

NORTH SHORE STROKE RECOVERY CENTRE

AUGUST 2022

NEW FAMILY CAREGIVER SUPPORT PROGRAM MONDAY: AUGUST 8 - DECEMBER 12, 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.



Each Monday, from 10 am-12 pm, at Gloria Dei Lutheran Church, North Vancouver, we will offer a Caregiver Support Group Meeting, and Art therapy & Yoga therapy. This new program is especially for Family Caregiver's, significant others, friends of NSSRC Survivors of Stroke.

In 2022, as the new Executive Director of the North Shore Stroke Recovery Centre, I have had the opportunity to have meaningful experiences and conversations with many NSSRC Survivors of Stroke members, and their family caregivers.

The New Family Caregiver Support Program is a passion for me, because I am a family caregiver and I have several close friends who are family caregivers.

By utilizing personal first-hand knowledge of the experiences of family caregivers, combined with my SFU master degree in Gerontology, and Family Caregiver of British Columbia certification, it is my intent to create a meaningful new program that supports family caregivers of our Survivors of Stroke members.

The New Family Caregiver Support Program will highlight the expertise of two excellent professionals: Kali Anna Dukowski, Art Therapist, and Angie

Howden Duke, Yoga Therapist. Both currently work with the NSSRC team and members.

I am excited to introduce this New Family Caregiver Support Program, which will be held each Monday at Gloria Dei Lutheran Church (1110 Gladwin Drive, North Vancouver) beginning on August 8- December 12, 2022 from 10 am-12 pm.

A deep gratitude to all NSSRC members, Family Caregivers, friends and significant others for your support. Our work is dedicated to you!

LaDonna Miller, Executive Director



Written with gratitude on unceded traditional territories of the of the xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Art Therapy at North Shore Stroke Recovery Centre

Art Therapy for Family Caregivers

A family caregiver's sense of wellbeing can be overwhelmed from their prolonged responsibilities and challenges of caring for their loved ones. Even before the COVID-19 pandemic, many healthcare professionals admitted to feeling tired, frustrated, and disheartened despite doing the work they love. It is an occupational health issue for professionals, and the same can be true, even more true, for family members who may feel a sense of loss and a disrupted narrative for their life as coping with a loved one's wellbeing takes precedence.

Art therapy is "an integrative mental health profession and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychology theory, and human experience within a psychotherapeutic relationship" (American Art therapy Association, 2017).

Family caregivers provide continual mental and physical care for a loved one. The complexity of caregiving can create anxiety and self-criticism that can negatively affect their overall wellbeing. Art

therapy can play a role in caregivers' lives by reducing stress and anxiety, and improving communication, which can enhance a caregiver's relationship to their loved one.

Art therapy helps by taking one away from the everyday into a practice of creativity, imagination and free expression. Art making can have similar effects to meditation and play in bringing one into the present, awakening the senses through art materials and experimenting with shape, colour and image. Creating art and using the imagination just because relieves stress and anxiety of everyday life in the process, and can reconnect oneself on a deeper level. What emerges can be surprising, promoting rebalancing, self-understanding, growth, and appreciation.

Absolutely no previous art experience is expected or necessary to participate.

<https://nssrc.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.

Yoga Therapy

Article by Angie Howden Duke

Yoga for Family Caregivers

Being a family caregiver can be rewarding, emotional, stressful and isolating. The responsibility of taking care of a loved one can add an enormous amount of joy and pressure to one's life. The mental, emotional and physical health of caregivers is often forgotten about; caregivers are so busy taking care of others that they forget about themselves.

Chronic stress can be a side effect of taking care of a loved one. Some signs of chronic stress are fatigue, insomnia, digestive issues, depression or anxiety. The body is very adaptable and can handle stress in short and infrequent occurrences. However, when there is stress over time the body and mind start to break down.

"28% of BC residents are family caregivers, 60% of these caregivers are employed and working in addition to caregiving." Family Caregivers of British Columbia website.

It's important for caregivers to make themselves a priority, set boundaries, find ways to reduce stress, seek out support groups, and understand how to keep physically, mentally and emotionally healthy.

Yoga can be one of the ways to help increase mental, emotional and physical health. Breathing, feeling, listening to the body, and letting go of judgement, competition and expectation gives caregivers an opportunity to create internal health, recalibrating all parts of self, including the nervous system. Research shows that increasing vagal tone depression can reduce panic disorders, anxiety, IBS, and PTSD symptoms.

The focus for this new supportive yoga program for caregivers will be on restoring the whole body, increasing vitality. Angie is a RYT500 yoga teacher with a speciality in Trauma and is currently enrolled in Yoga Therapy school. She is also an Emotional

Freedom Technique Practitioner and Detachment Technique Therapist. Angie has been in the health and fitness industry for the past 18 years and a yoga teacher for the last eight years. She is a wife and a mother to two boys, ages 15 and 12. Angie has her own business, works with North Shore Stroke Recovery Center and at Paradise Valley Healing & Wellness centre in Squamish BC.



Cycling Without Age North Shore

Cycling Without Age North Shore (CWANS) is part of a worldwide organization offering a free bicycle trishaw experience to people, with limited mobility, who would like an outdoor cycling experience. Hence the organization'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, and Ambleside. Bookings are made through a central booking system, through Silver Harbour Seniors' Centre, and directly through our organization.

On August 5th and August 26th, North Shore Stroke Recovery members will have the opportunity to meet for Trishaw Rides at Andrews on 8th in North Vancouver.

The staff and members at the North Shore Stroke Recovery Centre are thankful for the many wonderful memories and fun experiences in 2022 with Cycling Without Age North Shore.



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 August 2022:

Monday: 10:00 a.m. - 1:00 p.m.- Gloria Dei Lutheran Church, 1110 Gladwin Drive, North Vancouver

Friday's: Cleveland Dam, North Shore: August 5th & 12th from 11:30 a.m.-1:00 p.m.

Friday's: Cycling Without Age North Shore: Trishaw rides: August 19th & 26th from 11:30 am-1:00 pm:
Location Andrew's on 8th Coffee Shop at 279 8th St. E., North Vancouver

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Articles in this August 2022 issue, are the opinions of their writers.