



# VSRA TIMES

October 2023

## Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church  
2964 Richmond Road, Victoria, BC 250 383-2623  
[www.victoriastrokerecovery.org](http://www.victoriastrokerecovery.org)



October Birthdays: 2nd Gertrude S, 8th Marcia P,  
19th Lynne Y, 20th Susan E, 24th Dee Jay S



### Morning Program

### Afternoon Program

10:30-11



**Coffee Time**

11-12



**Communication Group**  
with Marie Shuman, RSLP



**Exercise Group**  
with Alexis Moores, Instructor



**Care Partner Support Group**  
Weekly Mary Anna, Mentor;  
Sept 22 Heather Atkinson, RCC

12-12:30



**BYO Lunch- Oct 6th: Turkey sandwiches and pumpkin pie provided. Bring a family member or a friend!**

12:30-1:30



Thanksgiving Lunch provided; Raffle \$2 3/\$5 VSRA Scrapbook Project



Tech Talk  
CAYA BC  
Brodie Cameron, RSLP



Music Enrichment with  
Shannon Perkins Carr, MTA



Hallowe'en Party  
Costumes, games and prizes



VSRA is a non-profit association. it is a self-support group for stroke survivors and their care partners. Thank you to all the volunteers and supporters who make the program possible!

VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.

**THERE IS LIFE AFTER STROKE!**



## Thanksgiving: A time to be grateful!

In 2021, Harvard Medical School published an article about gratitude. Quoting several academic studies, they concluded that “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships”\*\*. Wow! We can all gain these benefits by practicing gratitude in our lives by: deliberately thinking about things that we are grateful for each day or week; counting our blessings through meditation, prayer or journaling; or even writing a thank you note to someone. Try purposefully practicing gratitude and see what happens!

\*\*from HealthBeat by Harvard Medical School, Harvard Health Publishing,  
14 Aug 2021(via google)



And on that note, Thank you to **Bolen Books** for their kind donation for our Thanksgiving Raffle! We are grateful!

**Friday October 6:** A time to celebrate with lunch. Invite a family member or a friend. It's also a time to share your life story!

We will be kicking off our **VSRA Community Scrapbooking Project**. The aim of this project is to build connections with each other as we share our life stories. Each of us will have two pages of a scrapbook to work on. Some of the topics you might like to document include:

- who you are and who is in your family/friend group
- some of the important things you have done (career, parenthood, hobby)
- how your stroke impacted your life
- what positive things have come about since your stroke

Please bring a couple of photos – one of you, one of your family or friends and a picture of something you love to do or are interested in.

**Friday October 13th: Tech Talk!** If you have an iPad with apps, please bring it.

**Friday October 27th: Hallowe'en** Come dressed in your favourite costume and be ready to play some spine-tingling games!