

# NORTH SHORE STROKE RECOVERY CENTRE



## 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.



As we approach the end of the year, the spirit of giving is in the air, and we invite you to join us in making a difference. This December 29th, your act of generosity becomes even more impactful with a special offer: every donation made will be topped up by an additional 1% by CanadaHelps! Together, let's make a positive difference and spread the spirit of compassion as we close out the year.

Thank you for your continued support and generosity.

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

### Christmas Luncheon:

The spirit of the season was alive and well as the NSSRC came together for a joyous Christmas luncheon at White Spot. The cozy ambiance, raffle prizes, and the warm company made it an afternoon to remember.







## Rodney Dunbar:

Introducing Rodney Dunbar, a true British Columbia native hailing from the picturesque city of Nanaimo. With four decades spent calling North Vancouver home, Rod has seamlessly woven himself into the fabric of the community. Before embarking on the blissful journey of retirement, Captain Rod Dunbar navigated the high seas as a distinguished cruise ship captain, charting courses across the globe for months at a time. In addition to his maritime prowess, he served as a nautical instructor at BCIT, leaving an indelible mark on the maritime education landscape.

Rodney's zest for life extends beyond his seafaring days. A perpetual learner at heart, he thrives on acquiring new knowledge. When not immersed in the pursuit of wisdom, you can find him savouring the delectable flavours of chow mein noodles, a culinary delight close to his heart. As a connoisseur of learning and leisure, Rodney stays current by catching the latest blockbusters at the theatre.

While his spoken words may be measured, Rod's enthusiasm for connecting with others and sharing a hearty laugh knows no bounds. Should you be fortunate enough to cross paths with Rod, you'll discover a charming individual whose presence radiates warmth and camaraderie.

# Our Supporters

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

## Our Supporters



## North Shore Stroke Recovery Centre

Phone: 778-340-5803

Website: [nssrc.org](http://nssrc.org)

**Centre Operations Manager:** Tara Arvan

**Co-ordinators:** Yasmine Bia, Kathryn Seely

**Speech Language Pathologist:** Penelope Bacsfalvi

**SLP Assistant:** Yasmine Bia