

July/August 2023

THE GRAPEVINE

North Shore Caregivers Newsletter



Photo Credit: Paul McGrath

THE 5TH ANNUAL CAREGIVER & SENIOR EXPO – MAY 13, 2023

On Saturday, May 13, North Shore Community Resources and the North Shore News co-presented the 5th Annual Caregiver & Senior Expo at Silver Harbour Senior's Centre, and it was a resounding success. Hundreds of people came to find information and resources from the 25+ exhibitors. Also, we presented four guest speakers from various areas of the caregiving journey, and all were extremely well-attended, with many attendees asking questions afterwards. In fact, at one point, we

The 5th Annual Caregiver & Senior Expo – May 13, 2023 (continued)

had to go seek out more chairs for the speaker room! This is the first time since the pandemic that the Expo has been held, and it was incredibly encouraging, so we are already talking about how to continue this positive trend into next year's event.

Special thanks to Tannis, Irene and Matt at the North Shore News, Annwen at Silver Harbour, and our guest speakers: Amelia from the Alzheimer Society of BC; Nikki from Vancouver Coastal Health; Stephanie from Home To Home; and Chantal Bourke (Registered Clinical Counselor), as well as all the wonderful exhibitors, and Paul McGrath for his photos.



Photo Credit: North Shore News



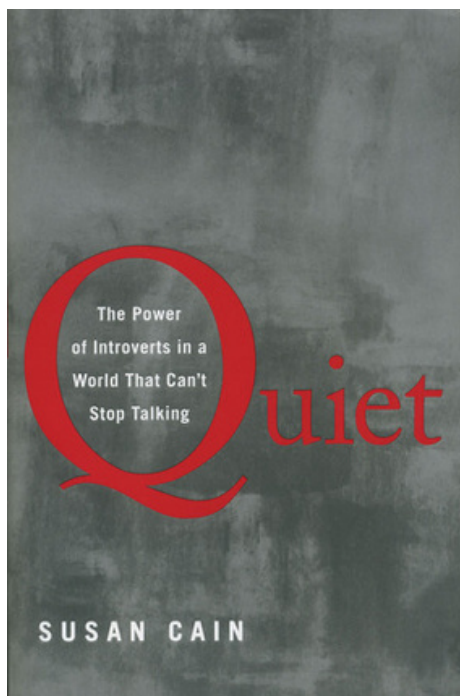
Photo Credit: Paul McGrath

'The Tortoise and The Hare: How to Be an Introvert in an Extroverted World'

Written by C.A. Bryson

Are you familiar with the 'Tortoise and the Hare' story? The hare bragged to the tortoise, and poked fun at him, but the tortoise, in his quiet, reflective, understated way, won the race after all. Being an introvert makes me think of those cooking contests on television, you know, like the show 'Cutthroat Kitchen.' The show where the contestants do mean things to each other and then one person at a time is eliminated, until the last one remains undefeated. So often, the chefs use tactics of self-aggrandizement and intimidation in order to win. But sometimes, every now and then, the quiet underdog wins, and surprises everybody, just like the tortoise.

If you think you are a tortoise too, then I highly recommend that you read the book 'Quiet' by Susan Cain. It was Ms. Cain who started the Quiet Movement—which revolutionizes how introverts are perceived by the rest of the world. Ms. Cain is an expert in the field of introversion versus extroversion. Personally, I don't believe in the binary introvert/extrovert concept. To me, it is more like a dimmer switch than an on/off switch: shades of introversion, versus shades of extroversion, and everything in between. Most people are, therefore, a mixture of both. Speaking for myself, there are certain times and certain situations (such as, when I travel), when I can be quite social and outgoing, and other times (most of the time, I'll admit), when I am more reflective and thoughtful. I take my time to process things slowly, mulling things over in my mind before I open my mouth to speak.



This is not a bad way to be. Think of the acronym 'WAIT', which stands for: 'Why Am I Talking'. No, giving TED talks is simply not in my wheelhouse, unless of course, it is something I feel very passionate about, then I would. But I'm more like the person who waits behind the stage, and quietly whispers the actor's lines, when they need prompting. Or, say, advisor to the king, during the Middle Ages. As Dr. Elaine Aron wrote in her book on HSPs (Highly Sensitive People), extroverts are the 'warrior kings', while introverts are the 'priestly advisors.'

Is this you, too? If so, you are in good company. Studies show that one-third to one-half of us are introverts. As students, introverts prefer lectures, downtime, and independent projects. (At university, I always dreaded the mandatory group work.) Extroverts as students, on the other hand, tend to like movement, stimulation, and

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'The Tortoise and The Hare: How to Be an Introvert in an Extroverted World' (continued)

collaborative work. In addition, there is a common misunderstanding that introverts are anti-social, and that extroverts are pro-social; whereas, really, both extroverts and introverts are 'differently social.' Ms. Cain cautions introverts to 'stay true to their nature'—in other words, it isn't a race, and go at your own pace (like the tortoise.)

Furthermore, as an introvert, you tend to be more persistent. In the saying: 'genius is 1% inspiration and 99% perspiration', introverts are the 99%. As Einstein once said: 'It's not that I'm so smart, it's that I stay with problems longer.'

Or, to use an automobile metaphor, extroverts are the gas pedal, whereas introverts are the breaks, like the role of the Senate in the Canadian parliament: 'sober second thought.' We need that these days. We really do need people who take the 'long' view of things. Maybe if we had in the past, the current global climate crisis would not have become so dire. For a close-up look at the introvert psyche, re-read T.S. Eliot's poem 'The Love Song of J. Alfred Prufrock.' Also, study the life of Rosa Parks, who initiated the bus boycott after being asked to give up her seat. It turns out Ms. Parks wasn't the most extroverted person, but she had determined inner strength, and an undying belief, as well as courage in her own convictions.

Think of David Dobbs and his 'orchid hypothesis.' In this idea, some children are 'dandelions' (outgoing, tough), and others are more like 'orchids' (sensitive, delicate.) 'Dandelion' children thrive in any environment, whereas the orchids are the 'high reactives'. On the other hand, in some cultures, dandelions are prized for their medicinal qualities, for example, in healing allergies. And orchids are, of course, rare and exceptionally beautiful.

Let's face it: the more diverse the planet, the higher the chance of survival. It just stands to reason. We need our extroverts just as we need our introverts. We need both for optimal function. It's the 'Yin/Yang of human potential. To conclude, I would like to quote author and diarist Anaïs Nin, who wrote:

'Our culture makes a virtue of living only as extroverts. We discouraged the inner journey, the quest for a centre. So we lost our centre and we have to find it again.'

Wherever you find yourself on the introversion/extroversion spectrum, I hope you will respect yourself and come to know yourself and accept yourself just as you are, for the unique human being that you are. Just as no two fingerprints are alike, neither should two human beings be.

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RESOURCES

I provide some resources below, should you wish to explore this topic in greater depth:

Cain, Susan. 'Quiet Power: The Secret Strengths of Introverts' (2016)

de Botton, Alain. 'How Proust Can Change Your Life' (NY: Vintage International) (1997)

Helgoe, Laurie. 'Introvert Power: Why Your Inner Life is Your Inner Strength' (Naperville, IL: Sourcebooks) (2008)

See also:

Aron, Elaine N. 'The Highly Sensitive Person' (1997)

Brinkley, Douglas G. 'Rosa Parks: A Life' (NY: Penguin) (2000)

JULY EVENTS

TUES 04

**CAREGIVER SUPPORT
GROUP MEETING (ZOOM)**
TIME: 6:30 - 8:30 PM

THURS 06

**MEN'S SUPPORT GROUP
MEETING (IN PERSON)**
TIME: 10:30 AM - 12:30 PM

WED 12

**KOREAN GROUP MEETING
(IN PERSON)**
TIME: 2:00 - 4:00PM

MON 17

**PERSIAN GROUP MEETING
(ZOOM)**
TIME: 6:00 - 8:00PM

TUES 25

**BEREAVEMENT SUPPORT
GROUP MEETING (IN
PERSON)**
TIME: 6:00 - 8:00PM

AUGUST EVENTS

THURS 03

**MEN'S SUPPORT GROUP
MEETING (IN PERSON)**
TIME: 10:30 AM - 12:30 PM

WED 09

**KOREAN GROUP MEETING
(IN PERSON)**
TIME: 2:00 - 4:00PM

TUES 15

**BEREAVEMENT SUPPORT
GROUP MEETING -
INFORMAL CAFÉ MEETING
(IN PERSON @ VOMERO
CAFÉ)**
TIME: 11:00AM - 1:00PM

MON 21

**PERSIAN GROUP MEETING
(ZOOM)**
TIME: 6:00 - 8:00PM

NOTE

**THERE WON'T BE A
CAREGIVER SUPPORT
GROUP MEETING IN
AUGUST. ENJOY THE
SUMMER AND WE'LL SEE
YOU IN SEPTEMBER!**

Caregiver Interview: Heather

What has been your journey into caregiving?

About five years ago, being an empath, I noticed my mother forgetting things that she normally wouldn't. It took over a year for others to realize she was starting Dementia, which is an incredibly cruel disease, with no hope. It was easier for me to accept at that time, as her decline was gradual. This past year, her rapid decline has led to her needing full-time care in her home. My mom, who raised me, is gone. She fights for her independence, and she has become very critical of everyone and trusts no one.

Self-care has been challenging, as I feel responsible for my mom. Being witness to her decline is gutting, and my health issues have increased. I'm exhausted. I'm grateful to one of my brothers, who gifted me ten days in Maui. I so needed the break and to just be free. I found myself and self-love (the photos of me are from that trip).

I struggle with guilt when I can't be there for Mom, while simultaneously, I need to be there for myself. I am losing her on a daily basis, and one day, I will lose her totally. I must have something in my life. It's so hard.

What made you want to join a caregiver support group and how did you find out about the group at NSCR?

I needed help in coping with my mom's dementia and losing myself along the way. Someone told me about NSCR, and I'm so grateful. To talk with those who totally get it makes me feel not so alone all the time. There are no judgements. Just understanding and caring support.



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Caregiver Interview (continued)

What do you believe are some benefits of attending a caregiving group?

When sharing my story and emotions surrounding my mom's dementia, I often feel held and most definitely understood. I also benefit from hearing the journeys of other group members, and I'm afforded the time to help them as well.

How do you take care of yourself and what are some things you do to bring yourself joy?

I find doing paint by numbers on my cell phone, especially Zen Color, very calming. I have a bunny, Coco April Bean, whom I love and she makes me laugh. I stay in touch with my family and friends. In the summer months, I go down to the ocean. I hope to walk out on low tide in July. I enjoy my favourite tv programs. Breathing helps and I do my best to stay in the moment. Walking also helps me to de-stress.





MEN'S CAREGIVER SUPPORT GROUP

North Shore Community Resources (NSCR) offers a support group specifically for male caregivers who support their spouses or partners – either living together or apart.

The group was designed to create community and offer a time of sharing, listening, and connecting for men with the unique experience of caregiving for their partners.

Program participants are welcome to encourage other men they feel might benefit from joining the group to join us.

Monthly Meetings

We are back meeting in-person at the NSCR Community Room. Our meetings run on the first Thursday of each month, from 10:30am-12:30pm.

Next 2 meetings:

July 6 & August 3.

Contact

For more information and details, contact:

Vic Gailunas (Caregiver Support Program Coordinator) ~

Vic.Gailunas@nscr.ca

Pat Dean (Group Leader) ~ pdean@telus.net





KOREAN WELLNESS AND EDUCATION GROUP

North Shore Community Resources (NSCR) offers a wellness and education group specifically for the Korean community on the North Shore.

The group was designed to create community and offer a time of sharing, learning, and connecting.

Program participants are welcome to join us for a 2-hour session, held entirely in Korean, with guest speakers, resources, group interaction, and creative arts.

Monthly Meetings

Meetings are in person in our NSCR Community Room. Our meetings run on the second Wednesday of each month, from 2:00-4:00pm

Next Meetings: July 12 & August 9

(photo credit – Paul McGrath)

Contact

For more information and details, contact:

Yoonwon Lee (Group Leader) ~ infocwtc@gmail.com

Vic Gailunas (NSCR Caregiver Support Program Coordinator) ~ Vic.Gailunas@nscr.ca





CAREGIVER SUPPORT GROUP

North Shore Community Resources (NSCR) offers a monthly support group specifically for family caregivers who support their loved ones – either living together or apart.

The group's goal is to create community and offer a time of sharing, listening, and connecting for anyone with the unique experience of caregiving for family members.

Program participants are welcome to encourage and invite others they feel might benefit from joining the group.

Monthly Meetings

Next meeting: Tuesday, July 4.

****Please note: There won't be a Caregiver Support Group Meeting in August. Enjoy the summer and we'll see you in September!***

Meetings are currently on the first Tuesday evening of each month from 6:30 – 8:30pm.

Currently we are meeting on Zoom. For the Zoom link, please contact NSCR directly.

(photo credit – Paul McGrath)



Contact

For more information, details, or to find out more about NSCR's caregiver support programs, please contact:

Vic Gailiunas (Caregiver Support Program Coordinator) ~ Vic.Gailiunas@nscr.ca

Or Phone: 604-982-3320



PERSIAN WELLNESS AND EDUCATION GROUP

North Shore Community Resources (NSCR) offers a wellness and education group specifically for the Persian community on the North Shore.

The group was designed to create community and offer a time of sharing, learning, self-care and connecting.

Program participants are welcome to join us for a 2-hour session, held entirely in Farsi, with guest speakers, resources, group interaction, and music.

Monthly Meetings

We are currently meeting on Zoom. Our meetings run on the third Monday of each month, from 6:00-8:00pm.

Next Meetings: July 17 & August 21.

(photo credit – Paul McGrath)



Contact

For more information and details, contact:

Noushin Beheshtipoor (Group Leader) ~ noushinbeheshtipoor@gmail.com

Vic Gailunas (NSCR Caregiver Support Program Coordinator) ~ Vic.Gailunas@nscr.ca



CAREGIVER BEREAVEMENT SUPPORT GROUP

North Shore Community Resources (NSCR) offers a support group specifically for people experiencing grief in the loss of a loved one. The group is designed to create community and offer a time of sharing stories and resources, listening, and connecting with others with similar experiences.

Tuesday, July 25, 2023 In-Person at our NSCR Community Room, 6:00-8:00pm & Tuesday, August 15, 2023 Informal Coffee Get-Together at Vomero Café (#610 - 879 Marine Dr.), 11am-1pm



As we move through Summer, things can seem more pronounced for those experiencing loss. It is a good time to consider our well-being, how to find meaning in grief, but also in hope, rejuvenation and renewal of spirit.

For more information, to register, and for details, please contact:

Vic Gailunas
Caregiver Support Program Coordinator
604.982.3320
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