

# NORTH SHORE STROKE RECOVERY CENTRE

JUNE 2022



## Vision

A Community without barriers for Survivors of Stroke.

## Mission

To maximize the quality of life for people impacted by stroke through accessible programming, peer support, healthcare partnerships, and community partnerships.



## 15TH ANNUAL STRIDES FOR STROKES

June 11, 2022 at John Lawson Park in West Vancouver, BC.

Please join us on Saturday, June 11, for a 4 km run/walk/roll on the lovely West Vancouver seawall. The event begins at 9:30 am with refreshments and a warm up. After the run/walk/roll, enjoy fantastic music and our silent auction with the wonderful North Shore Stroke Recovery community. All of the proceeds will be put directly towards the North Shore Stroke Recovery Centre's efforts in aiding stroke recovery.

The Annual 'STRIDES FOR STROKES' Walk is an important fundraiser event for the North Shore Stroke Recovery Centre. Your donations make a major difference in the lives of Survivors of Stroke members. Members participate in excellent Art Therapy, Exercise Therapy, Music Therapy, Speech Therapy, and other valuable programs. This event raises stroke recovery awareness, and the valuable services offered by the North Shore Stroke Recovery Centre to the constituents of the North and West Vancouver communities.

WE OFFER PROGRAMS FOR:

- Older Adult Survivors of Stroke
- Young Survivors of Stroke
- Family Caregiver Support Program

We are funded by private donations, fundraising, grants, and small membership fees. However you choose to donate, we thank you for your support.

<https://nssrc.org/> | <https://nssrc.org/donate/>

*Many members, families and friends have DONATED on the NSSRC website. The process is very easy and after you enter your donation information at <https://nssrc.org/donate/> <https://www.canadahelps.org/en/dn/10616> you will receive your tax donation receipt.*

*We are excited to see you at the upcoming 15th Annual 'Strides for Strokes' walk*



Written with gratitude on unceded traditional territories of the xwməθkwəy'əm (Musqueam), Skwxwú7mesh (Squamish), and Səl'ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

# Yoga and Stroke

## *What is yoga and how can a yoga practice help stroke survivors?*

*Written by Angie Howden-Duke, RYT500, EFT Practitioner*



The word yoga comes from the Sanskrit word 'yuj' which means "Yoke" or "union". With this translation a Yoga practice can take on many meanings. Yoga and mental medicine, Yoga and connection with self, Yoga and the mind and body, Yoga and Divine or Universe, Yoga as exercise, plus so many more other interpretations. One definition of Yoga therapy, from Richard Millar, PhD founder of integrative restoration (iRest) for health, healing and awakening (yoga nidra), says "Yoga therapy is the application of yogic principles to empower individuals to realize their inherent freedom from suffering. It is an educational process that focuses on health and wellness at all levels of a person's physical, psychological, and spiritual life."

### **So how can Yoga help stroke survivors?**

Within the definition above, the practice of yoga can help stroke survivors through repetitive movements (Asana) to develop balance and strength; breath (Pranayama) work to reduce depression/ anxiety; focus (Dharana) to help cognition; and connection with self and others (Samadhi).

Through the Asana practice, the brain and mind, memory and emotions benefit<sup>1</sup>, new cell growth in the hippocampus develops<sup>2</sup> and increasing oxygen and glucose to the brain stimulates cognitive function<sup>3</sup> plus so much more. When individuals move the body, new neural pathways are created through neuroplasticity, creating better movement and coordination.



When breath and movement are combined, the body decreases cortisol (the stress hormone) and when this hormone is high for long periods of time, anxiety and depression can occur<sup>4</sup>. Breath and movement

<sup>1</sup>Alzheimer's Research and Prevention Foundation (ARPF) manual page 85

<sup>2</sup>Alzheimer's Research and Prevention Foundation (ARPF) manual page 86

<sup>3</sup>Alzheimer's Research and Prevention Foundation (ARPF) manual page 87

<sup>4</sup>Alzheimer's Research and Prevention Foundation (ARPF) manual page 89

<sup>5</sup>Alzheimer's Research and Prevention Foundation (ARPF) manual page 89

Angie is currently a RYT500 Yoga Teacher with a specialty in Trauma informed yoga, and a certified Advanced Emotional Freedom Technique Practitioner and Stress Management Coach. Angie is currently enrolled in a Yoga Therapy Program.

Outside of working with the North Shore Stroke recovery Center, clients, and the Chopra Addiction and Wellness center, Angie loves completing puzzles, sewing; playing board games and enjoying the great outdoors with her 2 children and husband.



increase endorphins, which are the “feel-good” chemicals that influence how we feel<sup>5</sup>.

When we participate in Yoga we are invited to focus and to be present in the moment. With this focus, individuals can experience connection with the self, getting to know the self after a stroke, developing compassion and acceptance for a new way of being.

Yoga is a vast topic and has so many benefits for all individuals. The benefits for stroke survivors go way beyond this short overview article, which is intended to provide some highlights of those.

# MUSIC HEALS

Elizabeth has been coming to the North Shore Stroke Recovery Centre (NSSRC) in North Vancouver for 15 years. The music program provides the opportunity to socially engaged with other stroke survivors. The members of the group have changed over the years, although there are some who have been attending as long as Elizabeth has. The group has worked with at least five Music Therapists over the years. In addition to music therapy, Art Therapists, Speech Therapists, and Exercise Therapists interact with members. The purpose of member therapies is to work on areas affected by their stroke, to enhance emotional, social, spiritual, and physical health.

In Elizabeth’s words: “Some members cannot speak well because they lost their ability to speak, but when it comes to music, boy they can pronounce the words properly. It seems like music really has the ability to heal our ability to speak.” Regarding the

social, spiritual, and emotional aspects of being in community with this group, Elizabeth states, “It’s very good because you’re not the odd person, you’re all the same soul, you have a better psychological feeling knowing you’re all the same.” Other members have expressed similar sentiments on the emotional support they feel by being in the group.

In a typical session we will engage in various forms of music-making together. These include singing along to familiar songs with the therapist leading with voice and accompanying with guitar, often playing small rhythm instruments such as shakers, tambourines etc. at the same time, improvising as a group with tone chimes, and a more structured tone chime choir. In previous years the group had even rehearsed for and performed a concert with tone chimes and singing within the community of North/West Vancouver; however, in light of recent events that has been put on hold.

Elizabeth and others will be continuing to attend the North Shore Stroke Recovery Centre member music programs because, as she says, “I only have two social activities, the Stroke Club and the Church. It is really wonderful because it spices up our week, and we look forward to it. Having good music lights up our spirits, and it just makes us happy!”

*Written by Johann McBee, MTA, MT-BC*

# Cycling Without Age North Shore

Cycling Without Age North Shore (CWANS) is part of a worldwide organisation offering a free bicycle trishaw experience to people, with limited mobility, who would like an outdoor cycling experience... hence the organisation's motto "the right to wind in your hair".

Here on the North Shore we have three trishaws and have several operating locations. The cafes at Lonsdale Quay, at Andrews on 8th, at Ambleside and, soon to come, at the demonstration forest north of Capilano University. Bookings are made through a central booking system, through Silver Harbour Seniors Centre, and directly through our organisation.

We recently, with the help of students from the Capilano University Film School, put together a

promotional video. Several of the NSSRC members were passengers for an afternoon of filming at Shipyards, Lonsdale Quay and Waterfront park. Fun was had by all and the NSSRC group definitely had some "star" moments.

*Photo: Janet M. and neighbour Mark M.*



## Our Supporters

Our programs and services for individuals impacted by stroke would not be possible without the contributions of our community supporters.



WEST VANCOUVER  
FOUNDATION



### North Shore Stroke Recovery Centre

Phone: **778-340-5803** • Website: **www.nssrc.org**

**Executive Director:** LaDonna Miller • **Co-ordinators:** Yasmine Bia, Kathryn Seely  
**Speech Language Pathologists:** Penelope Bacsfalvi • **SLP Assistant:** Yasmine Bia

**Days of Operation: Monday:** 10:00 a.m. - 12:00 Noon - Young Survivors of Stroke

**Monday:** 10:00 a.m. - 1:00 p.m.- St. Stephen's Church, 885 22nd Street, 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

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*Articles in this June 2022 issue are the opinions of their writers.*