



30 August, 2023

FALL 2023 NEWS

Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church

2964 Richmond Road, Victoria, BC 250.383.2623

PRESIDENT'S MESSAGE



Welcome Back!

Soon we will be greeting old friends as our volunteers and morning group leaders return. We will also welcome our new Coordinator Mary-Anne Gibbs, and our Music Therapist Shannon Perkins Carr (both starting September 22nd).

Please introduce yourself to visitors who may be dropping by our group during coffee time. The VSRA belongs to its members. We encourage participation in all aspects of the program. Do you have an idea? Talk about it with someone at your table! Email me at presidentvsra@gmail.com or speak to any board member on Fridays. Bill Cox had an idea so he wrote to the Y.P. Heung Foundation with a proposal and they generously gave us \$1000 for a library cart and stroke resources!

September looks busy for the Board! We all meet on the 8th. We meet a local MLA (12th), BC and Yukon Heart and Stroke (13th), and have outreach days at Monterey (13th), VGH (19th) and the Shoal Centre (23rd). We will continue to apply for grants to support and expand the great work that the VSRA is doing as a community. See you soon! ~Susan Edwards

FIRST MEETING:

FRIDAY, SEPTEMBER 8, 2023

Coffee: 10:30-11

Groups: 11-12

Lunch: BYO 12-12:30

Program: 12:30-1:30 Borys & Julia from Lado Strings return!



Photo: Lado Strings, VSRA June 23, 2023



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WELCOME TO OUR NEW COORDINATOR



Mary-Anne Gibbs joins us with a background in hospital social work and years of volunteer experience in the education sector, and at Victoria Hospice in the Inpatient Unit and Bereavement Team.

She enjoys spending time with family and friends, gardening, cooking, traveling, medieval history and enjoying beautiful Victoria.



Mary-Anne hosted a tea at her home in August. Old and new volunteers got to sit back and be served! They also shared the history of the group, the ins-and-outs of each week, and ideas for the new year.

One idea? What are the hidden talents of our VSRA members? Let's ask them how they would like to be involved.

THANK YOU!



Volunteer Tea at Mary-Anne's.
John left before the group photo!
August 18, 2023

Our Morning Group Team: 11am-12pm



Communication

Marie Shuman,
RSLP



Exercise

Alexis Moores,
Instructor



Care Partner Support

Heather Atkinson,
RCC

WELCOME MUSIC THERAPIST-SHANNON

Music has always been an important part of our program. Shannon Perkins Carr, MTA, MT-BC, B. Mus., MA Music Therapy studied at UBC and in the UK. She moved to Victoria in 2019 and has worked with adults with disabilities, as well as seniors with a range of conditions, but in particular Parkinson's disease. We look forward to meeting her on September 22nd!

You can learn more at: www.connecting-through-music.com



Email message: "I'll miss the VSRA group! They are so lovely!" Supriya



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info@victoriastrokerecovery.org



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SUMMER APHASIA COMMUNICATION GROUP



Photo: Marie Shuman, RSLP and UVic student volunteer lead a quiz game on the final day, July 28, 2023

The VSRA usually closes down during the summer months of July and August. Pre-pandemic, members got together for lunch at restaurants on Fridays in July.

Our first Summer Aphasia Communication Group met for four weeks in July 2023. Costs for SLP and facilities were covered by a modest program fee, several generous donations, and volunteer time. Thank you to all who contributed their time, talent and treasure!



Participants were excited to be together in a supportive communication environment. Let's consider this for next summer!

Health Matters

There are no current BC health directives regarding vaccines and masks. Many of our members are medically vulnerable. Please stay home if you are experiencing symptoms of any illness.



Please call if you fall ill shortly after a VSRA meeting:
250.383.2623