



VSRA TIMES

February 2024

Victoria Stroke Recovery Association

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



February Birthday: 4th Jean



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

Feb 16 with Heather Atkinson

Feb 23 Family Caregivers of BC, Lycia Rodrigues

12-12:30



BYO Lunch

Bring your own lunch and eat with friends

12:30-1:30

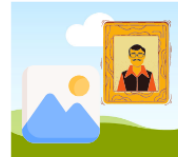
Feb 2nd



Gardening is for Everyone!

Sheila Weitman
Horticultural Therapist

Feb 9th



Our Stroke Stories

A chance to finish our scrapbook pages and tell our stories

Feb 16th



Music Enrichment

Shannon Perkins-Carr,
MTA

Feb 23rd



Healthy Eating

Heather Dueck
Registered Dietician

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!



February News 2024

Happy February!

After our cold and snowy January, it is good to see signs of the season moving on. Snowdrops are starting to bloom and doesn't that make you feel hopeful for the Spring flowers that will follow?

What is it about nature - and gardening - that lifts our spirits? Do you need a big garden to get that boost, or will a container plant on a window sill also give joy? Find out when Sheila Weitman, a Horticultural Therapist comes on 2nd February to give a talk about gardening - the benefits and adapting after a stroke.

Last October we started a VSRA photo album. We would like to finish that project and invite our new members to make a page too. For those who already have their pages done, let's share our stories with one another. As we do this, we gain insight, deepen our friendships, maybe learn some tips and remember that we are never walking this journey alone. **If you have photos or your pages at home, please bring them for 9th February!**

On 23rd February, Lycia Rodrigues from Family Caregivers of BC is coming to talk to our Care Partner group and share resources. **Please invite your care partners to come along!** Also, after lunch, Heather Dueck, Dietician, is coming to talk to us on healthy eating strategies that help reduce stroke risk factors.

Having speakers come to present and educate our group is an important part of our program and we have to think of creative ways to cover the additional cost. If anyone wants to sponsor a speaker, please see Mary-Anne or one of the Board of Directors. We'll also be starting a fundraising initiative to pay for these extra presentations.

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 helps us to flourish!



January's Generous Gems

Eric Nelson
Andy Jani
Mary Anna McKay
Our new UVIC volunteers
Don Huhn and Jennifer Beadle

THANK YOU