

NORTH SHORE STROKE RECOVERY CENTRE

JULY 2022

15th ANNUAL STRIDES FOR STROKES JUNE 11, 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.



The North Shore Stroke Recovery members, families, and friends enjoyed beautiful warm weather, fun music, food from local businesses, complimentary Trishaw rides from Cycling Without Age, many gifts for the Silent Auction, 50/50 drawings, the display of beautiful artwork created by NSSRC art therapy members, and the wonderful 2-4 km walk along the Sea Wall.

With over 100 attendees, many commented the 2022 Strides for Strokes annual walk was the best!

As the Executive Director, a special thanks to Adria

Karchut, Board member; Gail Snelling, committee member/volunteer; Board members Doug Querns and Mark Adams; co-ordinators Kathryn Seely & Simon, Yasmine Bia, and the 20 amazing volunteers who donated their time to make this event a success.

Thank you to our corporate sponsors: Amica Senior Lifestyles, Pure Integrated Pharmacy, PenderFund Capital Management, and North Shore News! Thank you also to all silent auction sponsors.

A deep gratitude to all NSSRC members and families for your support; our work is dedicated to you!



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

Art Therapy at North Shore Stroke Recovery Centre

North Shore Stroke Recovery Centre members continue their healing journey by expressing creativity through their amazing art, mentored each week by Kali Dukowski, art therapist.

The artwork by North Shore Stroke Recovery Centre art therapy members was displayed at the 15th Annual Strides for Strokes at John Lawson Park, in West Vancouver. Their artwork is beautiful, creative and inspiring! Our talented members, Barbie W., Deb L., Dorothy M., Jo A., Gay W., and Marnie H., create amazing paintings each week for all to enjoy.

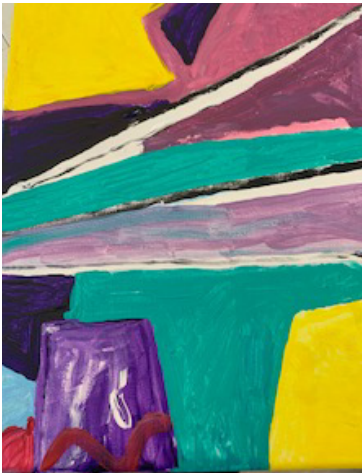
Kali Dukowski is a life-long art maker and is enthusiastic to share the potential of creativity for wellbeing through the arts. She welcomes, and is inspired by, others pursuing a journey of discovering

their connection to natural intelligence, care for the self, resources and enjoyment in the arts to support wellness and healing.

Kali has been working as a Registered Canadian Art Therapist for over thirty years, holds a Master's degree in Expressive Arts Therapy and psychotherapy, has been trained in the Hakomi Method of body-centred psychotherapy, EMDR, and Satir Transformational Systemic Therapy.

She has been an instructor at the Vancouver Art Therapy Institute for many years, having written a number of core curriculum courses.

<https://nsrc.org/team/kali-anna-dukowski/>



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

MUSIC HEALS

Article by Xwechtaal Dennis Joseph

Xwechtaal Dennis Joseph is an Elder from the Squamish Nation. He worked there for 40 years, with 28 consecutive years serving on Chiefs and Council (Ret). From an uncle he inherited one of his primary traditional roles – supporting families in times of loss. A traditionally trained speaker in the Coast Salish Longhouses he is the “voice” at these memorials, puberty rites, weddings, and namings. He co-founded Squamish Nation Peacekeepers, has helped to build bridges with local police services, and has been a member of the Squamish Canoe Family.

Dennis played and coached lacrosse for 54 years, and was a five-time National Champion and MVP. He was playing in the Masters division two days before his life changed in 2017, when he had a stroke. An Elder Ambassador for the Arena Lacrosse League, he has continued to provide inspiration, teachings of the game, and teachings of life through an Indigenous lens.

A life-long love of music began when he was taught the basics by his late dad Willard. His mother inherited more than a dozen brass instruments from her late father Andrew. Dennis was an activist in his own right. An orchestral leader, Dennis continues his passion for music, playing originals and cover tunes on his Harmonica –with Rock n Blues at the forefront and with an indigenous view of music where classic love and love lost can be found – recording artists in his “Bubbas Studio”, and playing Rock n Blues at major venues with “Bitterly Divine”.

On a last note, Dennis remembers a teaching he heard as a young boy in his longhouse: an elder shared on the floor that if you ever go into deep trauma, sing. When Dennis had his stroke, he sang

in his heart and mind traditional songs and also rock and blues. Over and over, he sang to himself, and he attributes this to his still being here.

Dennis is father of four handsome boys, and he and his loving wife Lorna have been together for 36 years. Most recently, Dennis is involved with Indigenous Cultural Safety training, hospital visits, and palliative care at Vancouver Coastal Health.



The 2022 Strides for Strokes walk was a tremendous success



Doug Querns
President NSSRC



Marcus Wong
Councillor District
West Vancouver



Dennis Joseph, Darren Gardner, Doug Querns, Marcus Wong



Mayor Booth
District of West
Vancouver



Dennis Joseph
Squamish Nation Elder
Xwechtaal

THE SPEAKERS – Doug Querns, President of NSSRC; Squamish Nation Elder Xwechtaal, Dennis Joseph; Mayor Mary-Ann Booth from the District of West Vancouver; Marcus Wong, Councilor, District of West Vancouver; and Darren Gardner, Olympian snowboarder 2019 Team Canada – provided amazing speeches.

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 July 2022:

Monday: 10:00 a.m. - 1:00 p.m.- St. Stephen's Church, 885 22nd Street, West Vancouver
Wednesday: 10:00 a.m-1 p.m. Gloria Dei Lutheran Church, 1110 Gladwin Drive, North Vancouver
Friday: Cleveland Dam, North Shore
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Articles in this July 2022 issue, are the opinions of their writers.