

Lori Seebach



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Lori Seebach is an inspiring individual whose charm and smile grace our corridors daily. Where does her inspiration and good demeanor come from? Her husband and the Y!

The Family Y changed her life

In September of 1996, Lori received probably the most devastating news of her life: she had been diagnosed with a large brain tumor in the left side of her brain. Three weeks later, Lori found herself in an 18 hour surgery at Vancouver General Hospital.

Of the many risks involved with this lengthy of an operation, loss of eyesight, speech and life were at the top of the list. But Lori not only made it through the surgery, she could still see and talk! Unfortunately, due to complications from the surgery, Lori suffered a stroke, resulting in temporary paralysis of her left side. She could not walk.

"I spent the next two weeks recovering from the surgery. It took me over ten days to be able to walk again." With the ability to use both legs again, Lori made the long trip home while suffering neurological migraines, chronic insomnia, and incredible weakness in her legs.

What happened next?

"From this point the medical system couldn't help me. I had to recover on my own. I had to push myself. I was getting weaker and weaker and knew that if I didn't do something my ability to walk and function would slowly deteriorate. I borrowed a treadmill from a friend and started walking. I started ten minutes at a time. Slowly I started to gain strength back."

Why the Family Y?

"I was staying home a lot." Lori explains. "I was still fighting the chronic insomnia and would sometimes go weeks without sleep. I knew that I had to get out and socialize; it's just who I am. The Family Y allowed me to volunteer an hour a week – I could get out and talk to people. I was able to just be around people. It was a starting point, and the Family Y helped me get there!"

Lori's first day at the Family Y was over nine years ago. Now, she completes 1-2 classes per day, 5 days a week! She is the highlight of our corridors and an inspiration in the group classes, leading us all in step and count.

"I gained a lot of weight while I was in the hospital all those years ago. Because of the weakness I lived with the weight for over ten years. It took me over ten years to recover enough strength to be able to start the process of losing the extra weight. I still fight the weakness every day, but I have made it!"

Lori has lost 54 pounds in the last three years!

"I just love it here! It has almost become an addiction. I tried different gyms but they never worked out. There is just something different about the people here! I arrive one hour early most mornings and just chat with the other women. Simply put, the Family Y gives me the strength to fight."