

NORTH SHORE STROKE RECOVERY CENTRE

JANUARY 2023



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.



In 2023, as the Executive Director of the North Shore Stroke Recovery Centre, we are excited to begin a new year of programming for Survivors of Stroke and Family Caregivers. A special welcome to the many new NSSRC members who have joined.

We are excited for the upcoming 16th Annual Strides for Strokes fundraiser on June 10th, 2023!

In 2023, Penelope Bacsfalvi, SLP, with Yasmine Bia, Speech Assistant, Kathryn Seely, Program Coordinator, dedicated Music, Art, Yoga, and Exercise specialists

continue their important work.

The launch of the Family Caregiver Support Program was a success, and will continue, at Gloria Dei Lutheran Church, throughout 2023.

A deep gratitude to all NSSRC Survivors of Stroke 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

SAVE THE DATE: The 16th Annual Strides for Strokes fundraiser will be returning on June 10, 2023! Join us to raise funds and support survivors of stroke with a 4 km run/walk/roll along the West Vancouver seawall followed by fabulous food, lively music and much more. Bring your friends, family, and above all, your smiles. **Please donate at [CANADA HELPS.org](http://CANADAHELPS.org)**



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

Art Therapy | FOR NSSRC MEMBERS & FAMILY CAREGIVERS

Article by Kali Anna Dukowski

NORTH SHORE STROKE RECOVERY ART THERAPY The artists in the North Shore Stroke Recovery Group continue to paint and construct beautiful images that please the eye and soul. We look forward to entering the New Year with gratitude, new beginnings and creativity.



FIGURE 1



FIGURE 2

The first two paintings (Figures 1 & 2) were imagined by [Marnie](#) who always seems to know exactly what she wants to create. Figure 1 was inspired by the North Shore landscape, was quickly formed – and just right! In Figure 2, Marnie played with colour, colour reflection, a 3D effect and balance.



FIGURE 3



FIGURE 4

[Dorothy](#) (Figure 3) drew and coloured a Christmas card switching hands occasionally to take advantage of the line quality that at first was not intentional but became an aesthetic value. Figure 4 was an experiment in a new drawing material which gave Dorothy a different quality from her more subtle renderings.



FIGURE 5



FIGURE 6

[Nancy](#) has worked hard at making Christmas cards (Figure 5 & 6) for family who were asking for more! Figure 5 was a dynamic abstract painting that found its shape into a moon and stars. Figure 6 is an example of a technique well suited to a Christmas card – crumpled tin foil and Sharpies reminiscent of a stained glass window

Music Therapy | FOR NSSRC MEMBERS

Article by Glenn Watson

MUSIC HEALS

Music is a real experience in the 'here and now'. Music therapists acknowledge the potentials of the artform to engender support in the physical, cognitive, social and spiritual domains.

Music therapy with the NSSRC survivors of stroke may be supportive in these ways:

- **Music acts as a “memory-bridge”** which may positively affect cognition or cognitive support
- **Music-listening in a safe, supportive environment** may be involved with the so-called ‘default mode’-a brain pattern and structure which has some association with creativity and/or divergent thinking
- **Guided music-making** in sessions can also harness convergent thinking, and can be a more active way of interacting with music
- The usage of music therapeutically can **deepen relationships between participants in safe and novel ways, can provide alternative ways** of “communicating” among participants
- Finally, language, speech, balance and movement may **be harnessed, supported, developed and coordinated** through the therapeutic use of music. Music is said to exist at the intersection of these 5 elements of the human experience.



“My primary instrument is violin and I have used it in many sessions in my past clinical work. As an instrument that can hold attention and bring about high emotions. As a therapist providing a safe space, emotions are acknowledged, validated, and normalized. This ultimately reduces feelings of isolation and/or loneliness.”



For more information about music therapy in Canada, please visit:

<https://www.musictherapy.ca/>

For more information regarding music therapy in similar populations, please see:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4369551/>

Yoga Therapy | FOR NSSRC MEMBERS & FAMILY CAREGIVERS

Article by Angie-Howden Duke



Enjoying the process in 2023 brings us wholeness, peace and wellbeing.

“As we attempt to understand ourselves and our struggles with life’s endeavors, we may find peace in the observation of a flower. Ask yourself at what point in a flower’s life, from seed to full bloom has it reached perfection.”

The Practicing Mindset by Thomas M. Sterner

Setting new goals and intentions is natural for us to do when we bring in a New Year. We set goals with excitement and energy and promise ourselves we will stick to it no matter what. As we continue to focus on our goal, anxiety, judgment, or disappointment begins to creep in, we become impatient that we have already reached our goal. Self-talk begins; I’m not good enough, I didn’t really want to achieve this goal anyway, or this is too hard, or too much.

I wonder, for the 2023 goals we set for ourselves can we focus on the process of getting to the goal instead of the goal itself. Changing to this mindset will bring us into the present moment where anxiety, disappointment and impatience falls away because we are in the present moment, accepting each action as a step towards the goal. With this mindset, each step along the way we have time to observe and to become aware, creating more Joy in the process of getting to the goal instead of the goal itself. Namaste.

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 2023

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 newsletter, are the opinions of their writers