



VSRA TIMES

July 2024

Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church
2964 Richmond Road, Victoria, BC 250 383-2623

www.victoriastrokerecovery.org

Contact: coordinatorvsra@gmail.com



July Birthdays: 2nd Pat & John; 4th Fred; 24th Akiko

August Birthdays: 5th Brenda



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 with Mary Anna
19th with Lycia Rodrigues,
Counsellor

12-12:30



BYO Lunch

Bring your own lunch and eat
with friends

12:30-1:30

July 5th



Member Talk

Eric will be giving a
presentation

July 12th



Introduction to Self- Management

with Bill and John

July 19th



Music Enrichment

Shannon Perkins-Carr,
MTA

July 26th



Tap your toes.....

Emma is back with a
fun routine to end the
year on!

Have a GREAT summer and see you again on Friday September 13th

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!



July News 2024



A very big THANK YOU to Heather Atkinson, Clinical Counsellor, who has been leading our Care Partner Group on a monthly basis for **XXXXXXXX** years. Her wisdom and empathy have been greatly appreciated. We wish you health and happiness in your retirement!

We welcome Lycia Rodrigues to our Team! Lycia is a Clinical Counsellor with a Masters in Gerontology most recently working with Family Caregivers of BC. Lycia will be stepping into leadership of the Care Partner group as well as **XXXXXXXXXXXXXXXXXXXX**



What is Self-Management?

“Self-management means having the skills and confidence to live well with one or more chronic conditions”(Self-Management BC). Director, Bill Cox and Volunteer, John Scattergood taught Self-Management Programs though the Institute on Aging and Lifelong Health, UVic. They are excited to share how self-management principles can be helpful for Stroke Survivors!

AUGUST: Friday Morning Coffee Drop-In - 10:00 to 11:30am
Meet for coffee near the Starbucks at Hillside Mall.
Please email Bill to sign up directorvsrabil@gmail.com

TIME TALENT TREASURE

We are so grateful to our members who give us their time, exercise their talents and donate to our association. All these contributions help us to flourish!



JUNE'S JUST-AMAZING JOYOUS-MEMBERS

Emilia

The Hard-Working Board

COMMUNITY SUPPORTERS

Lynne's friends - Peter and Rolly

THANK YOU