

NORTH SHORE STROKE RECOVERY CENTRE

SEPTEMBER 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 Caregivers, 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 many meaningful experiences and conversations with NSSRC Survivors of Stroke members, Family Caregivers, friends, and significant others.

We are excited to launch the Fall 2022 programs beginning on September 6, 2022. Penelope Bacsfalvi, SLP, will be resuming Speech Language services, with Yasmine Bia, Speech Assistant, continuing their important work with members. Kathryn Seely, Program Coordinator, dedicated Music, Art, and Exercise specialists welcome members.

The New Family Caregiver Support program successfully launched on Monday, August 8, 2022, running until December 12, 2022.

By utilizing firsthand knowledge of Family Caregivers, with my SFU master degree in Gerontology, and Family Caregiver of British Columbia certification, this program supports Family Caregivers of our Survivors

of Stroke members. Here are wonderful quotes from participating Family Caregivers:

As a caregiver of a stroke survivor, significant mental stress wears me down. The sessions allow for sharing and learning. The yoga and art time allow my mind to completely calm down. I want to thank the NSSRC for these in-person sessions. Norm J.

Caregivers will go through more than they will tell you. They give up a lot and rarely have a social life. They can get sick and emotionally worn out. It's a lot for one person and you will never know until you have walked the road of a caregiver. So happy to have a group to walk this road together with. Cindy H.

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

LaDonna Miller, Executive Director



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

ART THERAPY for Family Caregivers

Article by Kali Anna Dukowski

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/>



YOGA THERAPY for Family Caregivers

Article by Angie Howden Duke

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.

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.



We are funded by private donations, fundraising, grants, and small membership fees.

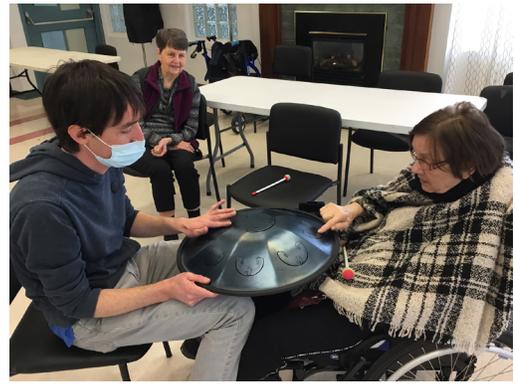
If you choose to donate, we thank you for your support!

North Shore Stroke Recovery Centre Family Caregiver Support Program Donation:

<https://www.canadahelps.org/en/dn/m/74612>

North Shore Stroke Recovery Centre General Donation: <https://www.canadahelps.org/en/dn/10616>

MUSIC HEALS



MUSIC THERAPY

Article by Johann McBee, MTA, MT BC

Music Therapy encompasses many different techniques and modalities. At the NSSRC the survivors of stroke will often be engaged in playing various instruments making music, either in a structured way or in a more free form improvised way.

Some of the instruments we often use are pitched (tuned) steel percussion such as tone chimes and steel tongue drums. These types of instruments have a certain advantage to them: when well tuned, the tone is perfect no matter the skill of the player. In fact, the piano has this characteristic as well, but is far more complex with 88 keys, compared to the steel tongue drums average 8 notes each, or the tone chime which is a single note per instrument. In contrast, a beginner violin or trumpet player will need significant practice before they can produce a pleasing tone on their instrument. For people who may not consider themselves musicians, this makes these instruments uniquely rewarding to play.

For the members of the NSSRC, playing the steel percussion instruments is a fun new musical experience allowing creative expression for them, in addition to other physical, cognitive and social benefits associated with group music making.



The goals of the program are to help participants:

- Improve balance and mobility as a means of fall prevention
- Increase self-confidence
- Enhance well-being, quality of life, and ability to live independently
- Minimize possibility of injury due to a fall
- Understand the importance of practicing techniques to re-train bodies to provide stability; core body strength = improved balance
- Improve functional movement
- Have fun & socialize

Evidence of increased confidence & ability levels indicated by the following participant comments/responses:

- ✓ My husband has noticed an improvement in the way that I walk.
- ✓ More balance & confidence.
- ✓ Maintaining balance and proper walking.

- ✓ Learning stances and movements to promote improved balance and mobility when walking in a “peopled” area (such as a shopping mall).
- ✓ When I started, I was just getting the feeling back in my right leg, and now I can walk with my cane.
- ✓ I have muscles activating that I haven’t felt for years, and now I can hold my own weight on my legs and balance.
- ✓ I feel physically stronger. Very beneficial, absolutely fabulous. Great motivation to keep me moving forward.
- ✓ Improved balance and strength!
- ✓ It was challenging but beneficial. It was helpful for getting up from a chair and for walking.
- ✓ It helps me get up and walk better. Helps my balance. It was very fun!

Thank you for the opportunity to provide this beneficial program to this special group of Survivors of Stroke.

Judy and Susan

Our Supporters

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



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 September 2022:

Monday: 10:00 a.m. - 12:00 p.m.- Gloria Dei Lutheran Church, 1110 Gladwin Drive, North Vancouver: Family Caregiver Support Program.

Monday: 10:00 a.m. - 1:00 p.m.- St. Stephen’s Church, 885 22nd Street, West Vancouver: Survivors of Stroke members.

Tuesday-Thursday: North Shore Neighbourhood House, 225 East 2nd Street, North Vancouver. 10:00 a.m. - 1 p.m.

Wednesday: North Shore Neighbourhood House, 113 East 3rd Street, North Vancouver. 10:00 a.m. - 1 p.m.

Friday’s: Cycling Without Age North Shore: Trishaw rides: September 2nd & 9th, from 11:30 a.m. - 1:00 p.m.

Location Andrew’s on 8th Coffee Shop at 279 8th St. E., North Vancouver

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