



Winter 2024

North Shore Stroke Recovery Centre Newsletter

Meet some of the new faces at the NSSRC since this summer:

Alex Beyer **Centre Operations** **Manager**

Alex is an accomplished operations manager and non-profit leader with over 20 years of experience in healthcare operations, client services, and community engagement. During his tenure as Director of Client Services and Operations at A Loving Spoonful, he developed tailored support plans for clients living with HIV/AIDS.



Alex is passionate about advancing community well-being and is excited to contribute to meaningful initiatives that support individuals who are survivors of strokes and their loved ones.

Alex lives on the North Shore with his two children. He tries to swim in the ocean and hike in the woods as often as possible.

Erin Tschopp - Speech Language Pathologist

Erin received her Masters of Science in Speech-Language Pathology from the University of British Columbia in 2006. The majority of her career has been spent working at Burnaby Hospital in a variety of patient care areas including medical units, the acute stroke cohort, ICU, and outpatient rehabilitation. Erin also had the privilege of leading the Speech-Language Pathology department for 14 years as the Clinical Practice Leader.



In 2023, Erin left her full-time position at Burnaby Hospital to transition into private practice. She has worked extensively with individuals who have suffered strokes, head injuries, Parkinson's disease, dementia, and vocal cord damage.

Erin believes in a client and family-centered approach to care. She sees therapy as a respectful partnership between client and therapist that is guided by the client's values, strengths, and preferences. In her spare time, Erin enjoys reading, skiing, and hitting the North Vancouver trails with her husband, two active boys, and dog.

northshorespeechandlanguage.ca



Kali Anna Dukowski –
Art Therapist

Featured NSSRC Programming Activity: Art Therapy!

It has been a privilege to be the art therapist for NSSRC these last few years creating art and witnessing the tremendous courage it takes to rise to the challenges of restricted mobility and other losses. I have learned a lot about resilience and invention from my friends around the art table.

As a lifelong maker of art, I feel fortunate to have found a profession that includes imagination, creativity and relationship in making art with others.

My path to NSSRC was through art school, the SFU psychology department and then putting those together into art therapy. The trainings I added on include Satir, Hakomi, Sensorimotor art therapy, Expressive art therapy (Masters of EXA) and EMDR. I have worked in many venues and have taught art therapy for approximately 25 years.

There are volumes that could be said about how art heals. I like this quote from painter Georges Braque "Art is a wound turned into light".

NSSRC Fall 2024 Collection



NSSRC Fall 2024 Collection



Important Dates:

Monday December 16: Holiday Luncheon at Amica
Thursday December 19 to Monday January 1: Closed
Thursday January 2: Open and Happy New Year!

2025 Schedule beginning January 2:

Mondays:

Amica, West Vancouver.

659 Clyde Ave

10:00 to 12:30

10:00 to 11:30: Coffee, cookies, conversation,
mental aerobics

11:30 to 12:30: Chair exercise or yoga,
alternating weekly

Thursdays:

North Shore Neighbourhood House

225 East 2nd, North Vancouver

10:00 to 2:00

10:00 to 11:30: Coffee, cookies, conversation.
Mental Aerobics. Games!

10:00 to 11:30 Art Therapy

11:30 to 12:30 Chair exercise

12:30 to 1:00 Lunch!

1:00 to 2:00 Music Therapy



THE NORTH SHORE STROKE RECOVERY CENTRE
WOULD LIKE TO CORDIALLY INVITE YOU TO OUR:



Christmas Lunch

DATE: DECEMBER 16TH 11:30 AM TO 1:30 PM

WHO: CURRENT MEMBERS AND THEIR FAMILIES, VOLUNTEERS, BOARD MEMBERS, AND SERVICE PROVIDERS.

RSVP BY THURSDAY, DECEMBER 12, 2024 WITH YASMINE, KATHRYN OR ALEX

MENU: VEGETARIAN OR MEAT. SPECIAL DIETARY REQUIREMENT? LET US KNOW!

COST: LUNCH BY SUGGESTED DONATION OF \$10 TO THE NSSRC

TRANSPORTATION: IF YOU NEED ASSISTANCE WITH HANDYDART, PLEASE SEE/CONTACT YASMINE

ADDRESS: 659 CLYDE AVE, WEST VANCOUVER

MEAL GENEROUSLY PROVIDED BY AMICA, WEST VANCOUVER.

AMICA
SENIOR LIFESTYLES





Christmas Raffle

DECEMBER 16 2024

PRIZES AVAILABLE TO BE WON:

- ULTRA FASHIONABLE MAUI JIM SUNGLASSES
- ONE OF 5 STUNNING POINTESTAS
- BEAUTIFUL WREATH
- PACKAGE DELICIOUS ARTISINAL JAM
- BLUE HEATHER BRAND "BAE SCARF"
- RED MOHAIR, SPEAN BRIDGE BRAND SHAWL
- KNIT AFGHAN

raffle tickets on sale:

one for \$2.00

three for \$5.00

all proceeds benefit your nssrc



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