



Singapore National Stroke Association

The One Handed Baker

Presented by
Kelvin Leong



hi, I'm Kelvin



my life in 3 major parts



LIFE IN GENERAL



THEN STROKE HAPPENS



THEN COVID HAPPENS





NEXT

The Second Birthday

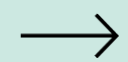
the morning that changed my life forever

- 11 Feb 2012



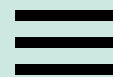


Numbers...that stick with me

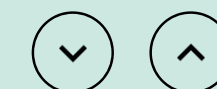


- *8 days in the ICU*
- *3 weeks in the hospital*
- *2 months in Rehab*
- *6 months of outpatient rehab*
- *Independent after 15 months of rehab*
- *Forever labelled as “handicapped”.*





Words to Live By →



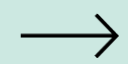
Every morning you wake up, you have two choices. Everyone in whatever their condition/situation is, have two choices.

K L

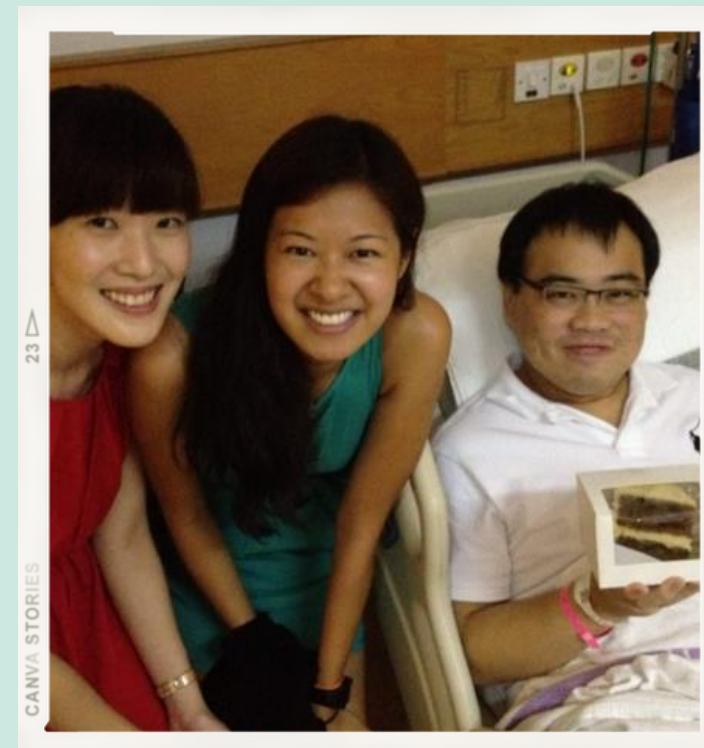




Mental and Physical challenges



- Learning to do things for the first time.....again
- SOCIAL LIFE
- INSECURITIES
- SUPPORT FROM FAMILIES AND FRIENDS IS CRUCIAL



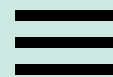
Then COVID HAPPENS

Pandemic affects
● ○ ○ everyone's lives (lost jobs,
lost family, etc)

● ● ○ Challenges I faced as a
real estate consultant

● ● ● New Normal
(living together with Covid)





Words to Live By →

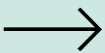


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K L



Did you know?



Be Creative + Positive minded

Daily intake is a must!

- REVISITED HOBBIES
- WHAT YOU ARE GOOD AT
- HELP OTHERS

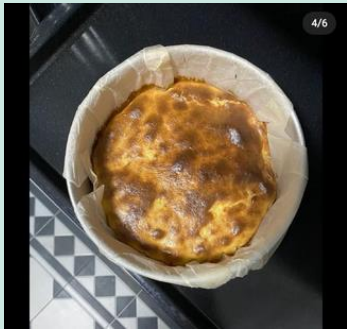
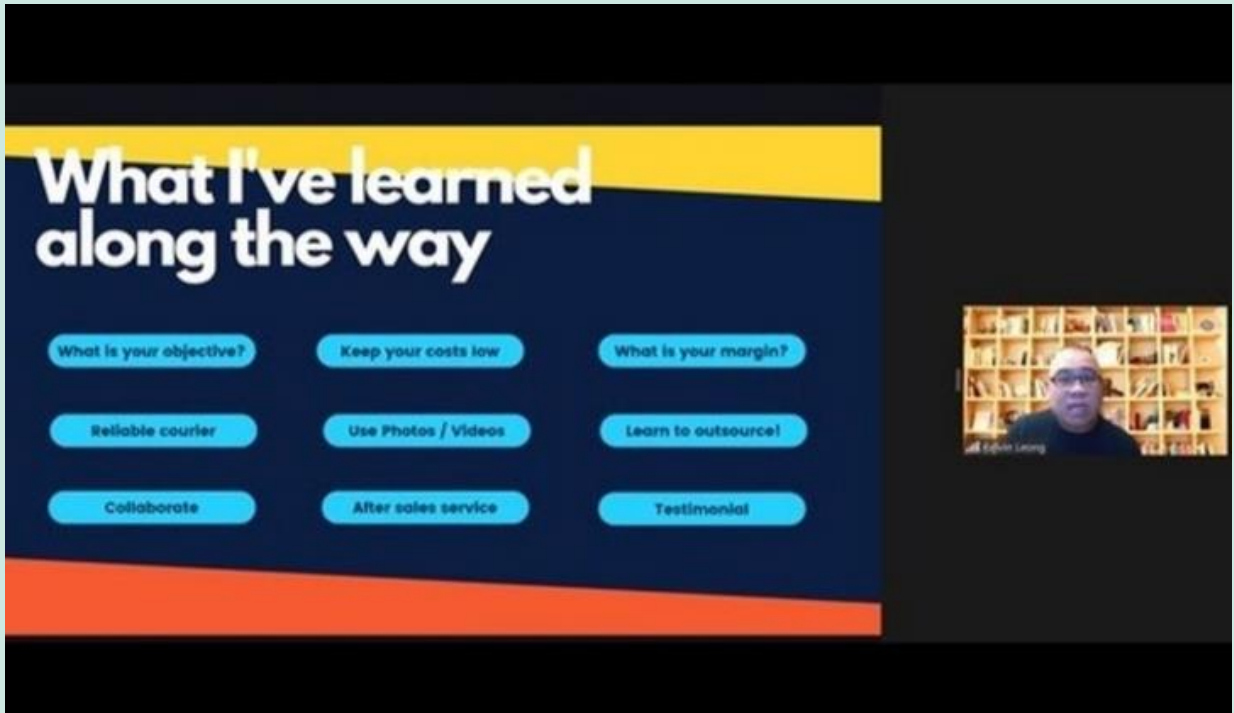


- LUCKILY, I CROSSED PATHS WITH SNSA AGAIN
- JOINED SNSA AND MADE NEW FRIENDS
- MOTIVATED ME FURTHER TO PLAY A PART



NEXT

SNSA workshops





Ohbaker

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