

# NORTH SHORE STROKE RECOVERY CENTRE

NOVEMBER 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.

## NEW FAMILY CAREGIVER SUPPORT PROGRAM MONDAY: AUGUST 8 - DECEMBER 12, 2022



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 Executive Director of the North Shore Stroke Recovery Centre, I have had many meaningful experiences and conversations with NSSRC Survivors of Stroke members, Family Caregivers, friends, and significant others.

A special welcome to the many new NSSRC members who have joined. Fall 2022 Penelope Bacsfalvi, SLP, with Yasmine Bia, Speech Assistant. Kathryn Seely, Program Coordinator, dedicated Music, Art, Yoga, and Exercise specialists continue their important work.

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

For November 2022, we are excited to highlight the Artwork of Marnie H., Jo A., Dorothy M, and Barbie W.

A deep gratitude to all NSSRC members, Family Caregivers, friends, significant others, and our valued 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 xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

# Art Therapy | FOR NSSRC MEMBERS & FAMILY CAREGIVERS

Article by Kali Anna Dukowski



Congratulations to Marnie H.! Of the many beautiful paintings from the work displayed at Strides for Stroke, Marnie's painting was bought by an appreciative supporter. The proceeds were donated to

North Shore Stroke Recovery Centre (NSSRC). Thanks, Marnie, for your contributions.



In the spirit of gratitude, Dorothy created this stunning art focussing on the changing seasons and contemplating this quote reminding us to count our blessings and make them count. During the week before Thanksgiving, many other similar works of art were made by group members who experimented with placing leaves and sponging colour around to reveal the shapes. Favourite quotes were then arranged over the resulting image.

The Caregiver's group was introduced to a method of drawing called neurographica. "The Theory of

Neurographica is built on scientific principles using the knowledge of visual thinking in combination



It is inspirational to see Jo's art that encourages us to "think big" and overcome limitations to re-imagining the possible – and going for it.

with the laws and patterns identified by various schools of psychology. Namely: neuropsychology, analytical psychology, Gestalt psychology, psychosynthesis, social psychology and modern management theory," by Pavel Piskarev.

The image below is an example (made by the art therapist). This

exercise is called Neurotree, a directive meant to activate a sense of strength. As a tree, the circles in the root area represent resources from the past. The trunk circles contain what supports you in the present and the canopy of the tree contains what you aspire to in the future. It is a lengthy process that can be made over time (longer than our session permitted to do justice to the intention). It can be an ongoing project of remembering and practicing resources. The key is in rounding all the corners to harmonize a negative into a positive.



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# Exercise Therapy | BENEFITS OF EXERCISE FOR SURVIVORS OF STROKE

Article by Sue Dogan



Hello everyone, my name is Sue, and I am one of the exercise therapists working with the survivors of stroke. As we all know, exercise is the good way to maintain your health through recovery and rehabilitation. Collectively, our main goal for stroke survivors

is to decrease the chance of another stroke and to maintain their wellbeing.



Participants living with stroke have different needs, but with a selective of light aerobic exercises, modified strength training, a little touch of cardiovascular moves, and most importantly the power of neuroplasticity to help stroke survivors



reclaim some of the skills they had before, this is the purpose of countless repetition of the activities of daily living.... Stimulate the brain and help them to regain some of the neuromuscular skills.

Power of personal touch and socializing are the most effective and successful way to engage and motivate the participants, especially working with a partner. This activity stimulates, encourages individuals to participate, collaborate, co-ordinate, and especially communicate with each other. With all this hard work of doing, trying, failing, trying again, comes a big smile and very often loud laughter.

Thank you, survivors, for brightening my world.



Happy working alongside of the NSSRC team, their talent, experience, and work ethic lift me up each time.

Cheers

**Sue D.**

**BCRPA, Water Art,  
Sure Feet Certified  
Instructor**

# Yoga Therapy

Article by Angie Howden Duke

“Self-care” is a widely used term, what do you think of the word and/ or do you practice self-care?

The idea behind self-care is to do just that; take care of self to feel good, however sometimes we may experience stress because we may think we need to do it a certain way or don't have time to fit self-care into our schedule.

There is no one way to practice self-care; it looks and feels different at different times of your life. To me self care has always been doing things that meet us where we are at and support us in the moment. This might be taking a few minutes to walk around the block or stop to feel your breath. These small actions are self-care and can make a big impact.

Self-care can also be a commitment for Survivors of Stroke and the Family Caregivers Program.

Amy Banks in her book Four Ways to Click writes “Having healthy human connection is critical not just for emotional health but physical health as well”.

“It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary.” Anonymous

Another way to practice self care is by doing yoga. Practicing yoga is being in the present moment, being aware of what you are doing and how you are feeling. When we are in the present moment, we allow ourselves to let go of the past and stop ourselves from worrying about the future.

How do you or can you practice self care? See if you can find 5-10 minutes to try it out. You might be surprised how much it changes your day.

## Our Supporters

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



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## 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. - 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.

*Articles in this November 2022, are the opinions of their writers*