

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.



Angie Howden-Duke - yoga therapy

The goal of yoga is the modification of the mind and how we can have a peaceful quiet mind.

Here's a quote I came across in the book *The Yoga Sutras of Patanjali* "Remember our goal is to keep a serene mind." pg 53 *The Yoga Sutras of Patanjali*. This book is one of the main yoga philosophy books required to read for yoga training.

In this quote he is referring to keeping a serene mind with other people in your life or people you come in contact with. Patanjali suggests using 4 keys to unlock the locks so our mind does not get

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

disturbed & stays calm.

4 keys

1. friendliness
2. compassion
3. delight
4. disregard

4 locks:

1. happy people
2. unhappy people
3. virtuous people
4. wicked people

When you see happy people use the friendliness Key....why?

because if you are not happy for them you are the one being disturbed not them! They are simply going about their business and you are the one judging, jealous or whatever you feel towards them.

remember the goal...to keep a serene mind

When you see unhappy people use the compassionate key: why?

they may be suffering. Let them suffer, should not be our attitude. If you can lend a helping hand, do it. By doing this you'll retain the peace and poise of your mind.

remember the goal...to keep a serene mind

When you see virtuous people use the virtuous key: why?

Feel delight. This isn't about envy or pulling them down, it's about appreciating their

qualities and then cultivating your own.

remember the goal...to keep a serene mind

When we come across wicked people use the disregard key

Sometimes we are the wicked people...un-

pleasant, angry, irritated...and sometimes others are the wicked people. This doesn't mean they are always wicked so our attitude should be indifference.

remember the goal...to keep a serene mind

How do you keep a serene mind when it comes to other people you come in contact with?

With love & light, Angie



Monthly donations are a great way to make a huge impact and help us achieve our goals for the year. With your help, we can continue to support survivors of stroke to make big strides in their recovery journey. And for a limited time, we can help increase the impact of your gift.

Throughout March, make a new monthly gift of \$20 or more through CanadaHelps, and CanadaHelps will make a one-time extra \$20 donation to us!*

Here's how you can get involved:

Step 1: Go to our donation page: <https://www.canadahelps.org/en/dn/80834>.

Step 2: Schedule a monthly gift of \$20 or more.

Step 3: Confirm your gift.

That's it! For each eligible monthly donation, CanadaHelps will be adding a one-time \$20 donation to supercharge your gift.*

Your support will help us achieve our goals and make a big impact. Thank you!

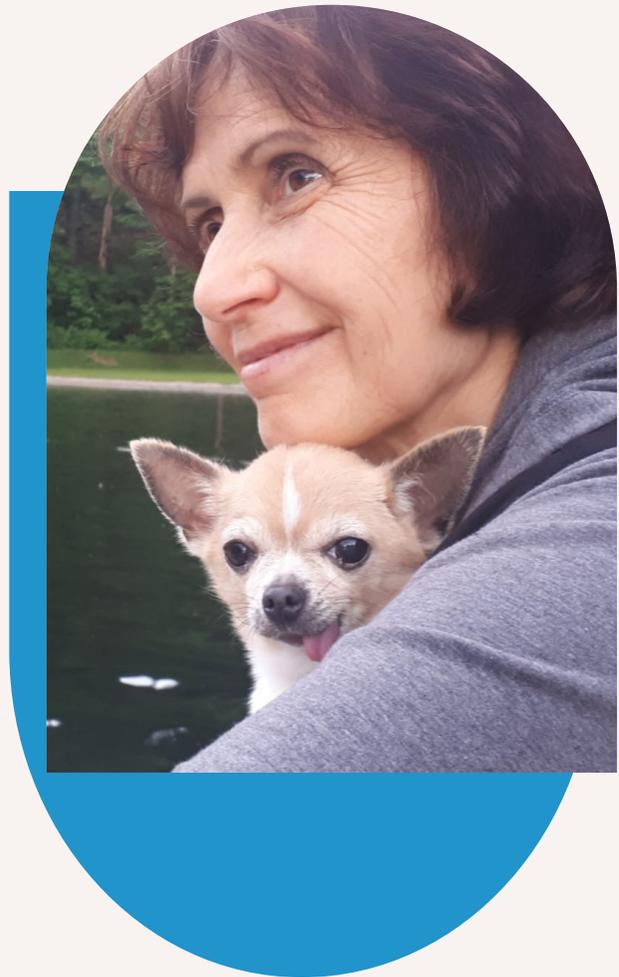
Rose Tkacova:

Rose Tkacova is a certified fitness instructor and a medical doctor retired from active medical practice, working in the non-profit and educational sector since 2018. Rose delivers exercise therapy with some groups at the centre.

Rose grew up in Slovakia and received her medical education in Europe. Consequently, she spent 5 years as a postgraduate clinical and research fellow at the University of Toronto.

She spent many years practicing respiratory medicine, in combination with teaching and medical research. In the last 6 years, Rose volunteered for the Heart & Stroke Foundation and the Alzheimer Society, and was intensely involved in the seniors' community at the North Shore both as a volunteer and a fitness instructor. Currently, she teaches at the Canadian College of Naturopathic Medicine and works also for Two Worlds Cancer Collaboration Foundation.

Rose is passionate about assisting people to achieve their peak health and wellbeing, in midst of any health challenges, including stroke. In her free time, she enjoys jogging and hiking, swimming, music, and spending time with her beloved children, grandchildren, and friends.



Strides for Strokes 2024

**Saturday, June 15th
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

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Centre Operations Manager: Tara Arvan

Co-ordinators: Yasmine Bia, Kathryn Seely

Speech Language Pathologist: Penelope Bacsfalvi

SLP Assistant: Yasmine Bia