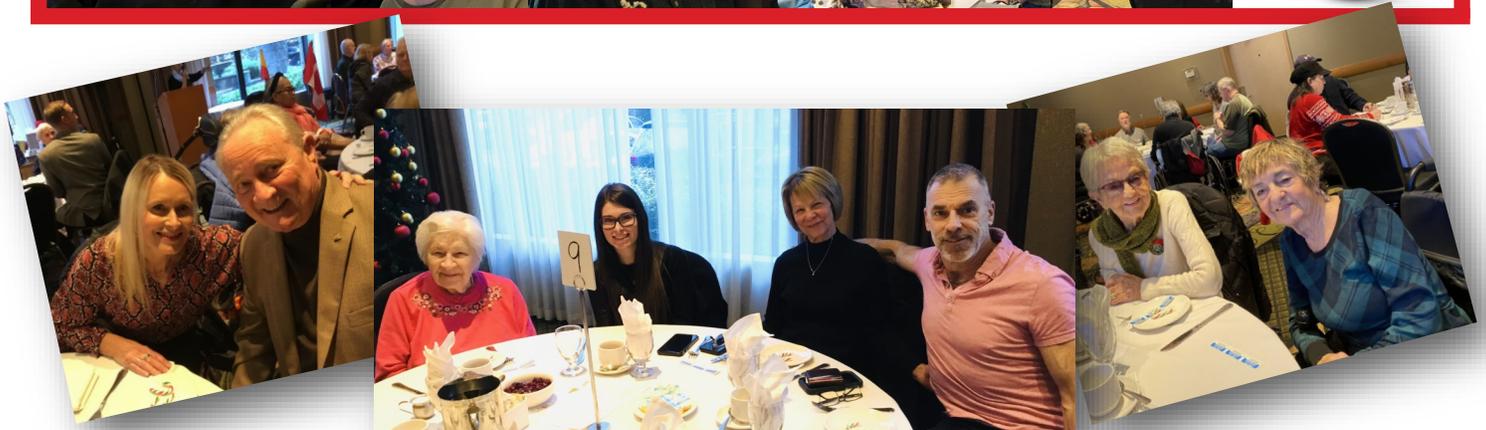


Thank You!

It has been 2 years since the Stroke Centre has been able to get together to celebrate the holiday season. On Thursday, December 16th we gathered once again at the Holiday Inn. Just under 70 people - members, families, friends, volunteers and staff - enjoyed a delicious turkey lunch, a trivia contest, and lots of wonderful prizes. Thank you to everyone for coming out to celebrate the season!

As of April 2020, Pat Burry has been an amazing volunteer at the Centre for 25 years (now almost 27 years). Unfortunately, because of the pandemic, we were unable to celebrate this wonderful accomplishment at the time. At the December Lunch we were finally able to present Pat with a certificate and a seasonal flower arrangement. Thank you Pat for your dedication to the Centre especially the multitude of afghans you have knitted for our members and their families over the years!

Gail Snelling





Joane Love

Worked at odd jobs mostly secretarial till my fifties until I qualified to teach aquafit and loved it. Taught in the Y and in the big pool in Victoria.

Had three wonderful children, they reproduced themselves and had three wonderful children each so I have nine and two step grandchildren making eleven wonderful grandchildren. Love them to bits!

In spite of myself my daughters have a masters and PHD and my son is a physiotherapist. Grandchildren are following suit. Must have done something right!



Kem Murch

Kem and her husband, John, just moved from London, Ontario, to North Vancouver this summer to be near their son and his family. Kem's stroke was 12 years ago, just as she was retiring from her video production business. Her documentaries and educational videos focused on social justice, health, equity and women's and First Nations' issues. Kem and John are new members of the Surefeet Exercise program, now held online. Kem loves reading and belongs to a book club in London that continues to meet online. Her interests now also include spending time with her two teenage grandchildren, exploring the North Shore, going in her son's boat, playing bridge, trying to maintain health and mobility by walking, and eventually making new friends.



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 **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.