

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.



Tips for Spring Wellness

As the days grow longer and the flowers begin to bloom, spring offers a wonderful opportunity to rejuvenate our bodies and minds after the winter months. Embracing the spirit of renewal, here are some tips to help you prioritize your wellness this spring:

Get Moving Outdoors: Take advantage of the warmer weather and longer daylight hours by spending time outdoors. Outdoor activities, like going for a walk, can boost your mood, increase energy levels, and enhance overall well-being.

Embrace Seasonal Foods: Spring brings an abundance of fresh fruits and vegetables bursting with flavour and nutrients. Incorporate seasonal produce like strawberries, asparagus, spinach, and peas into your meals to nourish your body and support optimal health. Visit local farmers' markets to discover a variety of fresh, locally sourced ingredients.

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

Hydrate and Refresh: With temperatures rising, it's important to stay hydrated throughout the day. Keep a reusable water bottle with you and aim to drink plenty of water to maintain hydration levels. For an extra refreshing boost, infuse your water with slices of citrus fruits, cucumber, or mint.

Spring Clean Your Space: Clearing out clutter and tidying up your living space can have a positive impact on your mental well-being. Take some time to declutter and organize your home, creating a serene environment that promotes relaxation and productivity. Consider donating items you no longer need to local charities or thrift stores.

Practice Mindfulness: Cultivate a sense of mindfulness by grounding yourself in the present moment and tuning into your senses. Spend time outdoors soaking up the sights, sounds, and scents of nature. Engage in mindfulness activities such as deep breathing exercises, meditation, or mindful walking to reduce stress and enhance mental clarity.

Prioritize Sleep: Quality sleep is essential for overall health and well-being. Establish a relaxing bedtime routine and aim for seven to nine hours of restful sleep each night. Create a sleep-friendly environment by dimming the lights, avoiding electronic devices before bed, and maintaining a comfortable room temperature.

Connect with Others: Spring is a great time to connect with friends and loved ones. Plan outdoor gatherings or leisurely walks together to enjoy each other's company and foster meaningful connections. Socializing with

others can boost mood, reduce feelings of loneliness, and enhance overall happiness.

By incorporating these tips into your daily routine, you can embrace the season of renewal and prioritize your wellness this spring. Remember to listen to your body, practice self-compassion, and celebrate the progress you make towards a healthier, happier life.

Here's to a season filled with vitality, joy, and flourishing well-being!



Colin Cullimore

I had my stroke three years ago and I have been coming to the North Shore Stroke Recovery Centre for two years. I was an instructor at Vancouver Community College for 20 years after I sold my Salon.

We came to Canada in 1972 with two children aged 3 and 10 months (people thought we were crazy). Originally from New Zealand and we went back and then permanently moved to Vancouver with my wife and children. Our daughter is a Nurse and our son is a Graphic Designer.

I have three grandchildren.

We try to get to New Zealand every couple of years but I haven't been since my stroke, so that's something to look forward to.

Important Notice: Monday Program Location Change

Dear Members,

We have an important update regarding our Monday location. We have transitioned from our previous location at St. Stephen's Church to Amica West Vancouver. All of our Monday programs will now be held at Amica West Vancouver (regular program as well as Speech Therapy and Songshine). If you need assistance with handydart, please let us know. Amica West Vancouver offers a comfortable and welcoming environment for our program activities.

Location Details:

Amica West Vancouver

Address: 659 Clyde Ave, West Vancouver, BC V7T 1C8

If you have any questions or require further information, please don't hesitate to contact us at 778-340-5803 or tara@nssrc.org.

Thank you for your understanding and cooperation as we make this transition. We appreciate your continued support and participation in our programs.



Rakhi: Exercise Therapy

Hi I'm Rakhi. Rehabilitating injuries and addressing chronic disease is my greatest passion. My work with patients is fundamental and I hope to illuminate the determination to overcome through our time together. My goal is to make sure each one of my patients is truly heard so that we can create a program and overcome mental barriers surrounding the pursuit of health. I encourage patients to embrace personal accountability for their well being.



Music Therapy: A big thank you to Music Heals for supporting our Music Therapy program!

Strides for Strokes:

[June 15th, 2024](#)

John Lawson Park and West Vancouver Centennial Seawalk



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

Centre Operations Manager: Tara Arvan

Co-ordinators: Yasmine Bia, Kathryn Seely

Speech Language Pathologist: Penelope Bacsfalvi

SLP Assistant: Yasmine Bia